



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Vayeishev 5783

Vol 1:5

Thursday 14 Kislev 5783

The Rosh Yeshiva Says:

What's with you? Why are you so sad and depressed? We have a Rebbe who tells us, and wants us to be happy. Happy to be a Jew, and happy with all the good. If you will be happy, it will be good for you. If you are happy, you will surely make everyone around you happy. Starting with your wife and children, and so on, everything will sort out. Don't tease your wife. I'm begging you, stop already, go and ask her for forgiveness. We can not harass anyone, and certainly not your wife. If you tease your wife, you will get a punishment, you will have to suffer afterwards.

Today's message has been taken from a letter from the Rosh Yeshiva Tuesday Parshas Vayishlach Taf Shin Pey Gimel



Friday 15 Kislev 5783

The Rosh Yeshiva Says:

In this week's Parsha, we have great Chizuk. Yaakov sent Malachim to Eisav and prepared 3 things. A Gift, Tefilla and War. Mohorosh said, these stories are not just stories but every word is real life

lessons for us to learn about what Hashem wants from me. Every person has within himself an Eisev, a Yetzer Harah. Reb Avraham ben Reb Nachman said that the Yetzer Harah not only wants to take a person away from his spirituality, but he also wants to take away a person's physical pleasures in this world and the next. The Rebbe said, the world says that if we eat Chazer it should drip down our beard, but the Rebbe said No!, if you fell, let's not fall further. Yaakov said that if Eisav comes and will kill part of my family, the remainder will survive. This is such a great Chizuk for us, because Yaakov was looking to survive and thrive.

Today's message has been taken from Ah Git Vort Oif Parshas Vayishlach Taf Shin Pey Gimel



Sunday 17 Kislev 5783

The Rosh Yeshiva Says:

How do we get to have strong Emunah? The holy Rebbe tells us in (Lekutei Moharan 2:44) The more we speak about Emunah, the more Emunah we receive. Our entire life should revolve around Hashem. To constantly remember the name of Hashem, Baruch Hashem, Thank you

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Hashem. If someone asks you, how are you? Mention Hashem's name, Baruch Hashem!. "What is your plan, are you coming to the Simcha?", answer: With Hashem's help! Also, tell other people how Hashem helped you.

Today's message has been taken from Ah Vort Oif Di Parsha in the Yiddish Gilyon Parshas Vayishlach Taf Shin Pey Gimel



Monday 18 Kislev 5783

The Rosh Yeshiva Says:

Fortunate are those who spend some time with their children to go over what they learned in school during the week. This will bring you Nachas when the children grow up. A father who doesn't spend at least 1 hour a week interested in what his children did, what they learned etc., and chat with them, he will be pulling his hair out when his children get older. Children don't grow by themselves, only if we spend time with them in their younger years, then they will grow into beautiful fruits.

Today's message has been taken from Q&A in the Yiddish Gilyon Parshas Vayishlach Taf Shin Pey Gimel



Tuesday 19 Kislev 5783

The Rosh Yeshiva Says:

The most important thing a person must do now is strengthen his resolve to be happy. The heiliger Rebbe states in Lekutei Moharan 2:24, "It is a great Mitzvah to

always be happy and banish all thoughts of misery and depression from oneself. All the suffering and illnesses that afflict a person come only from depression and despair". The Rebbe concludes, "Even all the doctors acknowledge that all sickness and disease originate when a person is unhappy, and simcha is a cure for everything". By focusing on always remaining happy, a person is liberated from his suffering and pain.

Today's message has been taken from The Light of Emunah 25 Letter 1.



Wednesday 20 Kislev 5783

The Rosh Yeshiva Says:

All those who speak out against and mock Breslev are not mocking Breslev. The Rebbe once said, "The people who speak against me are not opposing me. They are merely opposing a person who is doing the things they imagine, and they are correct in opposing him". Sourced in Sichos Haran 182. People don't know what Breslev represents. They are under the impression that it is a place where crazy and insolent people seek refuge. However, the truth is that it is a place where a person can draw close to Hashem, a place where he can grow in his Avodas Hashem, and a place where he can live in Gan Eden even in this world.

Today's message has been taken from The Light of Emunah 25 Letter 8.

