

Illuminating words that we merited to hear from The Spinka Rebbe Shlita

From last week - Parshas Vayigash 5784  
RELAXATION IN THE HAZE

☞ *Rest? Only when everything is burning...* ☜

Everyone wants peace. Everyone wants rest.

**Everyone wants this quiet, to feel carefree, without unnecessary and burdensome storms.**

But in reality, in our journey of life, these moments are rare. We get stressed and worried and full of disturbing thoughts, rush to the next project and hardly find that elusive rest we all seeking.

**That's why, when we talk about rest, it immediately appears before our eyes a countryside vacation, facing an intoxicating view of mountains and endless grass, and maybe even some waterfalls.**

And the truth is, that in this race of life, we don't have to go far in imagining resting in a quiet and remote community, **we also settle for imagining the moment when we can return to our own safety zone, and finish with the stressful moment currently on the horizon.**

There are those for whom rest is a hearty meal. In this way, they relax from the tensions that surround them, and feel carefree.

There are people for whom the long davening on Shabbos is a source of stress. They don't know what to do for such a long time, the long hours threaten them. Therefore, for them, the rest is in finding some kind of occupation, such as reading a book and the like.

Either way, everyone with their own stressful places and the kind of rest they are trying to find for themselves.

**But in practice, despite the desire to find rest there, it becomes clear to us that this is only an external and temporary rest.**

A person can sit on top of the mountain and see breathtaking views in front of him – but inside he

will continue to be agitated, his thoughts will not give him rest.

And even if he doesn't, even if he somehow manages to disconnect from his thoughts, it's just a little painkiller. Already on the way back his thoughts will flood him again, and he will ask himself what he got out of all this expensive vacation...

**It turns out that all the kinds of rests we try to reach are external rests, and in fact, to put it more harshly, it is a kind of escape.**

Escape for a short time.

The Rebbe also spoke about people who came to the conclusion that if they wanted to connect with themselves, it was best for them to stay at home and never go out.

They say to themselves: Why leave the familiar and beloved room, only to rub shoulders with the people outside and accumulate more anger and disappointment and unnecessary negative energies?!

**Isn't it better to stay at home, in the room, in the comfort zone, and actually stay in survival mode and calm, without meeting anyone who will arouse painful and frustrating feelings in us?**

But the truth, said the Rebbe, is that any conduct of this kind does not cause a person to 'connect to himself' but to 'run away from himself'...

He is afraid to discover his sensitivities, runs away from meeting his weaknesses, is afraid of being stabbed and burned and from failing.

**And seemingly, the more we look at it, the more discouraging it sounds.**

**Because really, how can you get to rest? After all, no pleasure in the world, no scenery or recreation, no meal or brochure or luxurious house or anything else – brings true peace...**

And if not that, then what is?

If not the hobbies, the calm scenery and the chirping of birds bring peace, is there even a possibility of real, inner and eternal rest?!

The Rebbe said: **Inner rest is to be at rest even when everything burns and rages in you!**

Rest is not external quiet, tranquillity is not sceneries, rest and tranquillity are within the soul! And nothing in the world can bring you together with this rest – only the self-work you will do in times of pain and stress!

**Precisely when you are in a haze, and emotions flood you and stir you, and you stop and ask – what is hidden behind this fire? Who is hiding behind the fog?**

When you connect to yourself, to אורייתא וקודשא בריך הוא וישראל חד, The Torah and HaKadosh Boruch Hu and Yisrael are one, to the Master of the Universe that is there inside, when you don't try to escape the storm because you understand that HaShem is the one who brought you it, when you seek peace in the storm, the Elokim that is in the fog.

**When you connect to your mission, to מי יודע אם לעת כזאת הגעת למלכות, 'who knows if it is for a time like this that you have reached royalty', to the fact that HaShem doesn't just bring you to such situations, and that there is some tikkun here and a desire to bring you to an even more selected and higher place than where you were until now - only in this way can you gain inner peace!**

Inner peace is a serenity that withstands even difficult conditions, a serenity that does not disappear even in the most stressful and draining moments, and even when you feel completely helpless – you are still at rest and not agitated.

**And that, you can't buy in any course or coaching...**

**This can only be done with faith and feeling כגמול עלי אימו 'like a nursing child by his mother'.**

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Let your hand do the work for you

The Chassidim of yesteryear would prefer to work in crafts that involve manual labour. That way, they said, hands can keep working—and the mind is free to look at and think about the main thing in life...

The Rebbe told of a Chassid who consulted with Rabbi Moshe Kobriner about building a new house.

The Kobriner said to him: **Try to build the house on the ground, not on your brain...**

When the Rebbe spoke about this, one of those present asked: What can I do that my work does depend on thinking?

The Rebbe said: Even if the mind is working, the mind must be free!

**Don't allow yourself to get caught up in the thought that work is the main thing, that work is the breadwinner, don't let work take over your mind, who you are...**

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Here's how to secure your job at the factory...

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When one of the factory workers fails in his job, this is still not a reason to fire him. We are all human beings and fail sometimes, and every manager understands that.

**When is this a reason for dismissal? When the worker begins to flout the procedures, or worse, when he tries to build his personal career within the factory.**

That, no manager in the world can accommodate.

**And so it is in the factory of life, with the manager of the world. Failure is a human thing, it is part of life. But stay loyal, don't flout the rules, and know your place in the world...**

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Gedanken from the Spinka Rebbe Shlita

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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!

**New: The Rebbe gives a shiur for Men in English on Zoom every Sunday.**

**8pm Israeli time (6pm GMT - 1pm EST)**

Contact me on [sparksoflightspinka@gmail.com](mailto:sparksoflightspinka@gmail.com) for more information.