

# CHABAD LUBAVITCH OF CHAUTAUQUA

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Kabbala and Meditation – Week 6 - 2020

1. So the L-rd said to Moses, Behold! I am going to rain down for you bread from heaven, and the people shall go out and gather what is needed for the day, so that I can test them, whether or not they will follow My teaching...

The layer of dew went up, and behold, on the surface of the desert, a fine, bare [substance] as fine as frost on the ground.

When the children of Israel saw [it], they said to one another, It is manna, *because they did not know what it was*, and Moses said to them, It is the bread that the L-rd has given you to eat...

And Moses said to them, Let no one leave over [any] of it until morning...

Moses said, This is the thing that the L-rd commanded: Let one omer-full of it be preserved for your generations, in order that they see the bread that I fed you in the desert when I took you out of the land of Egypt.

- a. **RASHI: for your generations:** In the days of Jeremiah, when Jeremiah rebuked them, [saying] “Why do you not engage in the Torah?” They would say, “Shall we leave our work and engage in the Torah? From what will we support ourselves?” He brought out to them the jug of manna. He said to them, “You see the word of the L-rd” (Jeremiah 2:31). It does not say ‘hear’ but ‘see.’ With this, your ancestors supported themselves. The Omnipresent has many agents to prepare food for those who fear Him.”-[from Mechilta]

...And the children of Israel ate the manna for forty years until they came to an inhabited land. They ate the manna until they came to the border of the land of Canaan. (Exodus 16:4, 14-15, 19, 32, 35)

2. And He afflicted you and let you go hungry, and then fed you with manna, which you did not know, nor did your forefathers know, so that He would make you know that man does not live by bread alone, but rather by, whatever comes forth from the mouth of the L-rd does man live.
3. Who fed you with manna in the desert, which your forefathers did not know, in order to afflict you and in order to test you, to benefit you in your end, and you will say to yourself, "My strength and the might of my hand that has accumulated this wealth for me." But you must remember the L-rd your G-d, for it is He that gives you strength to make wealth, (Deuteronomy 8:3, 16-18)
4. Go and call out in the ears of Jerusalem, saying: so said the L-rd: I remember to you the lovingkindness of your youth, the love of your nuptials, your following Me in the desert, in a land not sown. (Jeremiah 2:2)
  - a. RASHI: ...Now what was the loving kindness of your youth? Your following My messengers, Moses and Aaron, from an inhabited land to the desert without provisions for the way since you believed in Me.
5. Matzah is the "bread of faith". (Zohar II, 183b)
6. A righteous man eats to sate his soul, but the stomach of the wicked shall feel want. (Proverbs 13:25)

Matza	מ צ ה
What – Humility - Faith	מ ה
Righteous	צ (דִּיק)

7. ...Once he has prepared this garment, G-d will send him His blessing. This is implied by the verse (*Devarim* 15:18): “G-d will bless you in all that you do,” [i.e., man must “do.”] For if he does not prepare a garment, [G-d’s] kindness will not be drawn down to this realm. He will receive spiritual benefits in the World to Come alone, but will lack [physical] sustenance [in this world]. He will be punished for this, for he is stealing from his soul.
- [a] since he will be subject to deprivation, his difficulties will prevent his soul from engaging in Divine service to the desired degree; and
  - b) each soul is allotted certain sparks of G-dliness that it is destined to refine and elevate. If he does not possess sufficient resources, he will be unable to carry out the task of refinement destined for him.]

He should not, however, increase his business activity to an excessive degree, beyond what is necessary. Why should he make a large garment, greater than the light required to be enclothed in it? Even if he will increase his financial activity, what will come of it? He will labor futilely, since the allotment that he requires can be enclothed in a far smaller garment. If so, a [large] garment is unnecessary. For, in truth, his business activity is not what brings about his profit. Instead, it is G-d’s blessing. And this blessing could easily be enclothed in a far smaller garment. If so, increasing the garment will not lead to any benefit.

On the contrary, it will have an adverse effect. To what can it be compared? To a person who has a garment tailored for himself. It should be tailored according to the measurements of his body. If his is two cubits and he makes a garment of three or four cubits, he is impairing its [usefulness], for it will cause him to stumble and fall. (*Derech Mitzvosecha, Tiglachas Hametzorah*)

## 8. Manna in a basket

There are two possible channels by which to receive your livelihood, according to the perspective you take in life:

You could decide to become just another element of nature, chasing after your bread in the chaos, running the race of survival of the fittest.

And the fact is, you may even do well taking this route—in the short run. In the long run, however, your soul is being denied its nourishment, and your body, too, will never feel satisfied.

Or you could see your life as an intimate relationship with the Source of Life Above—as though all your livelihood was no more than manna from heaven, handed to you personally and lovingly straight from the hand of your G-d and partner in all you do.

Then your main job is to keep the basket where your manna will fall sparkling clean, insuring that no one is being hurt or misled by your business. To spend the profits you are granted on spreading kindness in the world.

Maybe you’ll get rich this way. Maybe you won’t. But you will always be satisfied.

## 9. Work

If you are an upright person, then “G-d will bless you in everything you do.”

Note, however, that it says you must do. We are meant to work through the processes of the material world. Why? Because this is the means by which the world is enlightened: the spiritual must invest itself into the mundane.

And this can be achieved only by spiritual people working within the everyday world.

## 10. Anxiety and Priority

*When you will eat from the toil of your hands, then you will be happy and it will be good for you.*

—*Psalms* 128:2

*Note that it says “the toil of your hands”—and not the toil of your inner self.*

—*Rabbi Schneur Zalman of Liadi*

Work anxiety is a sign that you've invested too much into earning a living. It's one thing to invest money and time, even skill and creativity. It's another thing to invest your very essence and being. Your essence and being doesn't do well working for a living. It doesn't belong there. It belongs invested in the purpose of your work.  
Stop and think: Why am I doing this? What is this money for? What is my real purpose, the reason my soul came into this world?  
Find that purpose, and invest your heart, mind and soul into everything directly connected to it. Yes, do your best at everything you do, but invest in those things at the core. Worry about them, and you'll worry less about money. (Bringing Heaven down to earth. Rabbi Tzvi Freeman)

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