

The Lecture Series With Reb T (Biweekly): *The Shiur where we talk a topic per session with some practical lessons*, Tonight's topic is "**Keeping The Fire When Inspired**"

Sources from Sefaria (unless noted otherwise); Lookout for the *Points To Carryover (PTC's)*
All Shiurum on shiurenjoyment.com/shiurim/shiurim-reb-t/ -Shoutout to Jake W. & Eli N.!
The Lecture Series, The P.A.L., The Audio D.T., and O.T. Talk Show are on different Podcast Forums

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-The Shiur should serve as a zechus l'illuy nishmas Yehuda Ben Dov Ber, the amazing Rabbi who was the pillar of our community

The Shiur should also serve as a zechus for the refuah sheleimah of Yisrael Yitzchak ben Rivka Leah, Shlomo Ben Sarah Dina, for the continued health and nachat of Livia Margalit bat Ilana Devorah to her family, and for anyone sick or needing a yeshuah or refuah

Have you ever heard a really good talk or lecture or class, and felt so uplifted and inspired? How do you feel about the talk an hour later? A Day later? A week later? Chances are if you are anything like me, the inspiration and the uplifted-ness faded away and went away.

Why is that? How does inspiration go away so quickly?

In addition, how many of us walk around uninspired every single day? How many of us feel like we are lacking zest or energy or motivation in our lives? How many people lack the inner passion and fusion for their lives, feeling like they are living meaningless, dull, uninspired lives?

It may be that we are just not finding the right inspiration or not holding onto it when we do get it.

Think about the Jews when they left Egypt and they had the miracle of the yam suf. We just had Shabbat Shira, where the Jews sang about the great salvation. However, right after that, there was the episode of Marah..with the bitter waters, how can that be?

Forty days after the giving of the torah there was the Eigel ...how can that be? what happened to the inspiration of those two pivotal events? Where did it go?

It also might be when we do get inspired, it is gone quickly because we let it go, and we don't act on it, we don't do anything about it and it fades away. That is why if we have an idea, an invention, a project, we must act on it right away, we must start right away. Have an idea fo a podcast? Start right away, that's why I did for my shows. Have an idea for a book? Find someone to work with and start on it right away—that's what I did for the side project, that's what we should do so we don't lose it. Whatever you are inspired to do or create, or whatever you heard, saw or read, act on it right away.

Rabbi Rose says from aish.com:

The best thing to do to hold on to inspiration is to put inspiration into action

That means when you're feeling inspired - do something about it

What we need to do is to connect the inspiration to action, connect what we feel and hear to actual tangible things.

First though, it is important to figure out how to get inspiration before we think about how to keep it.

We must find the inspiration and then grab hold of it , right away.

IQ Matrix Blog (blog.iqmatrix.com) points out that

What is the real purpose of inspiration? What does it allow you to be and do for instance? For starters, inspiration allows you to create a clear direction for your life. This burst of clarity will typically light the path before you. Where before things might have been foggy and clouded under an uncertain veil, there is now light and a distinct path that you can follow.

It must, however, be noted that inspiration is fleeting. It comes and goes just as quickly. You can, therefore, feel inspired at one moment and deflated the next. As such, it's absolutely critical that you make full use of your moments of inspiration. In fact, when you are feeling most inspired,

that is the time to take massive and immediate action to bring your idea to fruition...

Inspiration puts us into the most optimal state of mind that allows us to pursue our desired aims with more confidence, courage, and positive energy. However, the sad truth is that most people never make full use of inspiration. In fact, most people just don't realize that inspiration goes beyond just thinking. It actually requires a balance between thinking and action to help you bring your desired outcomes to fruition. And it's this balance that holds the key to "acting on inspiration"...

Once you get your inspiration and think how to move forward with it, it's time to take immediate action without delay. Remember that inspiration is fleeting. If you're inspired then this is the right time to take action. If you delay then something will always get in the way, and tomorrow will become next week, then next month, then next year; and before you know it you will be 100 years old looking back at your life [full of regrets](#) and [disappointment](#)...

It's all in the actions you take and not necessarily within the moments of contemplation.

Therefore it can be said that inspiration is not a passive act but rather a proactive venture that reveals itself through the actions we take in the pursuit of our goals.

