

גלין מס' 13

"משכן" מוקדש לרפואת האדמו"ר
ר"ף רבי יאשיהו יוסף פינטו שליט"א.

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Mishcan

The Rout To Emuna

The game of life!

You want to grab life, but cannot touch it!

You really want it but cannot get it... Sounds familiar???

Here is a sentence from my life: "Honey, let's have a big house... With greenery around it and ideal silence... Everything is calm, our kids playing and we are always smiling"...

If only I was there!... Everything would look different!...

I put pink glasses on, look at the Blue sky and hear the birds singing.

If only I was there!... Everything would look different!...

Do you hear?! Yes you... Beyond the page, do you sometimes dream as well?... About a different reality...

I started asking passers by... Trying to fit each one with her own glasses...

I asked one of them...: "What do you see beyond the lens?"... Green? Purple? Or a wasteland?

Which frame fits you best???... A round one? A square one? Or maybe... A big one???

One of them answered: A big house. Another said: a husband. The third one said: a child. The

fourth one wanted money. The fifth one wanted peace. And so on... Each with her own heart's wishes...

I offered a practical solution to their vision problems, since the glasses did not do the job,

A friend offered - maybe we should switch to contact lenses?

I smiled... Chuckled... And made my decision!

Really want it but cannot get it!

If only I was there!... Everything would look different!...

Actually, no!

Have you ever heard about Sarah Our Mother? Of course you have!...

Sarah is surrounded by the holy spirit and is also called Yisca. The Midrash tells us that the name Sarah relates to sight - as in "Look, watch and see" (in Hebrew: "Suru, Habitu, Ureu") - Sarah Our Mother teaches us to live our desires beyond reality! Sarah sees beyond walls, truly righteous.

Sarah Our Mother has a lot of problems!!!

Let's define: what is a problem? A problem is the gap between what is desired and what is

found.

And what is a solution to a problem? The ability to overcome challenges and obstacles in order to achieve the goal - to materialize the desire.

So back to Sarah Our Mother...

Sarah's husband was pious, the father of the nation, but between you and me - how much wandering is enough? A woman likes stability, solid ground under her feet.

She is barren!... And it's not like today where doctors give you explanations like "there is no real explanation for infertility"... She didn't even have a womb!

And if that's not enough... She gets kidnapped!... Come on... An Egyptian named Pharaoh... Very scary..

In one other case she is being hidden in a suitcase!.. You see, your husband takes you abroad for a dream vacation... And... And... Saves the price of your ticket...

And the worst of all, this woman shares her man with a beautiful young maid! So much strength...

In the days she gets some rest... Every second more guests are

arriving! Cooking... Cleaning...
And yes... He doesn't tell her
about it in advance....

"Abraham hastened into the
tent unto Sarah, and said, Make
ready quickly three measures of
fine meal, knead it, and make
cakes"

And when the love of your life
tells you to make some coffee,
you tell him "sweetie... Don't
tell me what to do!"

So what's Our Mother Sarah's
secret?

How can we explain the amazing
ability of not feeling the natural
bitterness in your soul born from
the gap between what is desired
and what is found?

Really want it but cannot get it!

"Our Mother Sarah's secret".

The holy Torah tells us that Our
Mother Sarah always knew how
to wear pink shaded glasses...
Not because it was fashionable!
Pink wasn't that popular back
then...

People talked about her, said
that if she can't bear a child
that must mean she's not so
righteous after all, seeing
how her husband's new maid
conceived from him...

At some point in the story even
her husband turns his back on
her...

Sarah knows that when her
husband doesn't help her, and
life is not shining in bright
colors...

There is only one place to turn
to!

The King of Kings!

Our Mother Sarah takes all
her problems and hangs them
on the creator, and it doesn't
matter how hard her foundation
shakes... She does not turn
away from working the Lord!

"A candle had been burning
from one Sabbath eve to the
next, there was always a blessing
in the dough, and a cloud was
always hanging over the tent"

As explained to be the three
Mitzvot - Lighting Shabbat
candles, challah and niddah.

It is written about her that her
entire life was "equal to good" -
Do you understand that? Equal
to good! Regardless of where
she was thrown physically or
mentally, her spiritual labor was
the same. The carriage keeps
going with four wheels, three
wheels, two wheels and even
just one wheel!

With Our Mother Sarah there is
no deviation, no weakness of the
mind, no self pity, not excuses!

Our Mother Sarah walks hand in
hand with the King of Kings.

So I took this moral and went
on my way, thinking and
contemplating the strength of
this great woman! And between
you and me, it was easy for me
to find cracks and justify this
"down" called despair.

