

Some Inspiration To Share

Posted by toraschaim - 18 Sep 2013 20:52

Chevra, I wanted to share two ideas that have helped me recently. I found them inspiring, and I hope you will too:

1) From my Rav:

As the gemara explains, we don't say *baruch shem kevod malchuso* out loud during the year, because it is an angelic *tefilah*, and we are not on that level. On Yom Kippur, when we remove all of the physical distractions and rise to the level of angels, it is appropriate for us to say it out loud. But did you ever think about the following? Why do we say it out loud on Kol Nidrei night, coming off an entire year of NOT being on this high level, when Yom Kippur has JUST started, while at *ma'ariv* after Yom Kippur is over, when we've had an ENTIRE DAY of fasting, we right away go back to saying it quietly?

The answer is that it all depends on where you're heading, where you're oriented towards, what direction you're moving in! On Kol Nidrei night, we're headed towards a whole day of spirituality, and because of THAT, we can say *baruch shem* out loud. The fact that we've accumulated a whole year of not being on that level is irrelevant! Similarly, the fact that as Yom Kippur ends, we've been on the level of angels for a whole day doesn't entitle us to continue saying *baruch shem* out loud.

The message for us is so *pashut* and so encouraging - don't be broken about the mistakes you've made in the past or the opportunities you missed. If you're working, struggling, trying, if you're pointed in the right direction, then THAT is what counts.

2) My own observation:

Earlier this week, I went to daven minchah during the workday. Minyan started late, and by the time it started, we had to be out of the room in a few minutes, since there was going to be a meeting there. I don't like davening quickly and I tend to get upset when have to rush. I usually feel angry for putting myself in that situation (i.e. 'I should have just davened on my own!'), and I'm usually too frustrated during davening to muster up any kavanah that I would otherwise have available.

But this time, I actually had a pretty good davening, and didn't get angry at all. Because beforehand, I reconciled myself to the fact that minyan would be rushed, and that I had to make the most of the situation. Because I adjusted my expectations to make them more realistic, I wasn't frustrated or angry when those expectations weren't met.

I think this is a valuable lesson - if you expect to go cold turkey in a day/a week/a month/whatever is not realistic FOR YOU, then you'll be angry and frustrated when those unrealistic expectations don't materialize. But when you understand what you're in for and know what to expect, setbacks are less likely to make you angry or upset, and you end up accomplishing more along the way. Instead of being angry that I had to rush through minyan, I made sure to muster up as much kavanah as the circumstances allowed me. Same thing with GYE - if you spend time being frustrated/upset (in a non-productive way), there are many opportunities for minor successes and small victories that you're throwing away.

Keep it up chevra, and have a Chag Sameach!

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