

הַמַּחְשְׁבָה בְּיַד הָאָדָם לְהַטּוֹתָהּ כְּרָצוֹנוֹ לְמָקוֹם שֶׁהוּא

Thought Is in Your Hands

THE TEACHING

A short teaching about the mind, and a horse that wanders off the road:

“הַמַּחְשְׁבָה בְּיַד הָאָדָם לְהַטּוֹתָהּ כְּרָצוֹנוֹ”, a person's thought (מַחְשְׁבָה) is in his own hands, to turn wherever he wants.

MAIN POINTS

- Two thoughts cannot exist at the same moment (שְ�נֵי מַחְשְׁבוֹת בְּיָחַד), as explained elsewhere, so whatever you bring in pushes the other out.
- Even when the mind wanders and flies off to strange things, you can turn it back, even by force (בְּעֶלֶי-כֹּרְחָה), to the straight path (הַדֶּרֶךְ הַיָּשָׁר), to think what is fitting.
- It is just like a horse that leaves the road: you take hold of the reins (אַפְסָר) and bring it back, even against its will. So too with thought.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

When your mind wanders in prayer or learning, don't despair and don't fight it. Take the reins, and turn it back, as many times as it takes.

<https://breslovai.com/tinyana/050/>

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