

We began discussing ways to feel and *live* the *emunah* we know. As a first step, we mentioned having the proper respect for shul and davening. It's important to realize the cycle that prevents us from what would seem to be the logical outcome of the *emunah* we have - actually feeling it.

Even facts that we know logically are hard to feel if they are unbelievably grand. When we don't feel the knowledge we possess, we don't act in the natural way that such knowledge should compel us to. Then, upon acting in a way that seemingly contradicts what we know to be true, we reinforce our lack of feeling that knowledge. As the *Rishonim* say: Man's feelings are greatly influenced by his actions.

Therefore, one should focus on the truths which he knows, i.e. when davening he is conversing with his Father in Heaven who is, at that very moment, overflowing with infinite love towards him, etc. When these thoughts don't result in the feelings they logically should, he should not give up, rather, he should take heart, there are many things we know, yet they are still too dramatic for us to feel. For example: Molecular scientists say that there are at least several hundred trillion connections in one's brain. This means that there are millions more connections just between parts of your brain, that Hashem makes work perfectly together every second of the day in order for you to continue living, than there are telephone connections on Earth! Even after we learn this we cannot come close to feeling it. Does this affect its reality in any way? Of course not. The same is true with our example of living *emunah*, when one doesn't feel the fact that when davening he is conversing with his Father in Heaven who is, at that very moment, overflowing with infinite love towards him, he should remind himself that this doesn't affect its reality (just as his lack of feeling the complexity of his brain doesn't affect its amazingness) and he should act accordingly. This way he will negate the negative effect of actions that contradict this knowledge while at the same time positively reinforcing it.

*Established By:*