



From Last week – Devorim 5783

THERE IS A LIMIT, THERE IS JOY.

OPTIMISM AND PESSIMISM MEET ON THE ROAD...

Who wants to win a lottery?

Head-on encounter

Imagine a difficult and unpleasant situation. A head-on accident between two vehicles.

The windshield shatters, the metal twists, the paint is destroyed, the airbags come out, and both drivers get out, unharmed. Facing each other.

The first is normally a pleasant person, somebody who smiles a lot, is organized, knows how to praise, impressive in his eloquent opinions and humanity.

The second is a person like any other person, with ups and downs in spirituality – and in interpersonal relationships.

Now, the two drivers face each other.

The first driver, the humane one, is suddenly revealed at the height of his anger. He screams, boiling with rage, and releases words he never knew was inside him...

And the other driver? He looks at himself and the vehicle in disbelief, unable to comprehend the magnitude of the miracle, his mouth does not stop thanking and praising.

Same case. Two people. Completely different reactions.

The question is: Who is right in his response?

On the one hand, it is not pleasant to be pessimistic, seeing darkness. You can't rejoice like that.

On the other hand, is optimism and a positive outlook always right? Should we ignore the annoying reality and delve into imagining that everything is good?

Which of the two exaggerates his reaction? Or maybe they're both exaggerating?

You don't have to get into a head-on accident, chalila. This question encounters us almost every day, almost all day. **Different situations that can many be viewed negatively and 'realistically' – and can be looked at through glowing glasses – but sometimes this requires us to ignore reality. What is the right way?**

In the shiur we were privileged to hear on Thursday night, the Rebbe gave us a different perspective on the subject.

Boundaries is joy!

Is a boundary a positive or negative thing?

Being limited, is it joyful or upsetting?

On the face of it, limitation is burdensome, preventing us from moving forward as we wish. When there is a limit, we are sometimes forced to stop from making moves we would dream of...

But no. It turns out that boundaries are actually the most relaxing, joyful, and best thing.

Because let's take for example a high-rise tower, whose roof we are standing on. If there is no fence around this roof, we will stand there frozen and afraid, looking for the first opportunity to sneak down to the lower floors. A roof that has no border, fence, wall, will cause us anxiety, will prevent us from freedom and inner calm.

But if there is a fence there? We will stroll and be happy on the rooftop, and will not hesitate even to approach the edge and look out at the amazing view and the small buildings around.

That is, what made us walk around happy and calm and go to the edge - knowing that there is a boundary that protects us...

Who is frightened by abysses? Those who have no limits!

☞ Healthy economic process ☞

In life, too, it is like this. for example, in the economic life.

It is well known that a person who wins the lottery and becomes a millionaire overnight may lose his entire fortune, and together lose his sanity, exuberance and lots of other gifts that he had before.

Why? How is he different from a rich man who has made his fortune by labour? The limits. They are the difference.

Because a person like you and me, who is offered a deal to enter into, knows that he is limited in funds, so he checks every transaction with seventy tests, consults with experts, deliberates for a while – and even when he decides to sign the contract he does so not before leaving himself a security space for any trouble that should not come.

So, it turns out, little by little, when a man accumulates wealth and becomes rich, he will do so in a healthy way, and along the way will also acquire the right tools for setting boundaries. Along with the wealth, he also gets limits that he doesn't cross.

But the one who got rich in one moment? He got the fortune – but he didn't do the process!

He has no limits, he has not built boundaries – so he may act wastefully, invest in shady and glamorous deals, and transfer all his money and gold to the manipulator on duty...

☞ Security Space ☞

And just like towers and lotteries, so it is in every area of life:

The borders keep us safe!

When you stick to limits and know how to maintain them and not break through them – you walk around free and happy, you are calm, and even if you sometimes think that you have lost a certain achievement or paid more expensive – in the end only good will come of it.

Because your boundaries are strengthened, you have more room for safety.

On the other hand, people who choose to test the boundaries and cross them, people who do not hesitate to break down walls and break down fences, will always lose out from it, even though at first it seems that they have come up with the desired method of 'how to succeed in life'.

☞ It's better to pay expensive than to pay dearly ☞

When talking about breaking boundaries, it is customary to warn against losing Olam Haba.

We, said the Rebbe, are talking about this world right now! Because the person who acts with hefkeirus loses even that!

Each of us has limits. He has a home, he has a community, he has Torah and Mitzvos, he has a family, he has a Rebbe and a Rav, he has obligations, he has economic wisdom and common sense, there are the boundaries of the world order, there are the boundaries of the sibos - 'reasons' that HaShem sends us all the time.

These boundaries sometimes seem like something that blocks, like something that bothers. We look left and right, and our hearts pinch a little. Here, we just paid more expensive because of the boundaries. Look at him, where he reached thanks to a little turning a blind eye...

But the truth is, at the end of the day, from boundaries one doesn't lose!

A person who crosses the boundaries loses the most precious thing, his soul! He corrupts it, and he may drift into unwanted places that will cause him to lose his family, his community, his fortune, his friends, and all the good things he has achieved through his labour and with Siyata Dishmaya.

A person who enters unwanted places such as intrigue, manipulation, an evil eye, endless arguments, stubbornness not in the beneficial direction – gives up his healthy boundaries.

On the other hand, if you act honestly, fairly, by adhering to boundaries, with a positive outlook, with caution and consideration – you build your soul!

The soul will be protected on its own

Why does it say, 'ונשמרתם מאוד לנפשותיכם', "You shall greatly beware for your soul," why is this commandment not written in simple words, 'ושמרתם את נפשותיכם' "And you shall guard your souls"?

The Rebbe said in the name of the Sefer Or Tzadikim: HaShem commands man here to assure that the soul will be protected on its own!

