



## A SPECIAL THOUGHT FOR YOM KIPPUR

This Yom Kippur, may we be guided by the following awe-inspiring words of the Yesod V'Shoresh Ha'Avodah (11: 10), as to the **proper fulfillment** of the one day a year **MITZVAS ASEH D'ORAYSA**, of **INUI** (refraining from eating and drinking): "...And it is *poshut* (simple) that the reward for fulfilling the Mitzvas Aseh of Inui is greater than other mitzvos aseh such as Tefillin and Tzitzis, because a mitzvah performed with difficulty is greater, as is well known. Everyone should **recognize and rejoice** in every minute that he feels pain or suffering from not eating, drinking or wearing regular shoes, **for in every such minute he fulfills a Mitzvas Aseh from the Torah**. Of course, one cannot compare a mitzvah performed for a short period of time or even an hour, to a mitzvah performed **over and over again for hours**... And as the Holy Day continues and his pain or suffering increases through Mincha and Neilah, one's rejoicing should increase **as the quality of his mitzvah becomes greater and greater. And whenever one feels this pain or suffering, he should have the following specific kavana with great simcha: "I am mekabel upon myself the Mitzvas Aseh of my Creator with this Inui."** The person who fasts, but is concerned with when will the fast, and my suffering, end is **very, very far** from the person who fulfills the great mitzvah of his Creator with **simcha and love**, knowing that he is giving Hashem nachas ruach in fulfilling His command *b'tzaar*. [Ironically], both people may commence eating the very same moment on Motzei Yom Kippur – **but oh how vastly different they and their mitzvos are...**"

Let us transform and uplift ourselves this Yom Kippur.

~ Gmar Chasima Tova ~

