



# THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Mishpatim 5783

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## Thursday 18 Shevat 5783

### The Rosh Yeshiva Says:

Did you ever wonder why today we see that so many people have problems with their minds? 15 years ago we never had such a thing! Is it some sort of new disease that every other person needs to go to therapy or a life coach? There is something that makes it happen. Watching! Even though years ago there were movies, but we needed to go out to watch a movie. Yet, to be living today 24 hours a day by the power of imagination, this causes people to fall into a fantasy world. Then he starts to hear things, see things, think things, have fears etc., this all comes from watching and it stuffs up our heads.

Today's message has been taken from the Rosh Yeshivas daily Gemora Shiur Motzei Shabbos Beshalach Taf Shin Pey Gimel



## Friday 19 Shevat 5783

### The Rosh Yeshiva Says:

This week is the Parsha of Kabolas Hatorah. The Aseres Hadibros was written in the singular form, "Anochi Hashem Elokecha" - I am your creator, who has taken

you out of Mitzrayim. Hashem speaks to everyone separately. Every Yid must think that the Torah was given exclusively to him. Hashem speaks to him and begs him, "Be a Yid, serve me". Let's refreshen ourselves and start to learn our Shiurim Kesidran, a little Chumish with Targum, a little Mishnayos and Gemorah, say the words of the holy Torah even if you don't understand.

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



## Sunday 21 Shevat 5783

### The Rosh Yeshiva Says:

Everyone should buy his own Gemara. Everyone has his own cell phone. Why? You barely even talk on the phone and you have your own cell. But, when it comes to learning Gemara, you're okay with looking in with someone else. It shouldn't be this way. You should have your own set of Shas. If the entire set is too expensive, buy one Gemara at a time. Hashem should help us merit learning Gemara every single day. The Rebbe says that whoever learns Gemara will

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become a big tzaddik and it will destroy the bad malach that causes a person to stumble in Pegam Habris.

Today's message has been taken from Pearls of Wisdom in the English Newsletter Parshas Yisro Taf Shin Pey Gimel



## Monday 22 Shevat 5783

### The Rosh Yeshiva Says:

When the dirty thought of not getting married enters into your mind, you should scream, "Get out of here impure thought!". Because such thoughts are from the Yetzer Horah. You have your Shidduch. You will get married and you will establish a beautiful home, you just need to hold on and wait a little longer. I beg you my dear brother, continue on serving Hashem and don't give up on the important things. Wash Negel Vasser by your bed, go to the Mikvah, do a Tevilah for the Rebbe Rabbeinu Nachman ben Feigia and his holy Talmidim, daven 3 times a day with a Minyan, and learn every single day a little Chumish, Mishnayos, Gemara and Halocha. Speak to Hashem and don't give up on these points. Once again, your Shidduch doesn't have to do with any name, money, honor etc., it only has to do with Hashem.

Today's message has been taken from Ah Git Vort in the Yiddish Gilyon Parshas Yisro Taf Shin Pey Gimel



## Tuesday 23 Shevat 5783

### The Rosh Yeshiva Says:

Mohorosh used to say, a person needs to be 'Davuk' to Hashem literally meaning glued to Hashem. What does it mean to be glued to Hashem? Mohorosh showed us that if you take two pieces of paper and stick them together with glue, then you try to separate them, you can not separate them equally. One paper will start to pull part of the other paper. This is 'Dveikus' with Hashem. A person should be so glued to Hashem that if Chas Veshalom he rips himself away from Hashem and he falls down in a battle, he still pulls pieces of Hashem with him.

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



## Wednesday 24 Shevat 5783

### The Rosh Yeshiva Says:

Are you looking for a remedy? Mohorosh said, the remedy of happiness is greater than any other remedy. This is because all problems only come from a lack of happiness. The more we are happy, the more we will become freed of all our problems and suffering. Be happy that you are not a Goy. Be happy that you put on Teffilin today, that you davened, that you have a Mezuzah, and that you have a kosher kitchen with kosher food.

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