

# SPARKS OF EMUNAH



HEICHAL HAKODESH BRESLEV WEEKLY NEWSLETTER  
BASED ON THE TEACHINGS OF MOHOROSH ZT"L  
GIVEN OVER BY THE ROSH YESHIVA SHLIT"A

PARSHAS DEVARIM  
6 Av, 5784  
ISSUE #20

## CHIZUK from the PARSHA

## MAXIMIZE THIS DAY

אתה עבר היום את גבול מואב את ער – Today, you shall cross the border of Moav at Ar.

How many people are as successful as they wish to be? Taking a poll would reveal a shockingly low percentage. For many, success is a dream that is just too difficult to attain.

It may seem that failure is caused by poor physical and/or intellectual capabilities, but more often, it is the lack of mental or emotional fortitude which impedes a person from achieving prosperity. Whether he is an employee with a job offer or an entrepreneur starting out on a new business venture, he can be rendered powerless in the face of negative self-talk. Thoughts of past mess-ups or previous disappointments can completely paralyze him, destroying his drive to try again. Thoughts of future challenges or oncoming responsibilities can disable him, causing him to give up soon after starting out.

The Rebbe teaches (*Likutei Moharan 1:272*) that in order to be successful, we must look only at היום – today. Not at the past; not at the future. “What are my responsibilities **right now**?” We must constantly ask ourselves. “What can I do to maximize **this day** to its fullest?” This approach will result in success in material matters, and surely in spiritual pursuits, as well. Every person truly desires to be good; every Yid wants to succeed in his *avodas Hashem*. In order to do so, a person must first master his mind and not allow unproductive thoughts to immobilize him.



One must not dwell on the past, because such thoughts will deject him –

*“I’ve never been able to control myself before; today won’t be any different.” Or, “I’m a loser anyway; look at how often I succumbed to my negative desires. Why should I bother trying again?”*

... and he must shut his mind to the future, because it will only overwhelm him –

*“At the rate I’m going, I’ll never accomplish my goals anyway; what’s the point in trying?” Or, “I know I should try harder and invest more effort, but I won’t be able to keep it up forever...”*

While a lifetime of exemplary *avodas Hashem* seems to be an impossible task, a commitment of **just today** isn’t so daunting. When a person looks only at the here and now, the world opens up to him and everything becomes possible. Additionally, his tendency to procrastinate falls away, because he comes to cherish each moment and the opportunities in each day. With the mindset of היום, a person can amass great treasures in his *avodas Hashem*.

This is the powerful message in this week’s *parsha*. The *passuk* says אתה עבר היום את ער גבול מואב את ער. In order to overcome the wickedness of Moav – referring to the forces of evil that try to distance us from Hashem – the key is to take the lesson of “היום” – today. If we will not allow thoughts of the past or future to intimidate us, we will *be’ezras Hashem* see *hatzlacha* in all that we do.

Zos Hatorah, Parshas Devarim

## MOHOROSH SPEAKS

## SHABBOS CHAZON



The Shabbos that immediately precedes Tisha B'av is called *Shabbos Chazon*. The word חזון is *roshei teivos* חצי זעם וחצי נחמה – half anger and half consolation (*Sefer Shaar Hamelech*). Tisha B'av is a sad time, but the sorrow is not total; we can be comforted because when Mashiach comes, it will become a *yom tov*.

It’s all a matter of perspective. We see this in the well-known story of *Chazal* (*Makkos 24*), when a group of *chachamim* passed the ruins of the *Bais Hamikdash*. They all broke down in tears at the sight of the terrible destruction, but Rabbi Akiva just laughed. Confused by his reaction to the unspeakable tragedy, the *chachamim* asked for an explanation.

“Along with the *nevuah* that warned us of the imminent *churban*,” Rabbi Akiva said, “we were also told about our eventual *geula*. Just like the first portion of the prophecy has



(Continued on page 2)

This issue has been sponsored anonymously as a *zechus* for a *shidduch*. To sponsor, email [thesparksofemunah@gmail.com](mailto:thesparksofemunah@gmail.com)

Dear ...

I received your letter.

