

בְּעֵינֵי הַשְּׂמֵחָה

Pulling Sadness Into the Dance

THE TEACHING

On joy (שְׂמֵחָה), with a parable (מִשְׁלַּל). Sometimes, when people are rejoicing and dancing, they grab a man standing outside in sadness and gloom (עֲצָבוֹת וּמָרָה שְׂחֹרָה), pull him into the circle of dancers even against his will, and make him rejoice with them.

So it is with joy inside a person. The higher level is not only to be joyful, but to go after the sadness itself and bring it into the joy, until the sadness turns into joy.

MAIN POINTS

- When a person is joyful, the gloom and the sufferings (יְסוּרִים) step aside.
- But there is a higher level (מַעֲלָה יִתְרָה): to make the effort to chase after the gloom itself and bring it, too, into the joy, so that it turns into joy, like one who comes into a celebration and the great joy turns all his worries into joy.
- This is “שִׂשׁוֹן וְשִׂמְחָה יִשְׁיגוּ וְנָסוּ יָגוֹן וְאַנְחָה” (ישעיהו לה:), “gladness and joy shall overtake them, and sorrow and sighing shall flee.” Sorrow and sighing run from joy, so gladness and joy must overtake them and catch them.
- Why do they run? Some sorrow and sighing are of the Other Side (סִטְרָא אַחֲרָא), which does not want to be a chariot (מְרֻכָּבָה) for holiness.
- So they must be brought, even against their will, into holiness (קִדְשָׁה), that is, into joy.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Joy is not only for the good days. Take the heavy feelings with you into the dance, into the song, into the prayer, and let the joy change them.

<https://breslovai.com/tinyana/023/>

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