

SICHAH 41

THE DANGER OF SADNESS

Brokenheartedness and depression are not at all the same.

Brokenheartedness involves the heart, while depression involves the spleen.

Depression comes from the Other Side and is hated by HaShem. But a broken heart is very dear and precious to HaShem.

It would be very good to be brokenhearted all day long. But for the average person, this can easily degenerate into depression.

Therefore you should set aside some time each day to express your brokenheartedness to HaShem. But the rest of the day should be joyful.

The Rebbe emphasized this many times, telling us not to be brokenhearted except for a fixed time each day. Other than during that period, we should always be joyful; but depressed, never.

Sichos HaRan 41

HISBODEDUS

One of the most important items Rabbeinu *zal* kept stressing was *hisbodedus*. *Hisbodedus* means that a person should bind himself, to come close to HaShem, through private *tefillah*, private prayer. A person should always take a daily time-out, in addition to the regular *tefillah*, to speak to HaShem, to pour out his heart to HaShem, and to very openly and frankly express his feelings before HaShem. A person should express his regrets over his wrong deeds, and frankly and sincerely ask HaShem for assistance to help him serve HaShem better.

Now, when a person reaches a point where he actually cries and has tears, it means he has a broken heart. He comes to HaShem with a broken heart; he wants to pour out his heart. His heart is broken because of the fact that he feels a sense of guilt and sorrow.

TWO KINDS OF BROKEN HEART

There are two kinds of broken heart.

One is called a *lev nishbar*, when a person's heart is broken. He feels deeply sorry for what he did, but the sorrow in his heart is due to a craving desire to come close to HaShem, and therefore he cries in that cry. At the core of his cry there is *simchah*, there is happiness inside.

Another kind of broken heart is due to *atzvus*, *chas veshalom*, which is a state of sadness. This is a depressed state of mind where a person feels very low and is in a bad mood. In this case, it is difficult for him to think clearly. This *atzvus*, a sad, depressed state of mind, is the opposite of *lev nishbar*.

This *atzvus*, Rabbeinu *zal* says, comes not from your heart, but from the *techol*, the spleen. The heart feels. The heart feels happiness, the heart feels sorrow. This is a healthy kind of broken heart. A person expresses his sorrow and his remorse over his sins before HaShem, or he cries to HaShem to be helped. However, the *atzvus* that comes from a person's *techol*, from his spleen, is a destructive type of sadness known as *marah shechorah*, a bitter feeling, and this HaShem despises.

THE SATAN'S EVIL MATE

Now, why is it that HaShem despises this? According to the *Zohar HaKadosh*, the *techol* is the seat of the *Samekh-Mem*, the *satan*. The *satan* is the angel of evil who has a mate that's even worse than him.