Keep praising Hashem for His endless kindness and the countless miracles He has performed for you. Don't stop thanking Him for what he has already given you – the gift of a child – and by doing so you will merit having more children.

R' Nosson zt"l frequently said that when a person complains, Hashem says, "Look at this person – he complains even though he has so much good; I will show him what suffering is." Yet when a person constantly thanks Hashem – even for the smallest things he is blessed with – Hashem says, "See how this person praises and thanks Me constantly – I will bestow him with even more good."

Mashiach will teach this concept of *hoda'ah* to all of mankind. *Chazal* teach us (*Bereishis Rabba* 14:9) that we must thank Hashem ונשימה ונשימה על כל נשימה – for every breath we take, as the *pas-suk* says (*Tehillim* 150:6) כל הנשמה תהלל קה. The first letters of these words spell out ת-כ-ה – one of the holy Names of Hashem. We see these letters again in *Modim*, our daily expression of gratitude, when we say הטוב שמך ולך נאה להודות. This Name is the one that will be inscribed on the forehead of Mashiach, signifying his mission: to teach us to keep thanking Hashem.

If you will focus on expressing your gratitude to Hashem each day, you will be *zoche* to more children without any medical intervention.

May Hashem bless you with success in all your endeavors.

Adapted from *The Light of Emunah* #1, page 284



“

been fulfilled, I wholeheartedly believe that the second part will come true as well.”

*Tzaddikim* can see to the core of the matter, beyond the layers of struggle and sorrow. Although Tisha B'av is a sad day, if we look a little deeper we can find consolation within the grief. We don't say *tachanun* on Tisha B'av because it is a *moed*; one day, Mashiach will come and take us out of *galus*, and this day will become a *yom tov*. This time of mourning will become a time of festivity and delight, when we will rejoice in our *yeshua* and the miraculous *nissim* that Hashem will perform.

Even in the times of the *geula*, we will read *Megillas Eicha* on the ninth day of Av. However, it will be said in a happy tune, following a joyful blessing of "Shehecheyanu!" just like with *Megillas Esther* on Purim. This is why many Breslev *chassidim* recite *Megillas Eicha* twice on Tisha B'av (instead of just the standard one-time night reading), signifying that this day will ultimately be transformed into a *yom tov*, in the same category as Purim.



### A Personal Eicha

The Rebbe teaches (*Likutei Moharan* 2:101) that when saying *tehillim*, a person should try to "find himself" within the *pesukim*, connecting the words to his own life. David Hamelech filled pages and pages with psalms about the wars that he constantly fought and the countless enemies that sought to destroy him. Can't we relate? Every person is in a perpetual state of battle with the *yetzer hara*, his sworn enemy, who consistently seeks to oppress and annihilate him. When saying *tehillim*, one can make it personal, using David Hamelech's words to tell his own story.

The same principle applies to *Megillas Eicha*. Reading it is painful. The story hurts. The Rebbe teaches (*Likutei Moharan* 2:67) that on Tisha B'av, we cry not just because of the *churban* that took place thousands of years ago – we are really crying over our own personal *churban*, today.

The words of this tearful lament should be translated to our spiritual desolation. עיני עיני נרדה מן – I cry because I am so far from being an *erliche Yid*. על אלה אני בוכה – on **my** *aveiros*, which cause so much destruction in my life. חטא חטא ריש שלי – I am mourning my own downfall; I keep falling into the *yetzer hara's* trap and I sin again and again.

While we grieve over the destruction of the *Beis Hamikdash* and plead for *geula*, let's take the opportunity to daven to Hashem for our own redemption. Let's beseech Him to help us in

”

(Continued on page 3)



our individual struggles so that we should not delay the *geula*. הַשְׂיָבֵנוּ ה' אֱלֹהֵינוּ וְנִשְׁבָּרָה – Hashem, please bring us back to You!

**Kiddush Levanah**

On *Motzei Tisha B'av* we say *kiddush levanah*, sanctifying the new moon. The Arizal writes (*Pri Eitz Chaim*) that this is a praiseworthy *minhag*.