We have to be proactive with our inspiration and sit down to take action right away with it. We write down steps, we think about what inspired us and what we want to do and we move right that second. That's what I did when I was inspired to start my different podcasts—I sat down, though jotted it down, and took the steps to start it. That's what I did when I was inspired to think of a Jewish children's activity book—I sat down, jotted down a lot of notes and found an illustrator through a friend. We need to move and act right away.

Even secular culture knows about inspiration and talks about how to get it. [WIKIHOW](#) explains first how to get inspired before acting on it, besides for of course listening to a Shiur, podcast, lecture, article, book, etc. in simple everyday methods:

If you're feeling stuck and uninspired...Start by setting a clear goal, whether you want to write a story, paint a picture, or work through a problem.

Find inspiration from things in your life, and learn to be open to that inspiration. Clear your mind so you can take that inspiration and turn it into steps to meet your goal.

Using Outside Sources for Inspiration

Surround yourself with things that energize you. *You know what you love, whether it's fresh-cut flowers, beautiful paintings, or meaningful quotes. Make these things a part of your everyday life. They'll energize you, infusing positivity and creativity.*

Listen to classical music. *Classical music is good for inspiration because it's so complex. It can put you in a better emotional state for absorbing information and help you relax.^[2]*

- *—>If classical music isn't your style, pick another style more to your liking...that energizes you.*

Spend time reading. *Reading can inspire you by providing fresh thoughts and ideas. Read anything from novels to news stories, especially Jewish ones, Shaar Press from Artscroll has amazing ones as well as Feldheim and so many others—some great authors are Chaim Greenbaum, M. Kenan, Chaim Eliav, Rochel Istrin, etc.*

—you may find an idea or even just a sentence in the text sparks inspiration for you.^[3]

Learn more about your issue or topic. *Spend some time researching on the internet to learn more about an issue or topic. Alternatively, go to the library to find out more. You could even take a class in the topic for a more in-depth look.*

Change your routine. *When you're stuck in your daily routine, you stop noticing things around you. Changing up your routine invigorates your mind with new sights, smells, and sounds, which can provide you with inspiration.^[4]*

- *For instance, change up your route to work, pick a different grocery store, or go somewhere new for your cup of coffee.*

Take a trip. *Traveling someplace, anyplace, can shake up your thinking, creating space for new ideas. You don't have to travel to a new country. A simple day trip to a nearby town is often enough to get your creative juices flowing.*^[5]

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- *If you can't afford a day trip, try exploring your own city. Visit a park you've never seen, or try a new restaurant with a cuisine you've never had before.*
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Try a new art form. *If you're trying to get inspired to write a song or paint a picture, maybe take an afternoon class in sculpture. If you're trying to figure out a new recipe, maybe try a workshop on writing. Trying new outlets can get your creative juices flowing, which helps to open your mind to new inspiration.*^[6]

Getting Inspired by Other People

Bounce ideas off of other people. When you're feeling stuck, reach out for some help. Just talking about the issue with someone else can help get your creative juices flowing. They may say that one thing that helps a problem make sense to you, for instance.^[7]

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- *Get together with a coworker or good friend to help jumpstart inspiration.*

Ask people what they're most grateful for. *As you go about your day, ask the question of everyone you meet. You may be surprised by some of the answers, and you'll likely be inspired by what you hear.*^[8]

Learn about inspirational people. *Try reading an autobiography or a biography of someone famous who made a difference, especially Jewish ones. Alternatively, look up videos about them online or read webpages dedicated to them.*^[9]

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- *Learning about great people can inspire you to do great things yourself. For instance, learn about the great figures from our own Torah and our own history, look into the book of the Introduction to the Talmud by artscoll, where it talks about many fascinating characters in the talmud—also read in depth the stories of Bereshis and shemos as well as the yehoushua, the shoftim, the kesuvim and other midrashim as well as biographies from Artscroll or other Jewish publishers—it may inspire **you** to make a difference in your community.*

1.

