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AS TAUGHT BY MOHOROSH ZT"L AND THE ROSH YESHIVA SHLIT"A

לעלוי נשמת
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CHIZUK
FROM THE
PARSHA

FOREVER GRATEFUL

Life is full of challenges. Although we know that life was never supposed to be easy, we still tend to get upset when we hit a bump in the road. How can we stay happy even when we're faced with hardships?

Usually, all we need to do is change our attitude. Imagine how much worse it could have been! And it's not just that it **could** have been worse — it actually **should** have been! After all, is there anyone in the world who can truthfully say that he has never done anything wrong? That he is not deserving of any punishment?!? Unfortunately not.

For the amount of spiritual grime that has accumulated on our *neshamos*, we really all need a heavy-duty cleaning — i.e. pain and suffering. Yet in Hashem's infinite mercy, He sends us relatively small hardships instead of the major *tzaros* that really should be coming to us. When faced with challenges, we must remember that **no matter how big our difficulties seem to be, they are very, very small relative to what we deserve.**

Loving the Bad

The Rebbe ties this fundamental concept to this week's *parsha* (*Likutei Moharan 1:165*). The *passuk* says:

לא תקם ולא תטור את בני עמך... ואהבת לרעך כמוך אני ה'

The simple meaning of the word *רעך* is "your fellow," but it can also mean *רע שְׁלֶךְ* — your bad. Hashem tells us, "ואהבת לרעך" — Love the bad things that happen to you, because of *כמוך* — the way you are. You should be getting much harsher punishments, but 'אני ה' — I am Hashem, the *Baal Harachamim*, so I'm treating you with mercy and bringing you smaller difficulties instead."

Rather than being a source of frustration, hardships should bring about a feeling of gratitude. "Thank You Hashem that it's only this! Thank You for allowing me to get off easy, for sending me this instead of the *tzaros* which I know I deserve."

It's All From Hashem

Realizing that all our challenges are brought to us by Hashem is key to being able to "roll with the punches" — especially at times when we have a person to blame for our problems. Pointing fingers is very easy, but the truth is that **everything is from Hashem — people are just His messengers.** With this understanding, we stop getting upset at others because we recognize that Hashem is the Source of our problems and the only One Who we can turn to.

The *passuk* therefore says, "לא תקם ולא תטור את בני עמך" — *Don't take revenge on those who have wronged you.* 'אני ה' — *Love the bad that others have done to you, because it's not really them — it's Me, with My infinite mercy, giving you a much smaller 'pain package' than you really deserve.*"

May we be *zoche* to live in harmony with those around us and enjoy a life of *shalom* and happiness.

Toch Hanachal, Seuda Shlishis Acharei-Kedoshim 5761

MOHOROSH
SPEAKS

COUNTING THE DAYS

Sefiras haomer is a transition between two special and holy times — Pesach, when we commemorate our *geula* from *Mitzrayim*, and Shavuot, the *yom tov* when we received the Torah.

This spiritual countdown has its roots in the times of *yetzias Mitzrayim*. Just moments before the *geula*, we were entrenched in the depths of impurity — at the forty-ninth level of *tumah*. Hashem redeemed us right before we were to be lost forever, and He propelled us to the greatest heights.

Nonetheless, we were not ble to receive the Torah just yet. It took another seven weeks of spiritual preparation until we were ready.

Each year, we work toward a renewed acceptance of the Torah, improving ourselves and perfecting our *avodas Hashem* through the seven weeks of *sefiras ha'omer*.

Step by Step

Every Jew inherently wants to be good. We all want to

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STOP FOLLOWING THE NEWS

Dear ...,

I received your letter.

First of all, stop reading newspapers on Shabbos. According to *halacha* it is forbidden (*Shulchan Aruch Orach Chaim 307:16 and Mishna Berurah 63*), and if it frightens you, it is certainly prohibited (*Mishna Berurah 307:3*).

It's not a good idea to read newspapers even during the week, because this takes over one's mind completely and causes unnecessary anxiety. Following the news brings about the fulfillment of the *passuk* (*Vayikra 20:36*), והאבתי מורך בלבבם – Hashem warned us that if we will not follow the Torah, He will bring dread upon us, and ורדף אתם קול עלה נדף – the mere sound of leaves rustling in the wind will cause us to flee in panic. The Minchas Elazar *zt"l* explains (*B'sefer Chaim V'shalom, Vayikra*) that the sound of rustling leaves refers to the pages of newspapers, which sow fear and panic in the hearts of all those who read them.

Once, when R' Yehoshua Ben Korcha was sitting with his *talmidim* outdoors, a gust of wind blew suddenly and caused the leaves to emit a frightening sound. Thinking that they were being pursued, they fled in terror; when they realized that it had only been the sound of the leaves, they wept at the fulfillment of the curse from the *tochacha*.

