

אמר, שמקוה אינה מזקת כלל, והדאקטיר שיאמר

The Mikvah Does No Harm

THE TEACHING

Some people worried that immersing in the mikvah (מִקְוֵה) could harm their health. Rebbe Nachman answered clearly: “שִׁמְקוֹה אִינֶה מְזַקֵּת כָּלֵל”, “the mikvah does no harm at all.” And a doctor who tells you the mikvah is harmful is no doctor at all.

On the contrary, immersing (טְבִילָה) is very good for the body's health (בְּרִיאוֹת הַגּוּף).

MAIN POINTS

- The body has many tiny openings, the pores through which sweat leaves. They need to be open; if they are blocked, a person can grow weak and fall ill, Heaven forbid.
- Immersing in water opens them, and that is very good for health.
- One condition: the water should not be too cold, because very cold water closes the pores. When it is not very cold, immersing in it is very good.
- It has already been explained that the efforts and hardships (עֲבוֹדוֹת וְסִגּוּפִים) of serving Hashem do no harm at all. If someone is harmed by them, it comes only from pride (גְּדֻלּוֹת).

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

We need not fear the mitzvos for our health. And if serving Hashem ever leaves us drained, it is worth asking whether pride has slipped in.

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