

SHOCKING! People Like Pain?

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[According to a study](#) carried out by the University of Virginia and published in the journal “*Science*”, most people – including 65% of men, would rather experience pain, then being forced to sit alone in private thought. The study found that even older people responded similarly.

A broad selection of people of all backgrounds, ranging in age from 18 to 77, were asked to sit alone in a room without a cell phone or reading material for a period ranging from six to fifteen minutes. They were also given the option of being able to administer a mild shock. Most chose to be shocked and almost all responded that the experience was a very negative one.

The results of this study prove **that most of us would rather cause ourselves pain, then to learn to discover our true selves!** Isn't that amazing? To think that with all of the technological advances and discoveries now available – we have forgotten that we also exist. Oh boy!

This study is a wake-up call for us all. Time flies by and we are here for the short term. During this time, we are burdened with the need to earn a livelihood, health issues, household

responsibilities and a host of other consuming things.

Shouldn't we spend at least a few minutes every day getting to know ourselves? Shouldn't we learn what we are all about and start to actually enjoy being with just "me"?! Do we remember to ask ourselves these vital questions:

What are you good at?

What do you really enjoy doing?

What is bothering you?

Did you appreciate what someone did for you today? Did you thank them properly?

Can you find a way to make your life more meaningful and the world a better place, even something really small?

There are so many key questions, whose answers could truly enrich our lives, but we are scared to take the time to address them. For this reason and many others, Rebbe Nachman recommended that we make it a practice to spend time every day – with just us!

The following are just some resources to help you start to truly live YOUR own life:

Steps to Jewish Meditation or Hitbodedut

1. [Hitbodedut & Jewish Meditation: How To?](#)
2. [One Minute Hitbodedut](#)
3. [I can't find the words!](#)

Breslov Research Institute Publications:

1. [Outpouring of the Soul](#)
2. [Where Earth & Heaven Kiss: A How To Guide](#)