While I'm thinking... I found
myself sitting on a bench in a
green park which fits my heart's
desires... And older woman sat
next to me and saw me writing
and contemplating my thoughts,
"what are you writing"? she
asked, I answered "how I'm
trying to find a solution to the
gap between what is desired

and what is found".

Well, you can imagine the look
she gave me... Her jaw dropped
from amazement... And slowly
her heart opened as well...

She started telling me her
"curtain secret"!

She told me that throughout her
life, when she feels sadness over
reality that she cannot change,
she uses the "curtain secret".

The desire to get married, to
have children, the desire to
succeed is in our hands, these
desires are ours...

But the timing is not! Do you
agree? Well... Even if you
don't, there's no other choice,
sweetheart!

When you get married,
when you give birth, when
you succeed... It's not in
your hands... Is it? So when
I'm having bad times of not
accepting the gap between
my desire and reality, I occupy
myself with curtains! She
concluded.

Hahaha... I laughed, pretty
loudly!

She continued: Not just
occupying myself... There
were times when each week I
replaced all of the curtains in my
house... She was being serious!
"No brains, no problems"... I
thought to myself...

White windows, purple
windows, blue windows... I
change the window shade and
try to see life through a different
color!

I thought to myself "In my flesh
I will see God" - the simple

meaning of this verse is that from the deep wisdom hidden inside the creation of man, and its every detail, one can see and understand the Lord's reality with such great clarity, which is called sight, in a way that does not leave any room for doubt.

And this woman was wise enough to see the wisdom of the Torah and our ancestors without even studying it. It should be noted that modern psychology figured out these facts in our time as well. I'll explain:

Have you ever heard about the RaShaz (Rabbi Shneur Zalman) of Liadi?

This was a great man who wrote the Tanya, in which he explained: In your toolbox you have important tools you can use for your benefit to direct feelings and thoughts.

One tool is called - turpitude. Another is called - compassion.

When you know the right timing to use the right tool for your situation you are in control of your feelings.

There are situations when turpitude, or bitterness are good for you, for example when you are in solitude with the Lord - A merciful father... When you want him to show you mercy it is the right time to remind and delve into all of your unfulfilled desires, and wake all of your bitterness until you cry your eyes out... Then... When you wake from solitude, and you want to continue functioning in your life, and we all know that it is impossible to worship in sadness, while feeling "down"... It is very hard to function if it

is not done out of happiness and kind heartedness. This is the time to switch the turpitude tool with compassion, and show mercy on your own soul, which is not happy. When you learn to go from one state to another on a spiritual level, you learn how to control your feelings.

And that is exactly what was said about Our Mother Sarah: her entire life was "equal to good".

Modern psychology methods have found that a person cannot feel two feelings at the same time, so encouraging a person to feel something will automatically reject other feelings.

I hired a plumber to deal with problems with the pipes at my home, after he finished his hard and laborious day he went back to his car and found a flat tire, that's a shame, I thought to myself, after such a long day he needs to fix a flat tire? He quickly changed it and when he was done he waved at me, got into his truck and tried to start it and... Nothing. The engine died. Such bad luck, I thought... I then offered him a ride home...

When we got to his house he invited me in to meet his family, as we were walking towards the front door he stopped for a moment next to a small tree and touched the leaves with both hands.

When he entered his home his tired face lit up and he hugged his children and swung them in the air happily, giving his wife a loving glance. It is hard to believe that after a hard day at work he was filled with so much

vitality, energy and happiness.

As we were leaving his home and passed the little tree again I asked him: What was the deal with the tree?

"Oh, it's really simple," he answered, "This tree is my troubles tree. I know that in my line of work I cannot avoid troubles, problems and difficulties. But one thing is sure, these troubles do not belong to my family, my wife and kids. So when I come home, I simply hang all my troubles on that tree, and ask the Lord to help me with them. Then, when I leave the house the next morning, I walk over to the tree and take away the troubles that are still left there. And you know what? It's really surprising, but every time I approach the tree in the morning to take away the troubles, it always carries less troubles than what I remember from the night before"...

One day follows another and we are all full of desires, dreams of who we are and who we wanted to be. And most of the time reality does not match my original plan. So how do we equate what is desired with what is found?

This gap between what is desired and what is found creates sadness, despair, and sometimes even physical symptoms such as anxiety, worries, overthinking, etc.

It is known that the Torah contains the entire world in it, human psychology was not invented by Freud, Albert Ellis or Carl Rogers!... Long before that came Chazal, who taught us how to overcome our

internal shortages and settle the difference between our desires and current reality. And the Hassidic movement was wise to give us practical tools to learn to live with these shortages and use them for our benefit.

