

# נקודות של אור

## Sparks of light

Enlightning words that we merited to hear from the Spinka Rebbe Shlit" a Thursday night Parshas Bo 5782

### People without feelings

*Its hard? Its dirty? Its bitter? - It is closest to the source!!!*

In the future, Chazal have revealed to us, a lot of things will change in regular Nature. One of the things that will change for the better will be – the taste of wood!

If today in order to be able to taste the sweet taste of juicy fruit, we need to pick the fruit from the tree, - in the future we will be able to cut a piece from the trunk, pluck a thin branch - and here we have something with a sweet and juicy taste, just like the fruit itself!

The Rebbe asked: What?! **What do we need all this for? What does it matter to us if we eat pistachios - or the pistachio tree? Is there going to be a shortage of fruit - that a substitute needs to be provided?!** Why is it so important that the taste of the tree will be equal to the taste of the fruit???

The Rebbe explained: **If we approach a beautiful tree and ask ourselves - what do we choose to taste, the fruit - or from the branch, The answer will be clear! The fruit is sweet, colorful, soft and juicy, the fruit is inviting and attractive!**

But the branch? The tree itself? It's tough, it's bitter, it's monotonous and boring! Who would want to try and eat the branch?!

What we do not know is, that the tree trunk has a lot more energy and life, it is much closer to the source, to the roots - than the fruits that are attached to the branches are!

Nowadays, we are looking to escape from the tree, from the difficult things that are bitter to us, from the arduous struggles. We are looking to just sit on in tranquility, to taste the sweet fruits from our labors, soak up compliments, enjoy a beautiful life...

But one thing we miss along the way:

**Where are the greatest forces? The strongest energies? Where is the place that is closest and most connected to the root, to the source of life?**

**Precisely there, in the difficult and unpleasant places!**

And this is what will happen in the future! Then our eyes will be opened, and we will see how much sweetness and taste there is in the tough and strenuous tree trunk! How much precisely these difficult times and places are the ones that brought us closer to our Father in heaven!

*Strength not to fall, strength not to break apart from the fall...*

"And remove the Satan from before us and from after us." We ask the Creator of the world: **Dear Father, give us strength to face the trials that the Yetzer Hara puts before us!**

**Remove the Satan from before us - before the fall**, because then he uses his powers to try to knock me down, to try to trip me up in sin - and I'm so weak!

**And remove the Satan from behind us too - if we have already fallen**, do not let us sink into depression! Do not let us despair and break down!

**Because this is the purpose of the Yetzer Hara: he does not want us to fall – as much as he hopes we will break apart from the fall!**

נקודות של אור - Sparks of light

*Assertive people have psychological resilience?*

We know that one of the most important qualities for a person to have during his life is – psychological resilience!

**A person who has psychological resilience - is a calm person who conducts himself well and does not fall over from every light wind...**

But what exactly is 'psychological resilience'?

Some people are not afraid of anything. Assertive! Familiar?

**These people, if you give them any emotion in the world - and they do not get excited by it! They conduct themselves with a cold intelligence, emotions have no influence on them, they ignore its existence and act only according to their plans...**

Are these people psychologically strong?

**Absolutly not...**

These people are so broken within themselves, that they have given up on any attempt to dismantle their emotions and process them. then they decide to just ignore their existence!

**Psychological resilience - this is dealing with the difficulties through Faith! Do not turn off the emotions, because we are people, and it's the most natural and understandable thing that emotions float!**

Psychological resilience is acquired through 'work', talking to a loyal friend, dismantling what happened, processing everything, trying to learn from it about our lives - and coming out strengthened and more connected to oneself from the unpleasant experience!

*Fear of death. We gave up!*

How many people do you know who are busy all day with their future death?

**Except for a few people who are full of anxieties, and another few people who are sincerely God - fearing people who uphold the saying 'שוב יום אחד לפני מותך' 'Do Tshuva one day before you die'- there is no one who deals with death and with when it will happen.**

The statistics speak of twenty percent of the world population dealing with their day of death and thinking about it. Everybody else - just ignore it, do not think about anything related to the realm of the day of death ...