The same occurs when a person follows news channels – they frighten his heart and confuse his mind, robbing him of sleep even though he is not being pursued.

It is wise to avoid bringing newspapers or magazines into one's home. The content of newspapers are mockery and deceit; their agenda is to promote (*Tzefania 2:15*) אני ואפסי עוד – me, me, me; it's all about me. The entire world foolishly buys into these lies without realizing that days, weeks and months pass without them having gained any benefit whatsoever. This is besides for the fact that a newspaper robs a person of his *yiras Shamayim*.

I'm inordinately grateful to Hashem that my father *shlit"a* never allowed any newspapers or magazines into our home. All I saw on Shabbos was my father learning or spending time with the children. I didn't even know what a newspaper was until I went to *yeshiva* and observed the absurd pastime of spending Shabbos reading newspapers for hours on end.

Shabbos is a time for spiritual pursuits. *Chazal* say (*Tanna D'bai Eliyahu 1*) that although we are preoccupied with bringing *parnassa* all week, we must utilize the time on Shabbos to daven and learn, because Hashem derives much *nachas* from a person when he learns Torah.

If you will accept my words and no longer read newspapers or follow the news, you will reap enormous benefits in this world and the next.

May Hashem bless you with success in all areas.

Adapted from *The Light of Emunah #1*, page 132

serve Hashem
in the best
way possible,

but despite our best intentions, we make mistakes and find ourselves far away from the place we want to be.

So we try again. We make more attempts at reaching perfection, but we inevitably fail once more. The *yetzer hara* then begins his attack, hounding us with despairing thoughts of, "That's it, you'll never succeed!"

Unfortunately, he often wins. How many of us have lost our motivation altogether, lost the belief that it's possible to come close to Hashem? How many people have given up on themselves and their ability to live meaningful lives?

The concept of *sefiras haomer* is a lesson for all of us.

Our ancestors who watched Pharaoh and the *Mitzriyim* experience the mind-blowing *makkos*, the ones who left *Mitzrayim* with astounding *nissim*, those who pointed to the *Shechina* at the *Yam Suf* and proclaimed "זה קלי ואנוהו!" — even they could not receive the Torah right away! They, too, had to slowly inch their way up the *ruchniyus* ladder until they reached the level necessary to receive the Torah. They, too, had to work on themselves each day, growing, changing and connecting. **Kabbalas haTorah didn't happen in an instant; it was a process they had to work for.**

A Lesson for YOU

Are you also yearning to leave your personal *Mitzrayim*? Did you firmly decide that "This time it's for real, I'm doing *teshuva* and turning my life around"? **Keep at it.** Don't lose sight of your goal, and don't get disheartened by how far you seem to be. *Yiddishkeit* is a process! Take your time and climb each rung of the ladder, day by day: חסד שבחסד, גבורה שבחסד, תפארת שבחסד...

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Yes, there will be challenges and there will be setbacks along the way, but if you'll keep trying to hold on, to grab as many *mitzvos* as you can, you'll ultimately reach your goal of perfecting your *avodas Hashem*.

Making Each Day Count

Just like *Klal Yisrael* counted seven weeks until *kabbalas haTorah*, we need to do the same. Make each day count. See the potential in each day and maximize each moment to its fullest, and that is when you'll be ready to receive the Torah.

Berish woke up late — way too late. As he snarled at his wife for allowing him to oversleep, he tripped over his *negel vasser* and went sprawling across the room. Hurrying through his morning routine, he realized with mounting frustration that he buttoned his shirt wrong, that his pants were torn at the seam, and that he had no clean socks to wear.

"Oh, what a day," he grumbled. "Today is a bummer. I'll try again tomorrow." Right then, at 7:57 AM, *Berish* climbed back into bed and waited for the next morning so that he could start over.

A person can sometimes find himself halfway through a day that seems to have totally gone off-track. Discouraged by his failures, he may be tempted to stop trying and let the rest of the day follow the same downward path, because "I lost it anyway, today is a goner." If he does that, though, he'll look like *Berish*, foolishly giving up when so many opportunities still lie ahead.

The *Gemara* says (*Pesachim 4*), "מקצת היום ככלו" — A small part of the day is like the entire day. It doesn't matter how much of it has passed or how little time of it is left, because it's always possible to make a complete turnaround, to transform even the most disastrous day into a successful one.

Don't think, "Oh well, tomorrow I'll do better." Grab the few minutes left of TODAY and try to steer yourself back onto the right track. Use the rest of the day properly — daven, learn and do *mitzvos*, and you will elevate the entire day and thereby elevate your entire life.



gripes or complains, her husband often gets annoyed and thinks he landed with a "complainer" for a wife — one who's always looking for things to *kvetch* about.