Teach someone else how to do something. *Teaching is a great way to learn more about subject. You have to dive more deeply into it to be able to explain it effectively to someone else. As you dig deeper, you'll likely find inspiration for a creative project or even a solution to an issue you're facing.*^[10]

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- *The tutoring session doesn't have to be in a creative field. Just diving deep into a subject can help open your mind to possibilities*

- *I can tell you personally how helpful this tip is. this semester I took a fieldwork student under my wing, for a three month rotation for occupational therapy remotely. This has pushed me to have to work extremely hard to be creative, engaging, and keeping the student focused and using the whole time of the day. Besides for seeing the students and doing paperwork, we review board questions, work on ideas for sessions, work on a semester project related to the OT show I do, and so much more—teaching is really learning, especially if its related to something you love, if that is your work or passion.*
- *Meet up with other artists or thinkers. Sometimes, just being around other people who have the same creative interests as you can help spark ideas. You can talk about your project and see what people think or just have interesting conversations about more general topics, which can also spark inspiration.^[11]*
- *Look for community clubs to find other artists or thinkers in your area. The parks and recreation department in your town is a good place to start.*

—?Think "**What if...?**" instead of "**I can't.**" When you employ a closed-ended statement like, "I can't do it"; "I'm stumped"; or "I just can't figure this out," you end up creating a self-fulfilling prophecy.

Your brain agrees with you, and you shut down. However, using open-ended statements can help open up possibilities, as it literally changes the way you think.^[12] For instance, you could use one of the following statements or questions:

- "I am smart enough to figure this out."
- "I will figure out a solution to this issue."
- "What other options are there?"
- "What possibilities have I not thought of?"
- "What if...?"

Brainstorm with free association or free writing. Brainstorming can help you come up with new ideas when you're stuck. Free writing is a method of brainstorming where you write down ideas on paper. Start with a topic, and just write down whatever comes to mind.^[13]

- The key is to turn off the part of your brain that wants to edit. Just let your mind go, and don't judge as it comes up with thoughts and ideas.

Take a break but don't give up. Sometimes, when you've been working too hard on a problem, you may be tapped out. Maybe you want to quit. Quitting won't solve the problem, but taking a break may help. Just getting away from the issue for a few minutes may be all you need.^[14]

- Try taking a mental break, where you imagine yourself somewhere else. Close your eyes, and pretend you're somewhere you find relaxing. Imagine the sights, sounds, and smells of the place so you feel like you're there.

- *Alternatively, go on a short walk to get a change of environment.*

Exercise to clear your head. *Engaging your body in physical exertion gives you a chance to focus on something besides getting inspired. Focusing on the task of working out gives your brain something to do. However, you'll still be subconsciously working on the issue, and inspiration may break through.^[15]*

- *Try working out 3 to 5 times a week, as it helps keep you energized and alert.*

Turn off the technology. *While technology can be a source of inspiration, it can also distract you from what's going on around you. Try turning your cellphone, computer, television, and other technology off for the day. Focus on the people around you, the food you're eating, and the things you see as you go about your day.^[16]*

- *If your head's buried in your phone, for instance, you may not see the moment that inspires your next big thing.*

Take a creative break in an unrelated field. *To get out of your head or your current problem, try doing something completely different that's creative but that you love. For instance, if you're trying to get through a work problem, take a break to do some painting. If you can't figure out what to write next, try playing an instrument or gardening for a bit.^[17]*

- *Engaging different parts of your brain while staying in a creative mode can help generate new ideas.*

Examine each idea that pops up. *Sometimes, you may be inclined to toss out ideas because they seem too crazy. However, the "crazy" idea may be the one that solves the problem. Don't just throw an idea out just because it seems weird or strange.^[18]*

- *For instance, maybe you're trying to write a poem. You may think most poems are about love or death so you dismiss other ideas. However, you can write a poem about almost anything, from wrapping yourself in a cozy blanket or taking a walk to cooking a meal.*
- *Of course, not every crazy idea will work. Take time to think through it to figure if it will.*

Jot your ideas down in one place. *When you get an idea or inspired thought, write it down in a journal or notebook. The more you are open to inspiration, the more likely you are to get ideas. Plus, having ideas written down in a notebook makes it easier to come back to later.^[19]*

- *Be ready for inspiration at any time. Carry a small notebook with you wherever you go.*
- *If you're more visual, try a vision board with pictures and select words instead.^[20]*

Start working on an idea even if it's not perfect. *Perfectionism can be paralyzing. It can make your question every action you want to take because you think it's not perfect. Therefore, it's best to just choose an idea and start moving forward with it. It may not be perfect, but it's a place to start.^[21]*

- *Just the act of doing can inspire you to find the right solution.*

Focus on one problem at a time. *When you try to juggle too many problems at once, it can overwhelm you. Instead, focus on solving one issue at a time, and save the other tasks for later.*

