Shalom to my dear family.
I have written this for you.
With much love and all the best to each and every one.
Dad/Grandad.

Coping with Pride
(Translation)

Part 1: Lessons from life

This part describes occurrences in my life that happened over the years, and from which I learnt lessons as to how to cope with pride. They are written according to their importance in my eyes, and not in the order in which they occurred.

1) Channel pride into other positive feelings
When one of my children was in secondary school, he returned home with an excellent certificate in his hand. He said he was proud of the certificate he received. I replied, don’t take pride in it because it might make you think you’re better or more important than others. But be as happy as you please, and try to channel feelings of pride into other positive feelings such as joy, contentment, satisfaction, etc. My joy was twofold because both my child and I accepted what was said.

Channeling pride into other positive feelings helps coping with pride.

2) Praise the deed, and also praise the doer
The following discussion, with a little editing, took place between me and my children:

Eldest and youngest son: We are proud of you Dad.

Me: Thank you very much; but don’t be proud, even of others. Particularly with children, if you say "I’m proud of you," that might put pride in them. It is best to be happy, calm, contented, satisfied, joyful, etc. You can say “it really encourages me” etc. Please help me add words and phrases of encouragement to the above list.

Second son: Agree with the above.

Youngest Son: Everything’s fine. Proud of you, but also happy for you, encouraging you with every other word you want. Pride is not in us; we are proud of you.

That is something else. 😊

I think according to Jewish law, it is permissible to be proud of your son, or your dad. Maybe you can check it out?

Me: I know that phrases like "I’m proud of you," are used to encourage others. But perhaps someone who hears this, especially a child, may become proud! Perhaps the speaker will become proud. In my opinion it is better to encourage with other words.

I once again ask for your help in adding words and phrases of encouragement without mentioning pride.
**Daughter:** Praise the action in a more specific sense, for example: fascinating writing, an interesting idea, such a colourful painting, what good eyes that found things so quickly, what quickness, etc., etc. It is tailored to children from life’s experience.

The fact that the other person receives a positive response, that they were seen and appreciated, is all that is needed.

**Me:** Praise the deed, and also praise the doer. Here are some examples: excellent suggestion my daughter, you painted such a colourful painting, what a good deed you did, etc.

A comment: According to the Book of Proverbs, "A wise son gladdens his father...", and one may learn from this that it is appropriate to be glad of others. I don’t think there is a verse in the Bible about being proud of others.

3) **It’s nice to be important**

but it’s more important to be nice

This happened during a time when I was a department head. At that time, I thought of myself that I was important, I judged others unfavourably. There was anger and resentment in my heart. I wanted to belittle others who did not agree with me but didn’t do that.

And what happened? I went to the bank to collect a cheque book, and behind the clerk was written "It’s nice to be important but it’s more important to be nice", a message that was very appropriate for my situation at that time. In the end, I resigned as a department head because I felt I couldn’t cope with the challenges of authority.

4) A lesson from an executive toy

This too happened during the time when I was a head of department. I once saw in a shop window, a small helicopter with a funny and appropriate message in English:

If you, as an executive, are about to get angry press this button and watch the helicopter fly two inches (5 cms.). I didn’t buy the toy but learnt that there is no need to get upset or angry when progress is not as I wanted. Though this matter is not directly connected with pride, I have included it because pride can cause us to be upset or angry. So, take care.

**Part 2: Lessons from faith**

This part describes how faith in the Creator and recognition of His wisdom helps eliminate pride.

5) Faith in the Creator helps eliminate pride

According to science, the laws of nature apply everywhere in the universe and at all times. Thus: "All living organisms store genetic information using the same molecules – DNA and RNA". (See [http://www.dnafitb.org/40/](http://www.dnafitb.org/40/)).

Clear evidence that there is one Creator.

An allegory: What would happen if a computer prides itself on its ability to do quick calculations and retrieve information quickly for us? Computer designers and manufacturers would not have to produce a computer with the ability to do several calculations quickly at the same time.

A comment: Evidence that there is one Creator.
think - what is the computer proud about! After all, we built it and all the computer capabilities came through us.
And the analogy: All our abilities have been given to us by the Creator and we have nothing to be proud of. One can rejoice in our abilities as stated above.

6) Recognizing the Creator's wisdom helps eliminate pride

Here are two examples of well-known phenomena that seem simple on the surface but testify to the great wisdom of the Creator.

- The path that a ray of light traverses from one place to another is such that its travel time is the smallest of all possible paths. It even happens when it passes through different transparent materials and mirrors. (See for example https://en.wikipedia.org/wiki/Minimal_surface.)
- The shape of a soap film has the smallest area that joins its boundary. (https://en.wikipedia.org/wiki/Minimal_surface)

However, in these examples, this happens "naturally" because of the laws of refraction and reflection for light rays, and the law of surface tension for fluids. It is beyond my understanding as to how the Creator conceived and established such laws, and also created such materials that faithfully work according to these laws. These laws make finding these paths and shapes effortless and fast. For us advanced mathematics and a computer are needed! All this testifies to the Creator's genius and great abilities.

In view of the Creator's greatness, pride is inappropiate for us. We can rejoice in our abilities as stated above.

7) Stay far away from pride

I have written only a little in this article, but there is a comprehensive book "The Ways of the Righteous" about the correction of character traits, and it is worthwhile reading this book. According to this book, whose author is unknown, pride is the character trait which should be corrected first. One should stay far away from pride for it can cause you to think that you are more important than your fellow man. Worst of all, it can make you forget your Creator. Here are excerpts from this book, from the first chapter, which is about pride.