Now, try to think of a situation where death in the world would work like this: **Fifty percent of people would die like all human beings, at a fixed age, and the other fifty percent would not die at all, there would be life forever and ever...**

What percentage do you think would be busy with thoughts about death? Would it be less than twenty percent - or more?

**Think again: the question now is not 'when are you going to die', but - 'are you going to die'.**

**What percentage would be busy with this question?**

**At least eighty percent of humanity. At least eighty percent would be subject to nonstop anxiety, and busy all day with the question - will I be one of the percentages who live forever or God forbid not...**

And here comes the question: Why???

**After all, logic shouts the opposite! If today, in the real reality where absolutely everyone, one hundred percent of people are going to die - only twenty percent of the world deals with the frightening question of 'when will this happen and what will happen', why in the case where you are given more chances to live, fifty percent of a chance that you will continue to live forever - then you Fear much more ?!**

Says the 'Michtav MiEliyahu': Do you know why people are not afraid of death? Because they gave up from the other option!

The preoccupation with fear, with this burning and bothersome emotion, is only when I know within myself that there is still a chance to change the verdict... but when a person feels that he has no way to deal with and be saved from the verdict, because everyone in the end will die, whether we like it or not - so why should he develop feelings about it? He prefers to stifle everything and move on with his life, as if nothing...

**This despair, this clear thought that is in our hearts that we have no chance to change - shuts down the engine of emotions!**

If there was a fifty percent chance of living - it would ignite hope! It would cause the desire to merit to be part of the fifty percent who live forever, so the fear would be real, there would be no reason to despair...

**What does this have to do with us?**

We talked about people who look strong and 'assertive', those who are not afraid of anything ...

**The 'power' of those people, their indifference to emotions stem from the same utter despair - like our despair of death!**

Why are there such people for whom emotions play no role? Is it because they managed to neutralize all the emotions and crack them?! Definately not! It is not possible to sort out the whole system of emotions - because at every moment more and more difficulties and things arise that flood our emotions anew...

**So why do emotions not work in them? Because they GAVE UP!!! It was so hard for them - until their conclusion was that they could not deal with these feelings anyway, so it's better to turn them off and that's it...**

Let us not despair of dealing with our emotions - because in them lies all our potential to grow!

*Where to look for answers to life's difficult questions?*

The pains we go through, the mental storms we experience from time to time - evoke in us three stages:

**The first stage - Pain!**

Emotions begin to float, the pain is burning, bothersome and scorching. The head begins to ache, the heart beats hard, the confusion grows - and the person does not know where to put himself.

**The second stage - Questions!**

The person begins to ask himself questions ... "Why did this happen?" "What did I do wrong here?" "What was wrong with me?"

**The third stage - conclusions!**

The hurting person is full of questions, and he is looking for answers... and if there is no one in the world who will answer him the questions - he chooses to draw up his own conclusions! He says to himself: **Oh, if it happened – its a sign that I should not try again... that I am a weak person and I have no mental strength... I am not successful in anything ... I have nothing in this world ...**

The Rebbe said: The first stage, - of pain - is fine!

The second stage, that of the questions – that also makes sense! Because the most understandable and natural thing is that emotions will come up! There is no point in choking the emotions in the heart!

**But the answers? The conclusions that a person draws up for himself, the despair that occupies a place of honor in the heart of man?! This God forbid! This is not true! It is forbidden!**

Must look for answers! But do not think you are able to find them within yourself on your own! You have to find a loyal friend who will listen to your questions and walk with you on the way, will experience with you the brokenness again and again and again – until together you will find a cure for the mental pain!

What is a 'loyal friend'?

A loyal friend is **not - one who weakens.**

A loyal friend is **not - one who tells you "Oh, I knew it would be like that, it always happens to you!"**

A loyal friend is **not - one who says, "Why really did you this stupid thing?"**

A loyal friend is **yes - one who listens to what you say.**

A loyal friend is **yes - one who encourages, who is not ashamed to go with you and support you, one who believes in you throughout the way, even if you fell two thousand times!**

A loyal friend is **yes - one who hears you, justifies you, and most importantly, does not hurt your open mind!**