^[22]

- *If you need to, make a list of the things you need to get done so you can focus on just one thing right now.*

Set achievable goals. *Break the task you have ahead into pieces so you don't find yourself overwhelmed. Figure out what you can do today, and make that your goal. It can help to write out a goal for each day. Be realistic about what you can get done.*

- *For instance, maybe you're trying to write a short story. Think about the number of words or pages you can comfortably write in a day, and aim for that.*
- *Don't beat yourself up if you don't meet your goal. Just start again tomorrow.*

Forbes explains with author Suzanne Gerber

Seven Steps to Staying Motivated

1. Set a goal and visualize it down to the most minute detail. *See it, feel it, hear the sounds that accompany the end result (ie applause). Elite athletes visualize their performance ahead of time — right down to the wind on their face as they cross the finish line.*

2. Make a list of the reasons you want to accomplish the goal. *In our busy, distracting world, it's easy to get blown off course. This is why you need to ground yourself in your goal. For extra "success insurance," write your list with a pen. Studies show that when we write by hand and connect the letters manually, we engage the brain more actively in the process. Because typing is an automatic function that involves merely selecting letters, there's less of a mental connection.*

3. Break the goal down into smaller pieces and set intermediary targets — and rewards. *It's like "chunking". Tony Robbins, a motivational speaker and personal development coach, says: "A major source of stress in our lives comes from the feeling that we have an impossible number of things to do. If you take on a project and try to do the whole thing all at once, you're going to be overwhelmed."*

Enter chunking. —>Break it down into the smallest realistic steps and only do one at a time. Neuroscience tells us that each small success triggers the brain's reward center, releasing feel-good chemical dopamine. This helps focus our concentration and inspires us to take another similar step. Try this with your bête noire, whether organizing your papers and bills or setting out to find a new job.

4. Have a strategy, but be prepared to change course. *Let Thomas Edison inspire you in this department: "I have not failed. I've just found 10,000 ways that won't work." "Our greatest weakness lies in giving up." "The most certain way to succeed is always to try just one more time."*

5. Get the help you need. *It doesn't necessarily take a village, but even if you could theoretically accomplish your objective alone, there's inherent value in sharing your plan. Announcing your intentions sends a strong message to the world and, more important, to your unconscious mind, which can sometimes sabotage our best efforts. Also, we often overestimate our abilities. The flip side is being highly selective about whom you tell and ask for help. It's akin to the builder's rule to always get "the right tool for the right job."*

6. Pre-determine how you will deal with flagging motivation. *This is not defeatist thinking. On the contrary! It's (almost) inevitable that at some point along the way, whether because of*

temporary setbacks or sheer exhaustion, you will need a little boost...think of what others have endured to reach their targets and to quash even the beginning of a pity party, invoke the most hard-core endurance models one can think of: friends fighting serious diseases and Holocaust survivors.

Winston Churchill is particularly inspirational on this front. After London endured 57 consecutive bombings by the Germans during World War II (the Blitzkrieg), he was invited to address a group of students. In that speech, he uttered his immortal line "Never, ever, ever, ever, ever, ever, ever, give up."

7. Continually check in with your reasons for carrying on. Steve Jobs once told an interviewer: "I think most people that are able to make a sustained contribution over time — rather than just a peak — are very internally driven. You have to be. Because, in the ebb and tide of people's opinions and of fads, there are going to be times when you are criticized, and criticism's very difficult. And so when you're criticized, you learn to pull back a little and listen to your own drummer. And to some extent, that isolates you from the praise, if you eventually get it, too. The praise becomes a little less important to you and the criticism becomes a little less important to you, in the same measure. And you become more internally driven."

—>The first step then needs to be to find the inspiration and to get it. The next step is to keep it. Then to use it. By being proactive, moving forward with a clear plan to take actual steps in action, we can not only get that inspiration and hold to it, but move forward and helpfully keep it with us as well.

Let's look at some other sources about inspiration.

[Ibn Ezra on Deuteronomy 7:21:1'א:כ"א:א'א](#)

...rather, you should only be terrified of God, who is a great and awe-inspiring God.

[Rashbam on Deuteronomy Chapter 10:8 על דברים רשב"ם](#)

by donning his father's decorative priestly garments; he died in a manner which is dignified and even inspiring, at the command of G'd.

