

פַּעַם אֶחָד דִּבֶּר מֵעֲנִין מְאוּס וְהִרְחַקַת הַתְּאַוָּה

Distance from Desire

THE TEACHING

Reb Noson records a short conversation. Rebbe Nachman spoke about despising and keeping far from the “general desire” (הַתְּאַוָּה הַכְּלָלִית), the physical desire between man and woman.

MAIN POINTS

- He said: look at eating (אֲכִילָה). At least through food a person gains strength and vitality (כֹּחַ וְחַיּוּת).
- But this desire, on the contrary, wastes and harms a person's vitality greatly and drains his strength.
- So surely there is no need for it at all, except for having children: “כִּי־אִם בְּשִׁבְלֵי יוֹם הַמָּיִן לְבָד”, “only for the sake of continuing the species.”

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

A desire seems strong until you ask what it gives you. Seen clearly, it weakens, and holiness becomes easier.

<https://breslovai.com/tinyana/107/>

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