

K'EELU -- Looking Upon the Self

בכל דור ודור חייב אדם לראות את עצמו כאלו הוא יצא ממצרים
In every generation, a person must see him/herself as if he or she were redeemed from Egypt.
(Mishna Pesachim 10)

שבכל שנה ושנה חייב אדם לראות את עצמו כאלו עמד על הר סיני
Each and every year, a person must see him/herself as if he or she stood at Mt Sinai. (Otzar
Midrashim)

לעולם יראה אדם עצמו כאלו חצוי וזכאי וחצוי חייב
One must always see him/herself as half innocent and half guilty. (Baraita)

לעולם יראה אדם עצמו כאלו כל העולם כלו תלוי בו
One must always see him/herself as if the whole world depended upon him/her. (Zohar)

It is necessary that every one, throughout the year, should regard himself as if he were half innocent and half guilty; and should regard the whole of mankind as half innocent and half guilty. If then he commits one more sin, he presses down the scale of guilt against himself and the whole world and causes its destruction. If he fulfills one commandment, he turns the scale of merit in his favor and in that of the whole world, and brings salvation and deliverance to all his fellow-creatures and to himself, as it is said, "the righteous man is the foundation of the world" (Prov. 10:25); that is to say, that he who acts justly presses down the scale of merit in favor of all the world and saves it. (Rambam, Hilchot T'shuva, 4:4)

לעולם יראה אדם עצמו כאילו קדוש שרוי במעיו
One must always see him/herself as if s/he were filled to the core with holiness. (Literally: as if holiness abides in his guts.) (Otzar Midrashim)

מתאוה לראות עצמו בתוך חופתו לפי שאין לו יום בעולם חביב ממנו
Each person should desire to see him/herself as if he or she were standing beneath the huppah -
- for there is not a day in eternity more joyous. (Midrash Tanhuma)

In prayer, one must see him/herself as if you are standing in awe before the King, speaking directly with God. (Mishna Brurah)

In prayer, one sees him/herself as if facing Shechina (God's Presence), so that the left side of the person is the right side of God. (Mishna Brurah)