The lesson of the moon is an important concept in *avodas Hashem* and is poignantly appropriate for this time. Each month, immediately after the moon reaches its lowest point and is completely invisible, it renews itself and begins to wax once more. The same is with us on *Motzei Tisha B'av*. After spending nearly twenty-six hours fasting, mourning and davening – and still *Mashiach* has not come – we feel helpless and lost. Yet that is precisely the time to refresh ourselves being serving Hashem with renewed fervor.

The symbolic *mitzva* of *kiddush levanah* should be not be done while still in a state of mourning. Go home, break your fast and put on regular shoes, as *halacha* dictates; only after that should you say *kiddush levanah* – with vitality and joy. Be sure to include a heartfelt *tefilla* for the realization of the *passuk*, והיה אור הלבנה כאור החמה (*Yeshaya 30:26*) – when the moon will be returned to her former light and glory.

May we be *zoche* to experience the ultimate redemption from our *galus* – both personal and collective – when the long-awaited prophesies of *geula* will be fulfilled and we will merit a complete consolation.

*Sichos Mohorosh 1, 10, 16; Erech Bein Hametzarim and Erech Tisha B'av*



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*) אֲנִי וְאִפְסִי עוֹד – 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 the newspapers for hours on end.

Shabbos is a time for spiritual pursuits. *Chazal* say (*Tanna D'bai Elyahu 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 your endeavors.

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

**THE ROSH YESHIVA SAYS:**

*"The only reason we are still in galus is because of the conflict among us. Different groups in klal Yisrael resent and reject each other – Ashkenazim snub Sefardim, Sefardim dislike Ashkenazim, and there is discord within each group, too. Mohorosh used to say that klal Yisrael is comparable to floundering ship at sea, with the gentile nations surrounding us having one goal: to sabotage the ship and destroy us all.*

*Therefore, we must unite as one and do our utmost to help each other survive this galus.*

*When Mashiach will arrive and the entire world will acknowledge Hashem's existence, there will be no more machlokes among us. May we be zoche to the geula speedily in our days."*

**FOR MORE INSPIRATION, CALL KOL BRESLEV: (212) 444-9191**

# Q & A

???

## THE NEWS FILLS ME WITH TERROR – WHAT CAN I DO?

### Question:

To the Rosh Yeshiva *shlita*,  
Thank you for the *shiurim* and letters; I gain enormous *chizuk* from them.



I'm wondering if the Rosh Yeshiva has advice for me. Each Shabbos afternoon, I read newspapers and catch up on the news from the entire week. When I read about the precarious state of world relations I am gripped with anxiety, terrified that a third world war will erupt. Sometimes, I am so afraid of what tomorrow might bring that I even have trouble falling asleep. The news fills me with terror – what can I do to overcome my fears?  
Thank you.

### The Rosh Yeshiva's Response:

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 מורדך, 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 frightens his heart and confuse his mind, robbing him of sleep even though he is not being pursued.

(Continued on page 3)

### KOL BRESLEV: (212) 444-9191

Shiurim, Daily Inspiration, Songs, Stories for Children and more!

Israel: 0797040066 / England: 03303502361 / Canada: 4383008080



### KVAL FIN CHIZIK: (212) 444-9169

Hotline for Women - Shiurim, Daily Inspiration, Recipes and more!

Israel: 0797040069 / England: 03303502363 / Canada: 4383209090

#### Subscribe Today!

Receive this newsletter weekly, as well as short clips of life-changing inspiration!

Email: visit [rabbiroth.org](http://rabbiroth.org) to sign up  
Whatsapp: (845) 244-1624

For the daily inspiration in Yiddish,  
email: [chizikyomi@gmail.com](mailto:chizikyomi@gmail.com)

#### Inspiration to your Door

Looking for more? You can receive all Breslev books and pamphlets, as well as CD's, USB's and SD cards with shiurim and/or songs, delivered to you!

[shop.breslevcenter.com](http://shop.breslevcenter.com)  
Or call: (718) 387-2691

#### Sponsorship Opportunity

Take part in the *zechus* of spreading *emunah* to thousands of readers!  
Email: [thesparksofemunah@gmail.com](mailto:thesparksofemunah@gmail.com)

[BreslevCenter.com](http://BreslevCenter.com)