[Sefer HaIkkarim, Maamar 4 13:25ה"ג:כ"ה](#)

One is to habituate you to endure actually hardship and trouble and pain for the love of God, for practice makes a strong impress on the soul, **inspiring** it with the love of God.

[Sichot HaRan 273:1'א:ג:א'ר"ן ער](#)

The Rebbe said, 'It is good to make a habit of **inspiring** yourself with a melody. There are great concepts included in each holy melody and they can arouse your heart and draw it toward God.

PTC. Inspire yourself and act on it, that's how we can keep the inspiration going. If you are inspired to make a song and have a melody, sit down that second to record it or write it down (which has happened to me).

[שער האמונה ויסוד 25:2](#)
[החסידות. הקדמה כ"ה:ב'](#)

The greatest student of the Baal Shem Tov was the Great Maggid, 144Maggid was a title for an itinerant preacher, who would travel from town to town and give **inspiring** sermons to light the fire of the souls

[שער האמונה ויסוד 25:5](#)
[החסידות. הקדמה כ"ה:ה'](#)

Their great love gave them strength in order to unite the hearts of Israel, **inspiring** them with words that drew their students to follow in the path of God.

[The Jewish Spiritual Heroes, Volume I: The Creators of the Mishna, Rabbi Akiba ben Joseph 57](#)

During all of his lectures Rabbi Akiba moralized his listeners in an inspiring fashion and the maxims which he expressed were repeated in every Jewish home and every man tried to regulate his life according to Rabbi Akiba's moral precepts.

[Divrei Negidim on Pesach Haggadah, Magid, Story of the Five Rabbis 2:2](#)
[הגדה על הגדה 2:2](#)
[של פסח. מגיד, מעשה שהיה בבני ברק ב'ב'](#)

Mentioning the Exodus daily in the Sh'ma, is not sufficient for **inspiring** remembrance. The true essence of the Exodus is in celebrating the Passover offering on the eve of Passover.

[Between Yesterday and Tomorrow, I; Between Yesterday and Tomorrow 5:12](#)
[מחר, 5:12](#)
[בין אתמול למחר ה'י"ב](#)

In the whole record of mankind there is no nobler and more **inspiring** example of the sustaining and invincible power of faith than the history of the Jewish nation.

PTC. Listen to lectures, read books, read articles, be enveloped in inspiring talks and stories but make sure to do something tangible as a result. IE "I was so inspired by the learning about the Rambam talking about tzedaka that I signed up to dailygiving.org to give a dollar every day to a different organization."

[Legends of the Jews 2:4:326](#)
[אגדות היהודים ב'ד':שכ"ו](#)

Therefore God spake, saying: "I will reward the elders for **inspiring** the people with confidence in Moses. They shall have the honor of delivering Israel.

[Legends of the Jews 3:1:126](#)
[אגדות היהודים ג'א':קכ"ו](#)

Moses did not go out into battle, but through his prayer and through his influence upon the people in **inspiring** them with faith, the battle was won.

[Peninei Halakhah, Days of Awe 2:11:3](#)
[פניני הלכה, ימים נוראים ב'י"א:ג'3](#)

He should know how to perform the proper melodies and should have a pleasant voice, as this allows him to honor his Creator and to engage the congregation, **inspiring** the people and improving their concentration

[פניני הלכה, ימים נוראים ה'ז'ג'7:5 Peninei Halakhah, Days of Awe](#)

There is a widespread custom for the rabbi to give a special sermon on this Shabbat, dealing with the relevant laws of the period and rebuking the community with the goal of **inspiring** them to repent

[פניני הלכה, ימים נוראים ז'א'ג'7:1 Peninei Halakhah, Days of Awe](#)

The kittel reminds us of death, leaving us contrite and humble, and **inspiring** us to repent...

PTC. Talks, songs, and objects can only inspire us so much, we need to move forward with their effect and let it last longer by what we do with those ingrained messages and feelings

[פניני הלכה, תפילה ה'א'6:1 Peninei Halakhah, Prayer](#)

The Chachamim instituted the recital of uplifting verses prior to praying the Amidah, so that before the Amidah people would be engrossed in **inspiring** and elating matters.

