



# RABBI JUDAH

# MISCHEL

Mashpiah, OU-NCSY

Executive Director, Camp HASCH

Author of Baderech: Along the Path of Teshuva (Mosaica 2021)

## For a Lifetime

Reb Meir Mirkis of Teplik was one of the closest and most dedicated *talmidim* of Reb Nosson of Breslov. He carefully followed the Rebbe Nachman of Breslov's advice and instruction and is described as "a *tza-dik gamur*... whose heart burned to serve Hashem" (*Kochvei Ohr*, Anshei Moharan 32).

Reb Nosson inquired regarding the welfare of one of Reb Meir's *chevreh* in Teplik. Reb Meir shook his head in disapproval. Shrugging his shoulders, he made a motion expressing how he was 'underwhelmed' by the spiritual state of this specific Jew. Reb Nosson responded with a tone of rebuke:

"Listen my dear Tepliker! One may certainly choose to see the world in a critical and negative way, and view everyone and everything with an *ayin ra*. One can decide to find that which is broken everywhere he

turns. Just understand the repercussions, and consider where this leads....

"Visualize this fellow sitting in his home in Teplik. You are here miles away in Breslov, judging him unfavorably and focusing on what is lacking in his spiritual life. You've sent flames of negativity that burn him and his surroundings with a fire that will spread from his house and through the *shtetl*, spreading door to door, incinerating every home, wiping out everything in its path ...until it reaches yours! After your home is consumed in flames as well, the fire will spread outward and destroy the whole world.

"So tell me, Reb Meir, this fellow might be lacking in some areas of his *avodas Hashem*... but are you the only *ehrlicheh yid* in Teplik?!"

Reb Meir's face turned red with embarrassment and regret. Looking toward the floor, he responded in a low tone: "Oy, Rebbe. Me? I too am far, far from what I



**Oded  
Lewensohn,**  
Adv. & Notary

**לבינסון רז ושות'**  **Lewensohn Raz & Co.**  
משרד עורכי דין ונוטריון Law Offices & Notary

**Estates, Probate,  
and Inheritances\***

**Real Estate  
Transactions**

**Tama 38 and Renovation  
Construction Projects**

\* Durable Powers of Attorney for Health and Financial Matters



**Moshe Raz,**  
Adv.

27 Keren Ha'Yesod St., Jerusalem | Tel: 02-6731000 | Email: [office@lawlr.co.il](mailto:office@lawlr.co.il) | [www.lawlr.co.il](http://www.lawlr.co.il)

ought to be....”

But Reb Nossen was not placated. “If with all the good you do, all the Torah you learn and all the mitzvos you perform, you are still not good enough — then who is?”

וַיֵּשֶׂא בָלָעַם אֶת־עֵינָיו וַיַּרְא אֶת־יִשְׂרָאֵל שֹׁכֵן לִשְׁבָטָיו וְתַהֲי  
עָלָיו רוּחַ אֱלֹקִים:  
וַיֵּשֶׂא מִשְׁלוֹ וַיֹּאמֶר נָאִם בָּלָעַם בְּנֹו בָעֹר וְנָאִם הַגִּבֹּר שָׁתָם  
הָעֵי:  
וַיֵּשֶׂא בָלָעַם אֶת־עֵינָיו וַיַּרְא אֶת־יִשְׂרָאֵל שֹׁכֵן לִשְׁבָטָיו וְתַהֲי  
עָלָיו רוּחַ אֱלֹקִים:  
וַיֵּשֶׂא מִשְׁלוֹ וַיֹּאמֶר נָאִם בָּלָעַם בְּנֹו בָעֹר וְנָאִם הַגִּבֹּר שָׁתָם  
הָעֵי:

Bilaam raised his eyes and saw Israel dwelling according to its tribes, and the spirit of God rested upon him. He took up his parable and said, “The word of Balaam the son of Beor and the word of the man with an open eye....” (24:2-3)

*Sefer Tehillim* (7:12) reveals, וְנֹאֵם יוֹמָם בְּכָל יוֹם, “God is furious every day.” The Gemara (*Berachos*, 7a) explains that רַחֲמָא קַמִּיה דְּקוֹדֵךְ, “Hashem’s anger” is expressed for but a moment each day. Here a רגע, “moment” is defined as 1/58,888th of an hour. Bilaam, “the man with an open eye”, was gifted with incredible spiritual potential and power. He was the only person in history who was able to determine when that fleeting instant would happen during any given day. With his mastery of the occult, his prophetic ability and ‘open eye’, Bilaam could tap into the dark-side and identify