This is a basic existential question since the existence of our desire decides the path that we choose in life!!

Let's say we want to lose weight or earn more money or find a partner... The desire is the base which determines our path forward, meaning that the gap between our desires and the current situation, in reality, is a much needed one for us to be able to develop.

Humans naturally strive for perfection. This perfection is relative to his achievements, aspirations, and abilities, but he can never reach even half of it. "No man leaves the world having realized half of his desires"...

The Torah also teaches us that the vessel for the most basic wealth is: The "desire".

"The Lord opens his hands and satisfies the desire of every living thing" The key to blessings is the desire!

There is a story about a prophet that always reminds me of the importance of desire!... Even though it includes mixed feelings.

"One of the wives of the songs of prophets called to Elisha", the wife of the prophet Obadiah came to Elisha with a great misfortune. "My wife, your follower, has died and the

debt collector came to take my children as slaves."

Obadiah took a loan from Yehoram, who was evil, and after Obadiah's death, the villain came to collect his debt. Since the wife had no money to pay, he asked to take both her children to serve him.

During the time of Obadiah the prophet, there was a king named Ahab, who was evil, and his wife Isabel was even worse than him. She killed all of the Lord's prophets.

With great courage and righteousness Obadiah hid a hundred prophets in two caves, and loaned money from Yehoram to provide them with bread and water. Those prophets were saved thanks to Obadiah, but after his death Yehoram came for his debt and asked to take Obadiah's children as slaves to cover the debt.

Elisha asked Obadiah's wife: "what do you have in your home?" since the blessing needs to be put upon something, and she said she had nothing! The prophet explained that he cannot help her... After a long argument, she thought real hard and remembered she has a small dish for oil... When Elisha heard that he ordered her to hurry and borrow many dishes from her neighbors. When the house is full of dishes, pour oil from your dish into the other dishes and the Lord will turn the oil into a river and it will not stop pouring until all the dishes are full.

After she filled all of the dishes with oil, Elisha ordered

Obadiah's wife to hurry and sell the oil, and use the money to repay the debt, "And you and your sons shall live with what's left"...

The prophet teaches us that every big thing starts with a small dish. A great blessing, great achievements, big weddings, big changes, all begin with one small dish called "desire".

It is true that this desire can be accompanied by hard feelings along the way, but Chazal teach us that Judaism teaches people to control their feelings and thoughts just as well as their bodies.

Stop!!! I want you to now concentrate, we are delving into a very very important point!

Many people think they have a desire for a certain thing, but they are actually at an earlier stage than desire, which is a wish.

What is the difference between a desire and a wish?

Let's say you want to lose weight but you didn't start a certain diet yet, this desire or what you define as desire is not yet a desire but a wish...

Desire means wanting to follow the path to what you want... Being active towards the goal you want.

Let's say you want to get married... But you don't go on dates... You find yourself wandering on dating sites and rejecting any physical meetup for this or that reason... Understand sweetie that you don't want to get married! As

long as you're sitting at home eating chocolate you're only imagining the desire, but that is your heart's wish... Losing weight or getting married or moving to a different home... But you are yet to turn it into a desire. Only when you get up from your chair an act... And do what is needed: A physical action, a change of attitude, learning, only when you start acting you can enter the gate called: Desire.

Yesterday I was walking around a bit and started a conversation with a woman who was very stressed and anxious, to say the least... I asked her... "What happened?" "Why are you so hung up?"... And... Let's face it, women are experts at complaining... So just by asking the question I opened the gate for her to the biggest rant of her life... And between us... I was sorry for asking... And she began... Told me that her life... Well... Sucks... People did things to her... Took things away... Yelled at her... Hit her... And if that's not enough she also missed the bus!...

"OK"... I choked up from her answer... "And what is the damage??" I asked...

My day is ruined, she screamed!... I could be fired, I'm humiliated, depressed and sad... In short my life stinks!

Hold it... Hold it... Stop for a second!

Let's focus! We all tend to turn molehills into mountains!... You missed the bus, that doesn't mean your day is ruined or that you're out of luck, since there

will be another one coming in ten minutes... You just lost 10 minutes of your life!...

This is called focusing a problem! Usually when we focus a problem, it suddenly doesn't seem so terrible and sometimes it's even positive...

It is known that anxiety weighs down the heart, "anxiety", so says The Mesudat David, I really like his name. He is one of the most important Torah commentators, and what he meant in his commentary on this verse was: When anxiety strikes a man's heart, he shall weigh it down from its size and diminish it!!!

We must learn to define our problems... The natural tendency is to give the problem a place in my identity or self esteem, which affects my feelings, and sometimes the problem takes up a large portion of my life.

