

Parshas Bo

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The *Pasuk* discusses that *HaShem* strengthened *Pharoah's* heart, and he didn't send out the *B'nei Yisrael*. Their *Rebbainu Bachya* explains that it was against human nature to tolerate these horrific *makos* and not be "*yamis libo*" - fall into complete depression, so for the first five *makos*, *Pharoah* strengthened himself "from himself" through his great cruelty and wickedness, and only after the first five *makos* was it necessary for *Hashem* to harden *Pharoah's* heart for him!

Rabbi Max explained that during the first five *makos*, all of the steps for complete depression were present, but *Pharoah* was able to strengthen himself by himself, through his cruel and evil motivations. *Pharoah* should have fallen into a complete depression which was natural for anyone in his situation with the devastation around him, but he was able to push away those depressing feelings because of his strong feelings! It seems that his strong feelings and motivations **automatically** pushed away his depressing feelings and that he was able to strengthen his heart himself and that's what kept *Pharoah* going.

We see from here that when someone has an intense focus on anything, all of the outside pains and distractions naturally disburse. If this can even help for the deepest level of depression that would completely cripple a person, then all the more so the regular challenges that life hands us that don't approach that level of severity, can be dealt with in the same way. If we are going through a rough time, be it health or family matters, all we need to do is focus on a strong desire to accomplish what we need to do, and not let anything distract us, and the bad feelings will eventually naturally disburse. And for the mild day today problems, it would stand to reason that we don't even need such a strong desire, even a less desire can't get rid of those thoughts. And this builds on itself, because once a person is doing the right thing he feels better about himself, and the next time he has the wherewithal to fight the next battle.

We must try to incorporate this into our lives for good things, and be sure not to use this for bad like *Pharoah* did, and that will help us accomplish even during difficult times and have happier lives!