



*Revealing the inner beauty of the Torah in a way that touches and inspires the Jewish soul*

### **Frustration to Fulfillment**

We live in a generation characterized by chaos, confusion and anxiety. With no organized frame of reference, our lives are out of context and the world appears haphazard and arbitrary. Since our inner life is built on mental and emotional quicksand, we lack inner peace, happiness and fulfillment.

While it is true that there are many things we cannot understand, there is plenty that we can. Torah principles provide structure, stability and a framework for approaching life in general and life's problems and traumas in particular, in a meaningful and organized way.

Instead of fearing each day's unpredictability and living in a constant vacuum of apprehension, we should aim to be surging ahead with hope and confidence. Secure in the knowledge that everything has an underlying structure and meaning and that ultimately every detail of life is eminently worthwhile and of cosmic significance.

Realize that life's tests and challenges are simply a necessary pre-cursor to reaching our goals and aspirations. We should approach life's ordeals as opportunities for growth that should be welcomed and embraced, not spurned, denied and cast away. Life's challenges are not a punishment or some form of bad luck, rather the building blocks and stepping stone to a life of greatness.