

# THE REWARDS OF JOY

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***Reb Noson takes the concepts of joy and happiness and relates them to every individual, for every day, in every situation...***

A person who is always happy, succeeds (*The Aleph-Bet Book*, Joy B:1).

Joy enhances the mind's ability to comprehend (*The Aleph-Bet Book*, Joy A:21).

When happiness comes to a person spontaneously, it is clear that kindness and help are on the way (*The Aleph-Bet Book*, Joy A:26).

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Rebbe Nachman teaches: The Light of the Infinite shines and

descends through all the upper worlds and ultimately reaches this world. The only way to perceive this Light is by performing the mitzvot with joy (*Likutey Moharan* I, 24:2). Conversely, the *Zohar* often asserts that when we are happy, we bring about light and joy to *all* the worlds.

***The Light of the Infinite shines and descends through all the upper worlds and ultimately reaches this world. The only way to perceive this Light is by performing the mitzvot with joy!***

On this topic, Reb Noson has constructed one of his most beautiful discourses (*Likutey Halakhot, Hoda'ah* 6). For some twenty-six pages, he takes the concepts of joy and happiness and relates them to every individual, for every day, in every situation. He opens the discourse as follows: A person should know that the Rebbe's lesson on attaining the loftiest of levels, the Great Light of the Infinite, is applicable to every Jew who performs the mitzvot with joy. The Torah was not given to the angels. It was given to us. To those of flesh and blood. Even we can attain the greatest of all levels – simply by being HAPPY.



*When happiness comes to a person spontaneously, it is clear*

*that kindness and help are on the way...*

Always be joyful, for with happiness you can give another person life. Your friend may be in terrible agony and not be able to express what is in his heart. While there is no one to whom he can unburden his heart he remains pained and worried. But, if you come along and greet him with a happy face, you can cheer him up and literally give him life. The Talmud teaches (*Ta'anit* 22a): Two *badchanim* (merrymakers) were declared "dwellers in the World to Come," merely because they made others happy (*Rebbe Nachman's Wisdom* #43).

*(taken from the book: Crossing the Narrow Bridge – A Practical Guide to Rebbe Nachman's Teachings; chapter 2: Joy pp. 33-34)*