

The Map for the way of life – מפת דרך החיים

How do we walk among the winding paths of our soul?

How do you deal with the frictions that create tremendous mental storms?



From Parshas Toldos 5781

What is the 'Derech' we speak so much about?

This shiur was a map orientation lesson. The Rebbe laid out before us the map of life, the map of the twists of the soul and the various ways of coping. We will try together to march in the paths of the soul, for the sake of the soul...

May HaShem help us.

Starting point: The Desired!

Every person cultivates in his heart a sweet dream, some desire to succeed and advance .

The boy wants To be accepted to a particular yeshiva, **The bocher is trying desperately** to endear himself to his classmates ,**The twenty-two-year-old is dreaming** about a shidduch, **The married are expecting** to bring children to the world, **The man craves** to make some kind of deal that will sort out his life, **The student builds on** a certificate 'worth '...

And there are also small, everyday desires ...

A desire to catch the bus, **a desire to arrive** at the exact time for the meeting, **a desire to talk** and be listened to, **a desire to write** a flyer without spelling mistakes, **a desire to get** a phone charger and now...

There may be people whose desires come true, whose aspirations are fulfilled, whose dreams take shape and take on reality ...

Now we will talk about ourselves, those whose dreams do not coincide with reality ...

Friction Point: The reality!

Oh my! What happened in the end? **The boy was kicked out** of the yeshiva in disgrace, **the bocher reached** the age of thirty and his match was delayed in traffic, **the dream deal was carried out**, but not by him, but by this successful cousin who raked in a million or two... **The bus passed** you sweating away, **they didn't come** to visit you at the hospital, Your smiling companion **is happy to meet you** on the street and you didn't manage to dodge to the other side of the road, **no one understood** the depth of the joke you tried hard to tell...

Wow, it hurts! It scratches the soul! The storm begins!

If we are real with ourselves, we will discover **that all our mental pains come as a result of the collision of what is found and desired!** **You want X and the reality is actually Y!!!** **Reality is the opposite of your desire!**

Crossroads: Three directions of travel!

Turn right: A declaration of war on the reality!

Okay, you say to yourself, I'm rushing to a meeting and the road is jammed? **I'll show everyone that in me traffic jams don't work!!!**

Turning onto the hard shoulder, propelling the speedometer to its utmost, guarding my eyes from looking at all sorts of red lights...

Is the transaction going to be done by your cousin? **No problem! One short phone call to the future customer, a few powerful smears - and there will be no deal!** Not to me - and not to him!

My son was rude to me??? I'll show him what it is! Hands tremble in anticipation of revenge for the letting of my blood!!!

Here! At home! There will Not! Be! Chutzpa! Full Stop!

This is the way of hefkeirus - lawlessness, fighting to the last drop of blood, not knocking scores with anyone, endangering ourselves, our family, our stability and the source of our bread, the main thing - revenge! Go and flip the reality - to the desirable !!!

If he does not go with force, he will go with more force !

Turn left: Turn off the desire engine !

Well, well, I'll **never find a shidduch!** And it doesn't really concern me anymore! I don't care! Just let leave me alone, let me enter my beloved shell of sadness, shut down the engine and pour the entire contents of the sack of tears on myself!

Did I get a negative answer about the coveted job? Well, what do you want from me! Apparently, it is HaShem's will that I sit at home and wake up from sleep to the sound of the cheers of the children returning from school... And who am I and what is my life in the face of HaShem's will!!!

I wanted to! Don't tell me I didn't want to! But what am I going to do?! Looking to screw me - so okay, succeed!

Open parentheses :

Point for thought – number 1: Just, so you know, Reb Asher who would call people like you arrogant! Yes yes! You, **poor, sad, heartbroken and depressed, you, full of pride!** It is not appropriate for your honor to humiliate yourself and submit to HaShem's will! Just so you know...

Point for thought – number 2: People who think that HaShem is waiting for you at the intersection to punish you and harm you, and He heats the furnaces of hell for you, hoping to bury you in the underworld, we have news for you!

You don't have to wait for death to go to hell! Your whole life is one long dose of hellish agony! You have never tasted the comforting taste of faith! Close parentheses.

Two warning signs:

1. By any means of these two paths you soon reach a bottomless pit, buried under the heaps of despair and doom. There's no potential there!

2. If your mind is occupied all your life with thoughts of what you want to achieve, you are not alive!!! **Because the reality you're in – you don't want to be in! And your great aspirations are not real!!! And it turns out that you are nowhere to be found, neither here nor there ...**

The recommended middle way:

Identifying the siban!