[בעיות 25 Contemporary Halakhic Problems, Vol II, Part I, Chapter I Sabbath and Festivals](#)

[הלכתיות עכשוויות, כרך ב, חלק ראשון, פרק א: שבת ומועדים כ"ה](#)

Information regarding the mizvah of Sabbath lights has received wide dissemination and the mizvah itself has become potent neshek in **inspiring** greater commitment to Torah observance.

[שמות י"ח:כ"א Exodus 18:21](#)

These must also be pious men, who do not fear others, men to **inspire** confidence, incorruptible men, immune to bribery.

[משנה תורה, הלכות תלמוד תורה ב'ב'2:2 Mishneh Torah, Torah Study](#)

The teacher may chastise his pupils to **inspire** them with awe. But he must not do so in a cruel manner or in a vindictive spirit.

[שיחות הר"ן ער"ג:א'1 Sichot HaRan](#)

Even if you cannot sing well, you can still **inspire** yourself with a melody sung to the best of your ability while alone at home. The loftiness of melody is beyond all measure.

PTC. Make sure to fill your days with inspiration in whatever manner works for you, and to lift yourself to action as a result

[קיצור שלחן ערוך ל"א:6:1 Kitzur Shulchan Arukh](#)

But even when telling anecdotes from [the life of] our Sages, you should have the intention to serve the Creator, or to **inspire** [others] to serve Him.

[קיצור שלחן ערוך קכ"ח:ב'2:128 Kitzur Shulchan Arukh](#)

The reason for blowing the shofar during this month is to arouse the people to repent; for the shofar sound has the quality to stir [the emotions] and to **inspire** fear,

[The Jewish Spiritual Heroes, Volume II; The Amoraim of Palestine and the Jerusalem Talmud, The Hagadah and Its Authors 1](#)

It was the aim of the Hagada to **inspire** the people with higher moral concepts and to revive their courage during times of oppression.

[The Jewish Spiritual Heroes, Volume II; The Amoraim of Palestine and the Jerusalem Talmud, The Hagadah and Its Authors 28](#)
[ענקי הרוח שלנו, חלק ב; אמוראי ארץ ישראל והתלמוד](#)
[הירושלמי, רבנן דאגדתא כ"ח](#)

In many of his speeches Rabbi Levi sought to **inspire** the people with courage to bear all vicissitudes in the belief that God would avenge them.

[Flames of Faith 25:5'ה:ה"ה של אמונה כ"ה](#)

Learning the Song of Songs is meant to **inspire** the reader to increase his love of God and correct his use of chesed.

[Between Yesterday and Tomorrow, Conclusion; Common Responsibility 25:15](#)
[מחר, בין אתמול למחר, 25:15](#)
[אחריות משותפת כ"ה:ט"ו](#)

We use the machine for a purpose that we desire, that we wish to see achieved in life, and we desire and wish and **aspire** with our hearts.

PTC. We should look into our own Jewish texts and use our own technology to find inspiration, nowadays it is ever too easy to find that inspiration if we just look for it, and hold on to it by moving with action and purpose

[From David to Destruction, Yarav'am ben Nevat and the Splitting of the Kingdom, Underappreciated Asa 20](#)
[מדוד ועד לחורבן, ירבעם בן נבט וחלוקת הממלכה, אסא הבלתי 20](#)
[מוערך דיו כ'](#)

As the Ba'alei Mussar teach, one must **aspire** to ascend in one's service of Hashem. If an individual does not make an effort to spiritually advance, he will inevitably regress.

[Duties of the Heart, Fifth Treatise on Devotion 5:117](#)
[חובות הלבבות, שער חמישי - שער ייחוד 5:117](#)
[המעשה ה'קי"ז](#)

Put your **aspiration** in knowing the elementals of faith and the foundations of the torah, and then learn what will make you esteemed with people, such as music and poetry, the depths of grammar, proverbs...

[Likutei Moharan 66:5:2'ב:ה:ה"ו ס"ו מוהר"ן](#)

For in truth, a Jew ought to fulfill his desire and **aspiration** in regard to all holy matters, turning potential into actual.

[Exodus 35:21](#)
[שמות ל"ה:כ"א](#)

Every man whose heart lifted him up came—and every one whose generous spirit **inspired** [filled] him brought a terumah-offering to [before] Hashem, for the work of the Tent of Meeting...