- Pride is the coin which was made invalid by the great King blessed be He, and he has warned us about this in his Torah, as is written: "Beware lest thou forget the Lord, who brought thee forth out of the land of Egypt" (Deuteronomy 6, 12). For the proud can forget his Maker, as is written "And when thy herds and thy flocks multiply, and thy silver and thy gold is multiplied, ... And thy heart be lifted up, and thou forget the Lord thy God ... And thou say in thy heart: 'My power and the might of my hand hath gotten me this wealth'. But thou shalt remember the Lord thy God, for it is He that giveth thee power to get wealth ... " (ibid. 8, 13-18). And concerning the king it is said

"השם - על המ.tomש тепגשא! יא אנהנה.
בגנה הוהי על המ.tomש Тепגשא איא דירכנ.
ונגמה: לכ המיולות של היחנה יי ע"ה זכר
וזיא מני לה dángא. אפרשית ל страх וו.
יבכוןינני בְּכֶטבֵר יִלְיָל.

סוד ב נוספים הוא והאר בלא אנדוגמה.

6) הכרה בבווחת האוהה

עדבר לבלו האוהה

לחקא שאנהאנא של הפועות יודעה שכרואת
פשותונות עפיה החשון, את מידעות על ההכמה
המתרחב וכרbara.

- המסלול שקורא עשירית מנקום חציא לקום.
  ישӧנ, שיא כה שתרש החשון ולשו איה הקן
  ביוור מלת הסלולים האפשליסי. مركز הקור
  אפיל שיאו ענרב חומיס טסופים שויונ.
  ורומא.

- הלזרה לקור שעבּ (soap film) יש ששת
  הקונה יותר שמצבר בוקלו.

- המצייאת המסרול של המוקה יוביל יא את
  המזורע השם הקון י venir ככימגדואת, היא
  מיצירת ממסים מתקדמת (רא📍动能)
  (https://en.wikipedia.org/wiki/Minimal_surface)
  הביל חקי השיבר והחקוק躜 של הקן, ריא,
  והווק מתחפ הפישトン (surface tension)
  הנוויל.

- נפלאו מיוני איא על העדות של הבורה, לקובע
  חוקי הולא, גב, כולה בחרת מטורה שלח שישימיו
  חוקי לאבעמות. חוקי לאוריאמ ליציאת
  הוגהו הקון יבירו אל אנמאג נורימה.
  יבשבלו רזרס מטמעים מתקדמת ו/runtime
  הוי מידה לעאנות של הבורה יילוייינו ביתודată.
  מוי להדרה של הבורה לא להאנה.

- אפיש לשתומ יכי ביכלוכייו זכיבוח על.

7) שתרחכמע מסדאנא

(7) ת описание משלי הברורו הז יאל יי מפרמק
  "יאוהרא דיציימ" לע תיקון מיתוד, ידויוול קלאר
  "יאוהרא דיציימ" לע תיקון מיתוד, ידויוול קלאר
  הספז. הז ילפ, הז, השחריר יאוי דויי, ילו.
  הספז. הז ילפ "יאוהרא דיציימ" לע תיקון מיתוד.
  המידה האשמי שיציריך יוקק יי האנה.
  יפונק להתרחק מאדם יי ייילוール גלהור
  מיסתונש שאנהניא רישה ששבמהות.
  הבהור, "יסלנאל" יא "יו פוושמ סוח 준.
  מלי שיחרר הם בוקל. לולא קולר מתרק
  "שיש ראוש - הראוש קגראה, שיא".

- האנהניא אוי ממסים ישר מפלמק חולוד
  "תכריב יערב הרבר" הז יאל יי מפרמק
  (Deuteronomy 6, 12). For the proud can forget his Maker,
  as is written "And when thy herds and thy flocks multiply,
  and thy silver and thy gold is multiplied, ... And thy heart
  be lifted up, and thou forget the Lord thy God ... And thou
  say in thy heart: 'My power and the might of my hand hath
  gotten me this wealth'. But thou shalt remember the Lord
  thy God, for it is He that giveth thee power to get wealth
  ... " (ibid. 8, 13-18). And concerning the king it is said
That his heart be not lifted up above his brethren ... (ibid. 17:20). If the Torah warned even the king, how much more so that laymen should not lord it over each other.

- And even if he is not proud above any man neither in speech nor in deed, but in his heart alone is he proud, he is called an abomination, as is said: "Every one that has a haughty heart is an abomination to the Lord ..." - even though that except for heart he is not haughty, he is called an abomination.

And according to Maimonides, a man should choose the middle way with all character traits except for pride and anger, which he should eliminate completely (Hilchoth Deoth 2; 3).

8) As you grow old, think of the advice you should pass on to others

And what motivated me to write this article? It is the custom of Babylonian Jews that when a man reaches the age of seventy, he says Kaddish for himself. This made me think of what advice I should pass on to you, and so I wrote this article.

So as you grow old, think of the advice which you should pass on to others.

A comment: It is also customary for a man to read the "Hadrath Zekenim" when he reaches age seventy and age eighty.

Please remember

- Channel pride into other positive emotions.
- Praise the deed, and also praise the doer.
- It's nice to be important but it's more important to be nice.
- Don't let pride make us upset or angry.
- Faith in the Creator helps eliminate pride.
- Recognizing the Creator's wisdom helps eliminate pride.
- Stay far away from pride.
- As you grow old, think of the advice you should pass on to others.

Thanks

Thanks to the Creator for giving me the understanding to learn lessons from the above occurrences, and for His guiding hand in my life. Thanks to my dear wife for her constant support for nearly fifty years. Thanks to my sons and daughter for the enlightening discussions above and for their help producing this article. Google Translate has assisted me to produce this translation and I thank Google LLC.

2/2021 - אדר תשפ"א