Okay, I pause for a moment of soul-searching.

What actually happened here? I wanted to move forward! And someone stopped me by force !

Who is this 'someone'? Oh, of course, it's the Creator who sent me this stop! Ahh, this stop is just a 'reason', there is someone 'twisting' all the 'reasons', he made this reality happen! Is this not HaShem! The merciful Creator Himself created for me the strange reality I am in!

Red Light: Emotional questions !

This brilliant moment of realizing that there is someone from above who ran things is dangerous and full of difficult questions, emotional and stormy questions :

Why?????? R-I-B-O-N-O S-H-E-L O-L-A-M!!!!

why???? Why did you stop me ????

When??? What, I will always stay like that, lonely?! Until when !

Why me ????

And here, we must disconnect!

Because עזבתני – א-לי א-לי למה – **My G-d My G-d why – have you forsaken me!!! don't mess with the turbulent and emotional thoughts that distance you from the Creator!**

What yes should you ask yourself?

Orange Light: Arithmetic exercises!

Ask yourself: **What!** Master of the Universe! What do you want from me? What do you want me to learn from this? Where do you want me to go from here???

What, Does the Creator really want to cast me into asking? chalilah! Father!!!!!!

כי לא תעזוב נפשי לשואל!!! לא תתן חסידך לראות שחת!!!

For you will not leave my soul to sheoil!!! you will not let your follower see shachas!!!

So, what yes? What **do** you want from me? Why are you withholding my desire from being fulfilled???

Green light: Understanding !

Oh, dear Father! Good Father! Merciful Father! Your only goal in my mental anguish is: **Show me the way of life!**

You want me to make an effort to discover you from these places! From the places of lack of success! From the places of failure!

– בכל דרכיך דעהו – In all your ways know him we learnt in the Possuk, **you want us to recognize you whether through recognizing your immense greatness and yes, also from the softening of our inability to control the situation!!!**

Father! I know! You want to bring me to new understandings, to new spiritual attainments! You want me to get closer to you from a more real place! **So, I'm willing to let go of all nagging thoughts about my past and my future and focus only on the situation you've created for me!!!**

And... Father! I trust you! I trust you know what you're doing, even if everything I've built for myself in my imagination melts like a snowman thrown into the chamei teveria - the hot baths of Teveria! **Even if I don't understand why you're doing this to me! Even if, as I understand it, bad things happen to me!!! I'm trusting you!**

(This understanding is referred to as the "eighth level of bitachon" from Rabbeinu Bechaye).

Destination: Turning the reality into the desired!

Ribono shel oilom, **and if you want it to be so, I surrender to Your will! I revoke My will - because of Your will!!!**

Courses of action: YOU! את"ה!

How do I proceed from here? What do I do with this sparkling, deep realization ?

אמונה I believe in three points :

1. HaShem **is doing this** to me !
2. HaShem **gives me the strength** to deal with this situation !
3. He wants to elevate me to brighter and deeper places of Avidas HaShem!

תפילה Prayer – Father! Give me the wisdom to take advantage of this opportunity,

The **strength** to cope,

The **ability** to get to where you want me to go -

And the **possibility** of disconnecting from the emotional barriers separating you and me!

השתדלות Hishtadlus - I have to keep trying to get out of the strait! There is no mitzvah to be tortured! Only what, I must adapt my efforts to my abilities and not insist on walking bigger and greater than myself !

Refreshment Point: What do we learn from the Baal Shem Tov HaKadosh?

While he was on a ship on his way to Eretz Yisrael, a storm wind came and broke the ship with which the Baal Shem Tov HaKadosh was sailing. The Baal Shem Tov fought the waves until he managed to reach, with the help of heaven, a safe shore ...

However, when the Baal Shem Tov arrived on the shore, he discovered that he had forgotten all the perceptions he had achieved over the years!!! **Think about it! Perceptions of the Baal Shem Tov HaKadosh! Gone! Disappeared from his pure mind!!!**

When the Baal Shem Tov HaKadosh realized that everything that was normal to him would probably no longer return to him, **he was not frightened! Not broken! He didn't say, 'If there are no perceptions – then there is nothing'...**

The Baal Shem Tov tried to remember, maybe there were some mishnayos left in his mind, maybe a Possuk from chumash, **but no! EVERYTHING was deleted !!!**

Only one thing was left for him! The letters of the Aleph Beis! Only this he remembered! **Of all the perceptions, what was left for him was only the simple letters, the ones that every four-year-old child recites aloud during the quiet shmoineh esrei in the Beis HaMidrash ...**

And the Baal Shem Tov HaKadosh, the one who healed the sick with his prayers, the one in whose light we yearn to stand in the darkness of exile, **began to say the holy letters, letter by letter, one after the other! Slowly, with concentration, as if he were now during neilah!**

When the Baal Shem tov finished saying the letters in their order, all the perceptions returned to him !!!