When a person maintains external order and does not skip over the boundaries of his soul, his soul will remain intact, and will not be damaged.

But those who do not hesitate to go to the extreme and are willing to expose their delicate soul to corruption, do not keep their souls intact and clean.

Fall – but don't dance in the fall

The Soforno asks, why did Moshe Rabbeinu come down on the 17th of Tammuz with the Luchos – only to smash them? After all, the occurrence of the eigel was already the day before, on the 16th of Tammuz!

Rather, there is a tremendous element here:

Every Yom Tov we say, 'אתה בחרתנו מכל העמים, אהבת', 'You chose us from all the nations, you loved us, you wanted us. 'When was that? What spiritual level were we on at the time HaShem chose us? We were then in Mitzrayim, In the 49th gate of impurity, low and belittled in every way.

The Creator chose us – despite our situation! And he knew very well which people he chose for himself! A people of 'הללו והללו עובדי עבודה זרה' 'these and these are worshippers of idolatry.'

And now, all at once, the Yidden leave Mitzrayim and win the lottery. Ascending in a few days to the highest level, seeing the HaShem eye to eye – and all this without making almost any effort, without making a process, without acquiring boundaries...

HaShem knows that such a spiritual ascent does not last. Therefore, when the Yidden made the eigel, HaShem said to Moshe: "Go down!" Great, it's time to get to work! The fall is part of the process!

Moshe Rabbeinu descends, equipped with the Luchos Habris, he knows that now is the time to start building a healthy process that will continue until the day of entry into the Eretz Yisrael, a process in which the people will acquire the borders, the security spaces, the caution.

By the way, this is an explicit verse: "ולא נחם אלוקים דרך ארץ פלישתים, כי קרוב הוא... פן ינחם העם בראותם מלחמה וישבו מצרימה". "And HaShem did not lead them through the land of the Plishtim, for it is near..."

Lest the people take regret when seeing war and return to Mitzrayim." HaShem does not give us Eretz Yisrael right away. Because without a long process of building tools in the desert, in which the Yidden will learn to contain the wealth, without learning the limits, without creating the walls – in the first war they will flee from there...

Moshe Rabbeinu is coming down now, and knows that the time has come to start the process.

But then he discovers that the Yidden are celebrating and dancing before the eigel... And this, already shows that they are not on the same track with Moshe Rabbeinu.

Because we don't get scared of falls! Falling is part of the process, HaShem chose us when we were a state of having fallen! But all this is provided that you ask to get up again and learn the process! If a person comes to terms with his situation, and does not look for a way out of it, definitely if he is satisfied and dances in the fall – this is already a reason to break the Luchos...

🕒 *HaShem is my guard!* 🕒

But the act of the eigel was also part of the process.

By the sin of the eigel, the Yidden learned a very fundamental boundary in the life of the nation: in order to endure trials, one must be connected to HaShem! Only He gives the strength to avoid falling!

'לא היו ראויים ישראל לאותו מעשה - אלא כדי להורות תשובה לרבים!'

"The Yidden did not fitting to do this deed only to show teshuvah to the many"! To teach us what the limit is, what we must be careful of.

Is this boundary of always being connected to the Creator a blocker? Is it oppressive? On the contrary, it is joyful and liberating!

Dovid Hamelech says it explicitly in Tehillim: נפשׁי כגמול עלי אימו! My soul is like a baby who is nursing by the mother! I'm like a baby in my mother's hands. Limited - but happy. Limited - but contented. Limited — but know that only with My mother is my life guaranteed!

How do you maintain this border?

We ask ourselves before making any decision: Will what I'm about to do connect me to HaShem – or cut me off from Him?

This step, this word, this look, this shout, this decision, this smile, will it connect me or disconnect me?

🕒 *Why are you optimistic?* 🕒

Now, it's time to return to the question we started with. Is it better to look realistically but pessimistically – or optimistically but ignoring reality?

Well, the real answer to that is that we don't choose to be pessimistic or optimistic because we want to be realistic or positive. The profound reason for our way of looking stems from something else entirely:

And the question here is much deeper: Why do we smile, see good, act politely, compliment each other and behave nicely?

There are two possible answers to this:

Either, it's the most pleasant way to live. When you behave morally, everyone appreciates you, you look good in the pictures, everyone appreciates and wants to be close to you, you align yourself with the demand of the surroundings, and you are willing to do it – because it will help you at all kinds of junctures in life...

If that's why you're smiling at people, then it's just another external manipulation. There is no internal and mental process here, everything is just a shiny wrapper. This is the morality of the Gentiles. Everything should look beautiful and impressive and moral, one that will ring well in the ears of those around you.

But the moment it no longer suits my interests, the moment I get stepped on, the moment I stand in front of a broken car, everything I hid for years is visible to all!

The second reason for moral behaviour and optimistic thinking is that I want to protect my soul!

I know that if I get angry and mad, I will lose my connection with the Creator and put suffering into my soul!

And that, I don't want to do. I don't want to give up my most precious thing, my soul...

It's better to lose an argument and also lose a fortune – the main thing is not to lose your soul!

A Yid chooses to look with a good eye and a positive gaze – even though he is aware of reality! He does not ignore the truth, he simply chooses to be connected, and not to give up his important boundaries!

Gedanken from the Spinka Rebbe Shlita

Written in Hebrew by R' Menachem Rubinfeld

and translated by Yissochor Raffles

Written entirely according to the writers understanding.

For suggestions and feedback or to subscribe please email

sparksoflightspinka@gmail.com

Please note that although this pamphlet comes out Be'ezras HaShem every week Le'chovod Shabbos, the contents are not specific for any particular week and are applicable all year round!