

**SIGHTINGS**



**Spiritual birth**

by Izzy Greenberg

There shall be no woman who loses her young or is infertile in your land; I shall fill the number of your days."

On a simple level, this verse is conveying blessings for health and longevity. However, on a deeper, more spiritual level, there is a profound lesson to be learned.

Spiritually, birth is an ongoing process through which we learn to be truly alive. If birth – life – is the state of being we want to achieve, then infertility, its opposite, is what we want to avoid. Spiritual infertility is the lack of vitality, the lack of excitement. Excitement is born from the intellect, so a lack of excitement indicates that either the intellect itself is not functioning properly or that it remains ethereal and foreign to me, finding no expression in my life. The end result is the same: I am unable to be affected by it.

There is no "life."

But there is still the potential for one more type of "infertility" – when birth occurs but it is not a live birth. The only thing that lasts forever is truth. For my efforts not to be in vain, I have to make certain that the entire process was conducted honestly, searching ever-deeper levels of truth, never being satisfied with what was achieved yesterday.

This seems like quite a lofty state of being to aspire to. How are we to awaken the constant awareness required of such an approach? The verse concludes: "I shall fill the number of your days." When I contemplate the fact that G-d created my life with a purpose in mind, and each moment that I am here but not doing whatever I can to fulfill my personal mission in life I am wasting it... how can I possibly feel satisfied?

**Q & A**



**The spirituality tribe**

Based on the Rebbe's teachings

The focus of the entire world in the Messianic era will be dedicated to spiritual endeavors. What will the status of the tribe of Levi – the "spirituality" tribe – be at that time?

The tribe of Levi was always dedicated learning, teaching and leading the people. It is true that

in the Messianic era, we will all be privy to such a lifestyle because the peaceful situation in the world will be conducive to it. However, the Levites will be more immersed in it because this role is an essential quality that they contain – not an extension of worldly circumstances.

**PARSHA**



**The loaner shark**

Parshat Mishpatim from Toras Menachem

This week's Torah portion instills the obligation to lend money to those in need. The concept of a loan is that you lend money to someone who didn't necessarily do anything to earn it, and you expect repayment of the loan.

Similarly, the talents and abilities that we have are loaned to us by G-d, even though we didn't earn them. However, the loan has to be repaid. We must return these talents and abilities to the lender by utilizing them to fulfill our mission in life.

**MEDITATIONS**



**The Drama**

by Tzvi Freeman

Meditate on a single pool left by the tide and all the life it holds. On a single leaf and all the genius within it. On all the forests of the world, all its seas, and all the life of the skies. Then meditate that all this He has entrusted in our hands. And each person must say to him or herself: "All this He has placed in my hands alone."

courtesy of [www.Chabad.org](http://www.Chabad.org)

**SIGNPOSTS**



**Free Energy**

Wind turbines are a clean, efficient, renewable source of energy that are becoming increasingly popular. The environmental benefits are obvious: A coal power plant produces over 1,000 tons of Carbon Dioxide, the primary environmental pollutant, every year. A Wind turbine generates only 3 tons of CO2 per year. Other major benefits include a reduced reliance on foreign gas, which is major contributor to international conflicts, and a boost to local economies that produce the power – all of which contribute the peace and prosperity we will experience in the Messianic era.