

*Noach*- builds an ark to weather the great calamity. *Mei Hashiloach* teaches how we can create an inner ark of sustaining strength when faced with the storms of life that befall us.

**Mei Hashiloach- R. Mordechai Yosef of Ishbitza 1800-1856**

Concerning the ark, the blessed God gave Noach the advice and protection until the days of wrath would pass, and similarly, all whose hearts are not yet refined, can receive advice from the ark as to how to find refuge and protection from all the evil that unsettles the world. The matter of the ark has to do with what is written in the *gemara* (Pesachim 113b), "there are three whom the Holy One blessed be He loves, -one who does not get angry, one who does not get drunk, and one who forgives."

One who does not get angry is one who does not show any anger through actions. One who does not get drunk is one who possesses a settled mind, who recognizes and has faith in the Creator of the world. One who forgives means one who removes the anger from his heart, not leaving in his heart any angry complaints against his fellow man.

The ark hints at these three aspects. "**Make yourself an ark of Gopher wood**" means not to get angry. The Hebrew word *Gopher* is akin to the word for Sulfur - *Gofrit*. Sulfur=brimstone=anger. This is why the Torah says, make yourself a closed structure of Gopher wood, meaning contain your anger to ensure you don't reveal your anger in any external actions.

"**Make rooms in the ark**" make compartments (compartmentalize) means do not become intoxicated but remain serene, with a settled consciousness. The Hebrew word for compartments is *qinim*, these are cells, nests or compartments. For one who has many rooms or compartments, must have a sense of order to know the location of each one and its function.

"**Seal it from within and without with pitch.**" That is, do away with all anger and forgive. "Sealing with pitch" or "*vekhaparta*" in Hebrew is comprised of the same letters as "atonement," *kapara*, meaning to atone from the depth of your heart so as not to leave even a residue of the anger against your fellow man. (clear away resentments)

From the measurements of the ark we may derive the word for tongue, *lashon*, (*Lamed Shin Nun*) in Hebrew. "**Three hundred cubits in length (Shin), fifty in width (Nun), and thirty in height (Lamed),**" meaning not to have a lying tongue...

*KSK: Build an ark as a stronghold in your mind and heart to weather the storms of life. Master your emotions, particularly anger. Master your mind by creating a settled and organized mind. Create a space in yourself for Teshuvah, for complete forgiveness of self and others. Master your speech.*