[From David to Destruction, Eliyahu HaNavi Ascends, Israel's Chariot and Horsemen 21 מדוד ועד לחורבן, אליהו עולה השמימה, רכב ישראל ופרשיו כ"א](#)

May we all be **inspired** by the models of David HaMelech and Eliyahu HaNavi, and make every effort to ensure both spiritual and material excellence on the individual and communal levels in Am Yisrael.

[From David to Destruction, Eliyahu HaNavi and the Drought of Faith, Achav Tells Izevel About the Events at Har HaCarmel 22 מדוד ועד לחורבן, אליהו הנביא ובצורת האמונה, אחאב מספר לזעזע על אירועי הר הכרמל כ"ב](#)

He was briefly **inspired** but did not take the necessary steps that would sustain the gain.

[From David to Destruction, Elisha and the Northern Kingdom, Eliyahu HaNavi and Elisha's Long Term Accomplishments 15 מדוד ועד לחורבן, אלישע וממלכת הצפון, הישגיהם ארוכי הטווח של אליהו ואלישע ט"ו](#)

When we learn of and are **inspired** by Eliyahu HaNavi and Elisha's activities and their steadfast loyalty to Hashem, we subsequently strengthen and magnify their legacies.

[Gray Matter III, Music, Torah Passages in Song 17 גריי מאטר ג, מוסיקה, שירת פסוקים י"ז](#)
Accordingly, one who chooses to listen to "Jewish music" is doing so because he wishes to be **inspired** and deepen his connection to Hashem and His Torah.

PTC. Be inspired to listen to Jewish music, listen to Jewish podcasts/lectures/shiurim, read Jewish novels, peruse Jewish websites and articles, watch Jewish videos/movies/shows to be uplifted in a Jewish orthodox way, once you surround yourselves with these things inspiration will come steadily and easily; but we must use it to be action takers

[Redeeming Relevance: Genesis 4:23ג פדיון הרלוונטיות על בראשית ד':כ"ג](#)

We must show the world the beauty and harmony of a divinely **inspired** life and thereby fulfill our role as a "nation of priests."

[Likutei Moharan 156:1:4 ד'א:א' קנ"ו מוהר"ן](#)

As opposed to his being **inspired** and aflame for a sin or an evil thing, God forbid, from which his heart becomes impure—as opposed to this, he should inspire and enflame his heart for God.

[Likutei Moharan 248:1:1 א'א:ח'א' רמ"ח מוהר"ן](#)

By means of stories about the tzaddikim the heart is woken and **inspired** with a great arousal for God, with a very powerful yearning.

PTC. Make sure to solidify the inspiration with action, immediately, so something about it is put it into an actual practice right away

[פניני הלכה, ימים נוראים ז'י"ג:ה'13:7: Days of Awe, Peninei Halakhah](#)

When their children and family members are **inspired** to donate money and do good deeds in their memory, it shows that the departed souls continue to have a positive influence on the world.

[מחזור אשכנז לראש השנה, Sounding of the Shofar 13, Machzor Rosh Hashanah Ashkenaz](#)
[תקיעת שופר י"ג](#)

When the Jew hears the broken notes of the teruah, he realizes that he deserves shattering punishment for his transgressions and is **inspired** to teshuvah, true repentance.

[רש"י על שמות י"ח:א':א'1:18: Exodus Rashi](#)

What news had he (Yisro) heard [which **inspired** him] to come? [It was] the splitting of the Reed Sea and the war against Amaleik.

[Rashi on Exodus 18:5:1](#)

To the desert. We already know of our own account that he was in the desert! But it is in the praise of Yisro that Scripture speaks: for he was living amidst worldwide honor and yet his heart inspired him to go out into the desert, a desolate place, for the purpose of hearing words of Torah.

PTC. Yisro came—he heard, he was inspired, he acted on it right away, converted and joined the Jews—some say he went home to convert others and came back, some say he went home after

[Tur HaAroch, Exodus 35:21:1](#)

“Every man whose heart inspired him came;” Nachmanides draws our attention to the change in expression here. In connection with the donations, (25,2) the Torah had described the individual’s motivation with the words אשר נדבנו לבו, “whose heart motivates him,” whereas here we are told about a different level of generosity, enthusiasm, i.e. אשר נשאו לבו, “whose heart inspired him.” Men who had no training in performing any of these tasks were inspired and suddenly were able to perform tasks they had never considered themselves capable of performing. Artisans who were skilled in performing tasks but had never trained others to do so, now became skilled at teaching their art, and men or women who had never displayed skill with their hands were suddenly inspired to do so. They came to Moses volunteering to perform the tasks that were required.

