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From The Mussar Movement, Volume 1, Part 2, page 138.

His avowed aim in life was the attainment of spiritual perfection. He regarded ethical perfection as the entire purpose for man being on earth, and this was the goal he set himself in this world. Yet, as has been stated, he regarded it as axiomatic that, with the best will in the world, this perfection would not come of itself but only in consequence of life-long, intense and sustained exertion. And he obeyed this rule first and foremost with respect to himself. His whole life, from the day his thinking matured to his last breath, constituted a single, protracted, laborious process. the sustained effort of heart and soul.

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