

Living in the now

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Life can be a rollercoaster. They say that when it rains, it pours. I notice that when the obstacles and challenges pile up, my thoughts trip me up. I feel like I wanna give up and I linger in the negativity for too long.

There is an interesting Mishna in Avos (5:11) which talks about the four types of temperaments that people have. Some people are easily angered, while others are slow to anger. Some are easily appeased after they get angry and others are very hard to appease.

I feel like when we vacillate in the negative thoughts, we're acting like that guy in a bad mood who is just impossible to appease. It's almost like the stubborn angry guy wants to simmer in his anger because he believes that he deserves to be angry for a long time, based on what happened to him. If he

allows himself to feel better, then the bad cards he was dealt will be under-appreciated. But why would we want to feel bad for longer? Wouldn't we feel better if we got over it? It's obviously a trap that our mind (aka the other side) plays on us. It attempts to convince us that we'll feel better if we brew in our anger, and the ego is easily fooled by this trick.

In [Shivchei Haran](#), a small book written by [Reb Nosson](#) about the greatness of [Rebbe Nachman](#), it talks about the Rebbe's struggles in serving Hashem.

"He would start every day fresh. Meaning, sometimes when he fell from his [earlier] levels, he wouldn't give up. He just said, 'I'll start now as if I never served Hashem before in my life. I'm just starting now to serve Him for the first time'. So it was every time. He always started over. **He was accustomed to starting anew many times a day!**" (□ □□□)

This level absolutely amazes me. That is so difficult to do! It takes such mental toughness to just start again, like you never started before and for the first time.

I always admired the professional athletes who can access this *short term memory*. When a pitcher takes the mound and gives up two home runs in a row to the first two batters, but then settles down and pitches lights out for the rest of the game, that is impressive. Or when a player is in a must-win game and has a poor first half, but then comes out in the second half and dominates, it shows that he was able to just hit the refresh button. It's worth practicing. So much of why we get down and stay down is because we give too much credence to our thinking. We can easily be more like Rebbe Nachman and let go of trying to fix the past. We gotta focus on the now and let the good positive feelings that naturally flow from Hashem penetrate and fill our minds, so we can move forward happily again.

Please Hashem help us let go of our negative thoughts. Please

fill our minds with positivity and quiet our egos, so we can feel Your presence and not linger in our misery. Amen!

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