But that's not the case at all! **When a woman vents, all she wants is reassurance.** Instead of asking her husband directly, "Give me some *chizuk*," or "Tell me that the Hashem will help us," she expresses it in a way that sounds like a grievance: "What will be with us?" "We can't afford anything!" or "The children are impossible!" The truth is that she speaks like this because she wants to hear positive, encouraging words. She wants to hear you say, "It'll all be good," "Soon the finances will settle," or "We have such wonderful children."

Key to Shalom Bayis

Remember that a woman spends all day taking care of the children. She doesn't stop, drop, and run out to *shul* like her husband does three times a day, where he can meet friends and hear a good word here and there. She doesn't go out to *shul* on Shabbos for a dose of *chizuk* or inspiration. A woman has only one source of *chizuk* — her husband. **A wise husband will encourage his wife and build her up**, and she'll then lack for nothing and won't feel the need to complain so much.

R' Nosson writes about how the Rebbe pleaded with us and warned us to treat our wives well and have compassion for them, because they undergo so much suffering in the process of raising children (*Sichos Haran 264*).

To have *shalom bayis*, all a person needs is a bit of common sense to know how to speak and what to say. The world says that common sense can't be acquired — either you have it or you don't — but this isn't true. By pouring out one's heart to Hashem, a person can acquire the wisdom to know what to do in every situation. Mohorosh explains that the *roshei teivos* of the *passuk* (*Eicha 2:19*), "שפכי במים לבך נכה פני ה'" spell the word שכל — wisdom.

When a person pours out his heart to Hashem and davens for guidance in every matter, he'll be zoche to know how to conduct himself properly.

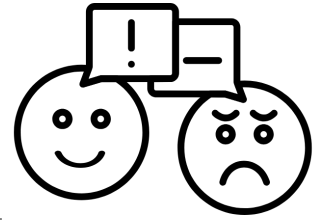
Follow the Rebbe's Advice

If you want your home to be truly beautiful, follow the advice of the Rebbe — pour out your heart to Hashem in your own language. First you should take a few minutes to thank Him for all the good He has given you and continues to give you. Then you should beg, plead and implore Him for wisdom to know how to speak to your wife and how to be a *vatran*, and through this you will merit a good life.

May Hashem bless you with success in all areas.

Q & A

MY WIFE DOESN'T STOP COMPLAINING!



QUESTION:

To the Rosh Yeshiva shlita,

First of all, I'd like to thank the Rosh Yeshiva for the shiurim that give me direction for every part of life.

Perhaps the Rosh Yeshiva can give me some advice in this matter: I am the father of a large family ka"h, and I believe I have raised my children well and continue to do so. My wife, on the other hand, doesn't stop griping and complaining. Every time we have a problem with a child, she says things like, "He became like this because we give in to him too much..." or "He's acting like this because we don't show him enough love..."

I keep trying to remind her that we have a loving home, and that even when we have to discipline our children, we make sure to do so kindly. Nonetheless, she is not convinced and she continues to harp on the negative.

I think that her problem stems from the fact that our home is healthy and normal, baruch Hashem. She simply doesn't know what goes on in homes that are dysfunctional. She doesn't realize that there are parents who have no idea of how to raise children normally, and that those are children who end up being scarred for life.

How should I handle this matter? What should I say to her?

Thank you.

THE ROSH YESHIVA'S RESPONSE:

Dear ...,

If you have been blessed with a beautiful home like the one that you describe in your letter, why are you searching for things to complain about? Instead, thank Hashem day and night for all the good he has given you! Be happy and make your wife happy, and you'll be zoche to be successful, as the Rebbe says (*Sefer Hamiddos, Os Simcha 2:1*), "He who is always happy will be successful."

The "Frum" Yetzer Hara

The Rebbe says (*Likutei Moharan 1:1*) that the yetzer hara often disguises himself in mitzvos, fooling the person into thinking he wants him to do a mitzvah while really trying to draw him away from Hashem. When the yetzer hara sees that he can't manage to overcome a person, he convinces the person to get into conflict with others over so-called "frumkeit." The person then begins arguing with his wife — thinking it's l'sheim Shamayim — and he loses his shalom bayis, falling right into the yetzer hara's net.

We must remember that **there is never a reason to argue — even l'sheim Shamayim — because all conflict is from the yetzer hara.** This is as the Rebbe says (*Sefer Hamiddos, Os Meriva 66*), "Wherever there is strife, there is the Satan."

Why Does Your Wife Complain?

When your wife complains, don't think that she's trying to argue with you or to blame you. **She just wants a listening ear and reassurance.**

This is a mistake that many people make: when a woman

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