בסד
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For many centuries, Jewish children have played a central role in Lag B'Omer celebrations. They are taken to fields to play with bows and arrows. How is this connected with Lag B'omer?

Lag B'omer is the day of Rabbi Shimon bar Yochai ("Rashbi") who showed how the "body" of Torah and its "soul", (the inner, mystical, spiritual dimension) go hand in hand. He was the first person to teach the Kabbalah (spiritual aspect of Torah) to a group of disciples. He proclaimed the day of Lag B'omer (his passing) as a time of rejoicing and an auspicious day for all.

Rashbi taught love and connection between all aspects of Torah and all types of people. He brought about forgiveness and protection for all the world. In his day no rainbow was seen (Rashi on Sedra Noach 9:12), because it was not needed. The bow of the **bow** and arrow reminds us of the **rainbow** which was replaced by Rashbi.

The Lubavitcher Rebbe teaches a deeper and more positive lesson about the connection to the bow and arrow. In ancient times there were other weapons that were suited to close combat (like the sword). The bow and arrow was invented to reach more distant targets, including more distant enemies who are hard to see.

Spiritually, we all have faults in our character that are more visible and therefore easier to eradicate, if we work on ourselves. We also have deeper spiritual weaknesses that are not immediately evident, and need a different kind of weapon to overcome. That weapon is the spiritual bow and arrow.

The further back one pulls the string of the bow , the farther the arrow will fly. This weapon represents the spiritual teachings of Torah, which are nowadays made accessible in the teachings of Chassidus. Pulling the string further back means focusing more on our inner self, and this enables connecting to our core (Neshama) and to a paradigm shift in Avodas Hashem.

Thus the spiritual teachings of Rabbi Shimon Ben Yochai are compared to the bow and arrow. They give us access to our inner core, and the power to deal with even the most distant enemy.

Setting up a regular time for studying Chassidus enhances one's whole journey.

Good Shabbos!

גוט שבת!