

Hayomyom.org

Hayom Yom: 25 Sivan

דָּאָגָה בְּלֵב אִישׁ יִשְׁחַנָּה, וְאָמְרוּ רַז"ל שְׁנֵי פְרוּשִׁים: יִסְיַחְנָה מִדַּעְתּוֹ, יִשְׁיַחְנָה לְאַחֵרִים. וּפְרַשׁ הַצָּמַח צָדֵק:
לְאַחֵרִים רַק בְּגוֹף, אֲבָל מְאוּחָדִים אֶתּוֹ עִמוֹ, שְׁמַרְגִּישִׁים אֶת עֵינָיו.

It is written:¹ “If there is worry in a man’s heart, he should minimize it² (yashchenah).” Our Sages interpret this in two ways:³ (a) he should take his mind off it (yasichenah, spelled with the letter samech), or (b) he should relate it to others (yesichenah, spelled with the letter sin). On this the Tzemach Tzedek commented that “others” refers to people who are only physically separate from the speaker, but are united with him in spirit, sensitive to his concerns.⁴
