

SidePATH: Why Is There Depression?

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Why is there depression, sadness and suffering? Our Sages teach: Whoever mourns Jerusalem will yet share in its rejoicing (*Ta'anit* 30b). Without experiencing sorrow and mourning, there is no way for us to appreciate its opposite. We have nothing with which to compare our happiness. Therefore, we must experience suffering. Only then can we know

the true taste of joy (*Crossing the Narrow Bridge*).