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## **R' Nachman on Pride and Humility**

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- Pride brings about poverty.
- Many individuals pose as humble people, for they realize that arrogance is a despicable trait. Therefore, they put on airs as if they were modest and unwilling to accept honor, though they actually crave respect from others and chase after honor. This false humility, which is in fact arrogance, is idolatry.
- Arrogance and sexual immorality are linked.
- Haughtiness leads to homosexuality and anger.
- A haughty man is a deformed person.
- Arrogance begets troubles. When things seem to go counter to one's will, it is a sign of arrogance.
- The Torah can find a place only within a humble person.
- Experiencing Shabbat and celebrating the Festivals with joy cultivates humility.
- True humility does not mean to be slovenly or to act as if one is worthless. One should be aware of one's full worth, yet still act in a humble manner.
- The indescribable bliss of the eternal life of the World to Come can be experienced only to the extent that one has attained humility in this world.