One time, eight year old Nir encountered a math problem he could not solve, he tried to solve it several times by failed, and felt desperate and frustrated.

Nir decided to give up and join his grandfather in the living room and study Mishnah, grandpa Aharon noticed Nir's mood and asked him what happened? I can't solve a math problem and it makes me mad! Nir answered. "I'm tired of trying, I gave up on it!" Grandpa Aharon knew that Nir's decision is wrong, but at the same time noticed his grandchild is grappling with an unfamiliar feeling - Failure!... Instead of helping Nir with the solution to the math problem, he decided to

help him solve the problem he was actually suffering from.

Which animal do you think is the strongest in nature? Grandpa asked. A lion of course! He's the king of the animals, Nir said. And what makes the lion the king of the animals? Grandpa asked. He's the best hunter in nature! There is no animal that can get away from him, he is at the top of the food chain! Said Nir. Indeed, he is at the top of the food chain, but you are mistaken if you think no animal can get away from him, Grandpa explained... Lions and Lionesses only need to eat 3 kilograms of meat per day to survive, but they eat 7 kilograms every day, do you know why? Grandpa asked... It is because when they hunt, they only manage to catch the prey one time out of every five tries and that makes them lose so much energy that they need to eat more than twice the required daily amount.

That means that lions and lionesses fail four times out of five! Nir the clever deducted. Indeed! See how it is! Even the strongest animal in nature fails four times before it succeeds. Nir tried again and again and again and eventually solved the problem. Nir learned that failure might be frustrating, but only if you forget that after all the hardships come success, as long as you persist and don't give up.

The lion allegory proves that in order to fulfill a desire... To succeed... To achieve anything, sometimes you need to go through a series of failures, accompanied by hard feelings that drain much of our energy.

The Hassidic approach teaches us that rough feelings such as bitterness and heavy heartedness are not necessarily negative, they have an important and principal role in building a person and their worship of the Lord. More than that, there is a possibility that through the broken we can reach the complete, and without feeling broken the complete cannot be complete!

So after defining the problem there is another important element in my path to solving it... And that's acknowledgment, the acknowledgment of who created the problem! And who is that?... Who if not... The reason for all reasons... And cause of all causes... The Merciful Father... The King of Kings... God Almighty!

So go on, get started... And start begging!... And pleading... Beg for God's help... Without any pride just get down on your knees and beg!... And don't make a mistake, I think my first time in solitude with God felt more like a punch... How hard it was to ask for help!

It is time you start observing... Open your mind's eye and observe... Observation is in other words Jewish meditation - it is a must! You cannot go without it... Observe... Observe the good... Observe the bad... And introspect... And it is amazing how every time the result to this equation is... God was right!

Learn... How important it is to learn... Learn allegories, learn faith, learn Halacha... Learning in general is the key to the existence of desire...

And music!!! My sister Nigunim (songs) and more Nigunim, you can hear me screaming beyond the page... More Nigunim...

Those of humility and those that elevate the spirit... Practice that until you not only control your body, but also your feelings and thoughts... And then... Then we will understand what the writer meant when he said about Sarah that her entire life was "equal to good".

A girl complained to her father about her hardships in coping with the problems in her life. In response, her father took her to the kitchen and showed her three pots with boiling water: He put a carrot in one pot, an egg in another and he poured coffee grains into the third one. After some time had passed, the father took the carrot out of the pot and put it on a plate, then he took out the egg and put it in a bowl, finally he filtered the coffee grains and poured it into a mug.

The father looked at his daughter and asked: "What do you see my dear"?

The girl came closer to the table and examined the results: The carrot was soft and squished, the egg turned hard and sturdy, and the coffee released amazing aroma and tasted great.

The father said to his daughter: "The boiling water is our difficulties in life, and people can be any of these three products". "The carrot entered the water while hard, got really soft and now you can crush it easily." "The egg entered the water really gentle and liquid under a soft shell, and hardened in its entirety."

"And what about the coffee?" Asked the daughter, what about them?

"Aah... The coffee grains are special!" The father answered,

"The coffee grains released their best qualities right when the water was boiling the most!"

"Which one do you resemble, my dear daughter?"

Do you soften up like a carrot in stressful situations? Or are you more like a gentle egg that hardens her heart after tragedies and hardships? Or maybe you are like coffee grains, that are able to turn the painful situation into the best thing that can be?"

In order to be more like the coffee grains, we need to remember that everything that happens in life has a reason, and every disadvantage can be turned into an advantage. Don't let the boiling water drown you!...

Love,

H. Akuka

