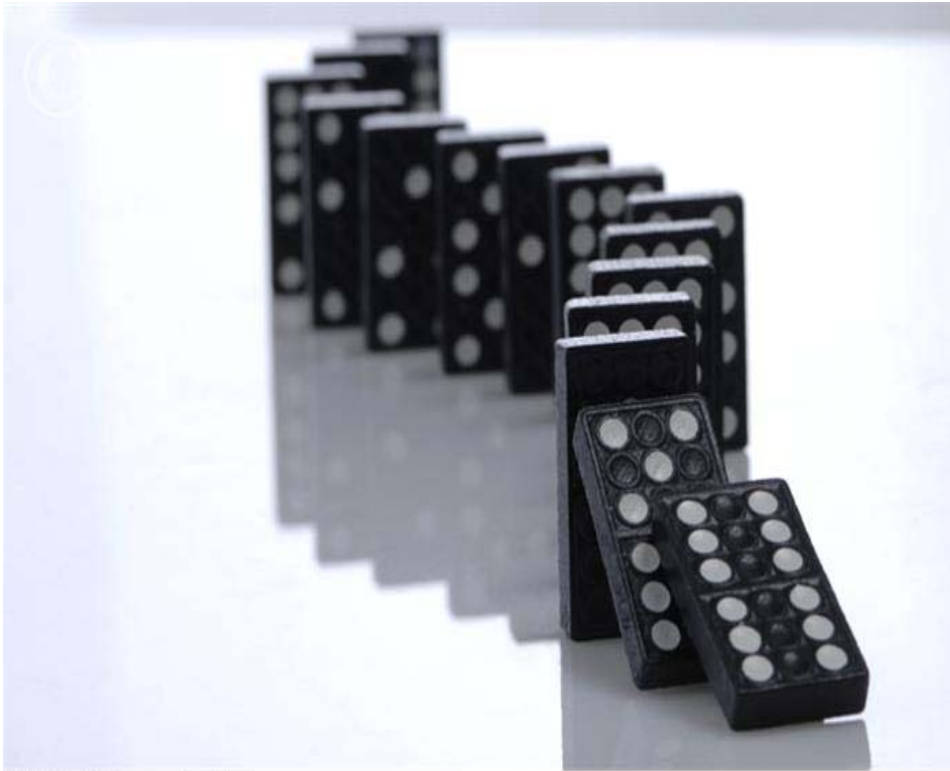


## Just One Little Push...



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It was true well before Sir Isaac Newton penned his Three Laws of Motion: "For every action, there is an equal and opposite reaction."

Due to the magnitude of potential fallout, involvement in ***lashon hara*** (the evil tongue) is compared to *total denial of*

*Hashem* (Talmud Arachin 15B)! Perhaps it is because we are created in Hashem's image (in a spiritual sense) and, this being so, if we deny others' dignity through this hurtful practice, we deny his/her Godly essence.

***Shmiras Haloshon*** (Guarding the Tongue), on the other hand, empowers each Jew to consistently and mindfully promote unity, respect and compassionate judgment, infusing ***Shechinah*** (Hashem's presence) into every interaction. Pretty powerful!

Learn with us Rabbi Yisrael Meir Kagan's vital concepts of proper speech from Chofetz Chaim: A Daily Companion (R Yehuda Segal, z"l). If better relationships are on your "Bucket List", keep reading, weekly, and push the dominoes in the right direction. Consciously avoiding ***lashon hara*** transforms the potential of ***sinas hinam*** (baseless hatred) into its opposite: ***ahavas yisrael*** (love of all Jews), setting a benchmark for others. Through a sampling of Torah examples, halakhot, and modern day issues, we hope you will further your observance of this mitzvah. Imagine the exponential impact, as we side-step this common stumbling block within our community!

As you read the upcoming issues of *Shmiras Haloshon*, consider, how would *you* respond? How do these principles manifest in *your* daily life?