

מוסדות אור שמח מרכז טוננבאום ע.ר. 58-00-21343-00
רח' שמעון הצדיק 22-28 ירושלים ת.ד. 18103
טל: 02-581-0315

BS"D

We live in a world of distraction. Overwhelmed with sensory input, digital media, multiple commitments and a cultural milieu that glorifies hedonism, selfishness and ego gratification, we live lives filled with anxiety, tension and indeed silent desperation. This impacts our avodas Hashem, the quality of our tefillos, the simcha or lack thereof in our mitzvos, our relationship to our spouse and our children and ultimately with ourselves. Both mussar and chassidus emphasize the importance of inner serenity in our avoda. Rabbi Simcha Zissel Ziv ,the Alter of Kelm remarked, " Take time, be exact, unclutter the mind." Indeed, Chazal taught long ago that jealousy, lust and seeking of honor can destroy a person.

Our Torah lays down these values and goals but many people lack the practical techniques and exercises that can enable and empower them to achieve these goals in their daily lives. Reb Mendel Weinberger who is personally known to me as a Ben Torah and Yirei Shamayim has spent many years studying and developing techniques that foster mindfulness, inner peace, detachment from inappropriate cravings, relishing the inner joy of the moment instead of dwelling on the past or worrying about the future. He is offering a series of classes to help other men learn these techniques. It is my judgment that the tools he is imparting will enhance the spiritual lives of those who incorporate them and will help them serve Hashem bsimcha uvetuv leivav. May R. Mendel's efforts be blessed with hatzlacha .

Yitzchak Breitowitz , Rav Kehillas Ohr Somayach