

"WHERE THE AX HITS THE WOOD"

Issue 1

GETTING TO IT

We all know it is important to learn and we all have made resolutions to sit down and learn however many still claim that they haven't been able to "get to it".

In this new, short, and to the point publications series, Yagdil Torah has listed real ideas that has worked for most people.

The ideas are sorted by what works best for most people, however be sure to read them all as you might find that certain ideas make more sense and will work better for you. Presented here is the first in the series: "Setting A Time".

SETTING A TIME

Why it works

Setting a time is probably the most effective way to get to learning. It is perhaps for this reason that Torah learning of Balei Batim is called "Kvius itim" – setting a time. This is clearly illustrated in Hilchos Maso Umatan (Alter Rebbe 156.16) "the set time is only to be stringent (it doesn't mean the set time and no other time) so that a person should not be carried away with worldly matters all day".

The Chachamim saw through the Torah (were the truth of everything can be found), that the nature of humans usually requires them to set a time in order for them to do it. When a time is set then suddenly you will find time to learn. The time you set is the trigger that is able to remove you from whatever you are doing and get you to sit down and learn.

The truth is that it is the same with everything, if the doctor tells you it is important to exercise daily and you don't find yourself getting to it – setting a time will help in many a case to get it off the ground.

How to do it

They way Shulchan Aruch says to do it (Alter Rebbe Orach Chaim 155.1) is to set a time that will not be changed under any circumstances even if it entails forgoing a major profit. The Rebbe once expressed "the time that is set should be one that nothing in the world can move".

While the halacha is not limited to the above explanation (that it makes it happen), it is clearly understood how a truly set time will work well. It is also advisable to follow this time exactly, because if you can be 1 or 2 minutes late or early to end, then why not 3 or 4 – or more? You may be tempted to set a low amount of time like a half an hour in the morning or an hour at night fearing that you may "not have time" to do more, however the truth is that as long as you leave time for things that you know about, you can probably do much more and not even be stressed out about it!

לע"נ הרה"ת ר' שמואל נטע הכהן ע"ה בן
יבלחט"א ר' ישראל דוד הכהן שיחי' גליק



Contact us at
347.223.5943
YagdilTorah.org