What do we learn from this great story ?

If you can't turn worlds upside down - don't break the vessels on the one hand, but on the other hand, don't stop trying !!! With what you just know! What you're just capable of! Leave yourself a tiny spark of desire !!!

If we extinguish our own will, we have lost everything !

A point to think about:

Why should we really try?

There is a story of a tattered wayfarer, who went over after shachris on a rainy day in the month of Adar to his fellow from the minyan, the rich-respectable-businessman, and asked: **Could you lend me perhaps, not a large sum, just two hundred dollars! will you be able to?**

The rich man opened a pair of huge eyes on him, as is the custom of choshever baalei batim: Tell me R' Yid, what do you think, these two hundred dollars this wayfarer!? **How do you want me to lend you such a sum without you telling me exactly how you plan to pay me back this amount?!**

The poor man was not moved: **Listen, sir, you have nothing to fear, after all, Purim is coming in three days! Purim is a time that 'everyone who reaches out – they give him'! I will go on Purim Day and reach out to charity, and with HaShem's help I will get the full amount !**

The rich man, seemed pleased. Here, standing in front of him is a calculated person, he can be trusted! He shed the rubber band, pulled out two slippery bills and handed it to the smiling man standing in front of him ...

Three days passed. It's Purim now, and the rich man prepares to leave for Mincha prayers, after three tedious hours of hearing supplications and hugging dances that smell of alcohol... Knocking on the door. The poor man. **"Well, you must have gotten the whole amount!"** Cheered towards him the rich man. **"Aaa... Actually not!"** The sweaty poor man replied in disgrace, **"What can I tell you? People open a door, see a poor man with tattered clothes in the doorway, and throw a miserable handful of cents at him!"** As he spoke, he pulled out a heavy black bag and poured its ringing contents on the table. Two dollars coins, thirty quarters, and another hundred thirty pennies...

"But, don't worry! I came up with a nice idea! I think you'll really enjoy it! I thought that if you came with me and knocked on the door, everyone would see that the honorable man himself was knocking on their doors! **Surely everyone will want to find favor in your eyes - and will put substantial sums in front of you... And so, within two or three buildings - we're covered!...**

If these delusional words were heard in the ears of the rich man on a regular day, then the nose of the wayfarer would have merited to have a rare encounter with the lower step of the nearest staircase... **But Purim!** And into the blood of the rich man has already been poured in considerable amount of alcohol...

Tachlis, he agreed, for the sake of logic...

"Oh, wow! You agree??? Good for you! You really are a kind man!!!" the poor man exclaimed, and then uttered the punchline: **"If you are going anyway, why do you need me with you???** Come on, go alone, what's going to happen? **A Freilachan Purim!"**

Indeed, the Creator in His mercy is willing to do anything for you! He will take care of you of everything you need! He will be mashpia you abundantly with all goodness! **But you, don't turn off the engine of desire! Don't shy away from trying!!! even a little - but at least that! We must keep our desire burning, albeit on a low flame, but let it continue to burn!**

Profits - on the way:

If I live with the Creator like a baby curled up in its mother's arms, **I gain, along the way, courage, joy, renewal, and unity !**

Once I have agreed to break away from the emotional barriers that blocked me from reaching the Creator, I am much more liberated! **Suddenly I'm able to connect with everyone from a real place! Suddenly I become lighter and happier! I have more energy!**

Definition of action: מאתערוותא דלתתא לאתערוותא דלעילא

From Isarusa Dile'sata to Isarusa Dile'ayla!

This deep understanding, and submission to HaShem's will, is actually Isarusa Dile'sata, an awakening from me to the Creator .

My awakening causes an Isarusa Dile'ayla from the Creator to me! **And suddenly, a rain of great mercy and a new abundance descends upon me from above, a great abundance that sweetens all judgments and brings me great new perceptions! All thanks to the submission!!!**

Low point: An endless road!

But the euphoria doesn't last long !

After a short period of feeling the sweetness and closeness in Avidas HaShem, I suddenly feel a sense of decline! Suddenly I don't feel such a deep connection to the merciful Creator! Suddenly I feel a little far away !

What is this ????