## Avi Assouline Certified Physiotherapist (BPT)

A graduate of Tel Aviv University  
Thorough and comprehensive therapeutic approach

### Areas of Practice:

- Back, knee and neck pain
- Balance, Vertigo and dizziness
- Custom insoles

Jerusalem / Tzur hadassa

Over 10 years experience

053-5403761  
Physiostep1@gmail.com

PHYSIOSTEP  
פיזיותרפיה - מדרסים



**EXPER**  
ADVANCED DENTISTRY

**When it comes to  
specialty dental  
treatments,  
you need  
Exper(t) care.**



## Meet our leading specialists



**Dr. Ariel Hirschhorn, D.M.D.**

Senior specialist in oral and  
maxillofacial surgery at Sheba  
Medical Center



**Dr. Yaakov Mizrahi, D.M.D., Sc.B**

Expertise in treating high-risk  
patients and complex cases



**Dr. Mitchell Rudy D.D.S.**

Over 20 years of sensitive diagnosis  
and patient care



**Dr. Marina Biber D.M.D.**

Specialist in oral rehabilitation

**Professionalism and service  
You can trust.**

Call for your appointment  
at our clinic.

📞 **02-644-9349**

🌐 **www.exper.co.il**

📍 **101 DERECH HEBRON STREET, JERUSALEM**

that fleeting *רגע*, exploiting that microscopic point of anger to find opportunity to curse the Jewish People. *Ayin ra*, the capacity to find bad in others, was Balaam's specialty.

A curse seems to have power when it exposes a point of weakness, failure or fault in the other. By focusing attention on that which is lacking, broken, it awakens harmful, negative energy.

*Pirkei Avos* (5:22) juxtaposes the difference between students of Avraham Avinu, and *l'havdil*, those of the evil Bilaam: "Those who have an *ayin tova*, a humble spirit and a humble soul, are among the disciples of our forefather Avraham. Those who have an evil eye, an arrogant spirit and a greedy soul are among the disciples of the wicked Bilaam.

The holy Maharal explains that our five basic physical senses — sound, touch, taste, smell and sight — enable us to perceive an object *as it is*. However, among these five there is one that can lose its objectivity: sight. The way we see people, events and experiences, is determined by the way we choose to envision ourselves or others. The proverbial cup is indeed both half full *and* half empty; it is our choice to see it and determine its reality through the prism of an *ayin tova* or an *ayin ra'ah*. It is our choice to

'see' like Avraham or like Bilaam.

Cultivating the generosity of spirit of Avraham Avinu, and maintaining a healthy internal state of positivity, is key to the *midah* of *ayin tova*. When we envision reality as good, we will not see even a speck of anger or negativity. Then we can see beneath the surface of another person to their essence, and find the glittering treasure of good points at their core. This way, we will relate to them with authentic generosity, flexibility and patience. The backbone of Jewish life, values and practice, *ahavas Yisrael*, demands an *ayin tova* — seeing the good in everyone, and the world.

'Opening our eye' to the good in ourselves and others creates a flow of positivity and *ayin tova*. May we learn to spotlight the good points in ourselves and others, and may this light of love and Divine favor spread from our homes to our communities, and give life to the whole world!

.....

וּמִיָּדָה לֵן דְּרַגָּה רַחֵם? שְׁנֵאמַר: "כִּי רַגַע בְּאַפּוֹ חַיִּים בְּרַצוֹנוֹ"

From where do we derive that God is angry for only a moment?

It is said (*Psalms*, 30:6), "His anger is but for a moment; His favor is for a *lifetime*!"

(*Berachos*, 7a) ■

## Expert BAR MITZVAH Instruction for Ashkenazim

(in English, French or Hebrew)  
& Tamei Hamikra for adults  
Current Refrences available

**CANTOR SHLOMO DWORKIN**

**058 646 3912 or Email**  
**cantorsidsd@gmail.com**



## Grow Old With Me - The Best Is Yet To Be —

Looking for that special Man 60-70  
to spend my life with, Torah Centered  
but also Secular.

Kind, Giving, Healthy Good Character,  
Financially Independent. I am a Real  
Person with depth, sensitivity and talent.  
**Contact findingmatch18@gmail.com**