PTC. If you act on your inspiration, Hashem will lead you along the way

[Or HaChaim on Deuteronomy Chapter 21:11](#)
[על דברים אור החיים Chapter 21:11](#)

The problem with most people is that they sell their souls to the enemy (Satan) in return for material things which they urgently aspire to i.e. כוסף. The Torah issues a warning not to sell something of permanent value in return for something of transient value.

[Malbim on Job Chapter 6:1](#)
[על איוב מלבי"ם Chapter 6:1](#)

...Since man is one of the components of creation—the choicest amongst them—he too must seek some perfection to which he can aspire for as long as he remains standing. But what are the

instrumental means that bring him to his perfection? There are a number of opinions concerning this...

- There are those who say that what matters is the actual deed; that it [the deed] is the means to his perfection. That if he completes this deed he will have achieved his perfection.
- Others say that it is not the deed itself that matters but the person. That the person must strive all his life and that his perfection depends upon that, irrespective of whether he manages to complete the deed or not....

As found in Sanhedrin 111A

According to Resh Lakish, perfection requires the observance of all the precepts of the Torah without exception. However, according to Rabbi Yochanan, the observance of even one precept is enough, for a person's perfection depends on his doing as much as he can during his life...

For the purposes of our investigation we can say that some take the view that a man should busy himself throughout his life with the Torah and its Commandments and that he thereby achieves his perfection. That whether his life is long and he has the opportunity of keeping all 613 Commandments, or whether he dies young or for some other reason could keep only a few of them, he will still have achieved his perfection. For his perfection does not depend on the quantity of his worship but only on its regularity throughout the days of his life, whether they be many or few. Others hold the alternative view, namely, that he must fulfill his obligation to observe all of the Commandments, for it is thereby that he achieves his perfection. And if, even for reasons beyond his control, he fails to keep them all, he will not have perfected himself. Others hold the alternative view, namely, that he must fulfill his obligation to observe all of the Commandments, for it is thereby that he achieves his perfection. And if, even for reasons beyond his control, he fails to keep them all, he will not have perfected himself.¹

PTC. Don't be trapped! Don't be ensnared or inspired just to make more money or get a bigger house or car! Be inspired to change the world for the better to do more mitzvos Chessed and torah learning with action and practice right away; This whole life is to be inspired to change your bad traits and do much good in the world, don't get lost or distracted

Points To Carryover:

PTC. Inspire yourself and act on it, that's how we can keep the inspiration going. If you are inspired to make a song and have a melody, sit down that second to record it or write it down (which has happened to me).

PTC. Listen to lectures, read books, read articles, be enveloped in inspiring talks and stories but make sure to do something tangible as a result. I.E. "I was so inspired by the Rambam talking about tzedaka that I sign up to dailygiving.org to give a dollar every day to a different organization."

PTC. Talks, songs, and objects can only inspire us so much, we need to move forward with their effect and let it last longer by what we do with those ingrained messages and feelings

PTC. Make sure to fill your days with inspiration in whatever manner works for you, and to lift yourself to action as a result

PTC. We should look into our own Jewish texts and use our own technology to find inspiration; nowadays it is ever too easy to find that inspiration if we just look for it, and hold on to it by moving with action and purpose

PTC. Be inspired to listen to Jewish music, listen to Jewish podcasts/lectures/shiurim, read Jewish novels, peruse Jewish websites and articles, watch Jewish videos/movies/shows to be uplifted in a Jewish orthodox way, once you surround yourselves with these things, inspiration will come steadily and easily; but we must use it to be action takers

PTC. Make sure to solidify the inspiration with action, immediately, so something about it is put it into an actual practice right away

PTC. Yisro came—he heard, he was inspired, [he acted on it right away](#), converted and joined the Jews—some say he went home to convert others and came back, some say he went home after

PTC. If you act on your inspiration, Hashem will lead you along the way

PTC. Don't be trapped! Don't be ensnared or inspired just to make more money or get a bigger house or car! Be inspired to change the world for the better to do more mitzvos Chessed and torah learning with action and practice right away; This whole life is to be inspired to change your bad traits and do much good in the world, don't get lost or distracted