Why????? Why HaShem??? Why are you doing this to me ???

After all, I wanted so badly to get close to you !!!

And suddenly I find myself far away !

Hey, what is it? Am I in the same spot again?

I wanted, I find myself, sounds familiar, desire - reality... Wow, the whole story - all over again????

Is that how it is? Is there no end to it ?

Why is this happening ?

Two-way road: one versus the other!

So, it's as follows: Why is this happening to me? **For this is how HaShem created the world! Every spiritual abundance that descends from above brings with it new challenges!**

The Maharal says: We cannot know how great the abundance we received from Heaven is until we see how great the difficulties are! **As great as the difficulties are, this is a hint of the extent of the abundance!**

The Kotzker says: **The greater your yetzer hara is from your friend, it's a sign of just how much greater you are than him!**

Why does HaShem do this to us? For darkness is the vessel with which we are able to hold the Light! The difficulties are a kind of tzimtzum - reduction, right? And it is precisely this reduction that keeps for us the abundance!

Just think about the changing color of the tablecloth on which a small l'chaim glass rests - into which a large bottle of wine is poured...

And... But wait! If I go back to that point of war, to that crossroads mentioned at the beginning - why did I go through this whole deep mental process? Just to return to the same suffering??? **Is this path a dead-end – but worse – without purpose, chalilah?!**

It's not a dead-end: it's a diamond mine!

Our life's work is like a mine filled with rare natural treasures ...

In order to reach those treasures, you have to dig deep into the ground, you have to sweat and invest effort, but it's worth it, absolutely !!!

And now, if we dig thirty meters underground, - **we will suddenly find a treasure trove of precious lumps of silver !!!**

And our joy in finding the silver chunks will be mixed with a bitter taste. Because we did find many lumps of silver, but we did not dig in the ground here for chunks of silver!!!

And here there will be two kinds of people : **There will be those who will say to themselves, 'What do I need this trouble for???' I'm leaving now! Not worth the effort!!! Just silver - and that's it...**

And there will be those people who build up the courage to continue digging, **they will strive to go deeper than ten meters - until they find the golden chunks...**

And then, when they continue digging, they will discover precious stones, and gems, and diamonds, and sapphires...

For this is the rule in the Avidas HaShem: like treasures you shall seek!!! Closeness to HaShem is like a diamond mine! There is no end to its treasures! **There is no limit to the quality of the relationship with HaShem!** But yes, between stages there are a few dozen meters of darkness...

Such is the path, goes deeper and deeper, and that never stops forever!

Point of observation:

In which direction is nature pulling us?!

Let us be honest with ourselves and try to remember: when we stand at the mentioned crossroads, between the paths of despair, abandonment and submission, which path do we draw to at first glance ?

Has it ever happened to us that when faced with such friction, between what is desired and the reality, that we were attracted to the path of faith???

Have we ever had the first thought that jumped out after a dream deal fell apart 'Father – I want you'??? or that our first thought, somehow, always comes from a sad place or wanting war???

If we were quite honest ourselves, then we have come to an amazing conclusion: **always, but always we are attracted to sadness, pampering the wretchedness or the desire for revenge !**

What does this mean ?

This means one thing crystal clear: We, by nature, do not have the strength or the desire to draw close to HaShem! Only HaShem Yisbarach Himself can give us the strength to draw close to Him!!! **Our nature - beastly! The instinct of the human heart is evil from youth!!! and if HaShem would not help him, he cannot manage against it!!!**

Have we reached our destination? Not at all!

Reb Asher would say: The work goes on for seventy years - and we remain stupid! Work is constant! The battle for life is a battle of 24/7!!! **No ceasefires! No smoking breaks! Just fighting! Just coping!**

Because this is our life! Only like this can we get closer to Hashem!

Because those people, who live seventy years according to plans, all their aspirations are fulfilled, all their dreams come true, everything that is desirable for them - takes shape - those people live - a beautiful life, but '*Kein Ribono shel oilom iz nisht doh dart*', There is no place for the Creator to enter to them!

And another short point: without Torah and tefilla, without keeping Mitzvos in action - it is impossible to serve HaShem at all! Don't even try ...

For it is the Torah and the Mitzvos that adapt a person to the closeness of HaShem! They are those that bring the person to feel the right sensations. Without Torah, without Mitzvos, without tefilla - it is impossible to reach the Creator !

Map reading instructions: Read when relaxed!

When on trial nothing helps - only what your soul has already acquired!

Gedanken from the Spinka Rebbe Shlita

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Written entirely according to the writers understanding.

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