

בעזרה ש"ת



The Light of Emunah

פְּרָשָׁת בֹּא

דַּשֶׁע"ט



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 ... YOU CAN NEVER KNOW THE GREATNESS OF הפצה; THE CHINUCH OF YOUR CHILDREN SHOULD BE YOUR FIRST PRIORITY

בעזרת ה' יתברך-יום א' פ' וארא, כ"ב טבת, שנת תשעט

Lekuvid.....

We celebrated a beautiful melave malka, and sheva berachos last night; we strengthened one another in the concept of הפצה; that those who already occupy themselves therein, should continue with their holy work, and for those who still find it difficult, should see where they can help, to the best of their ability.

We retold the story Maharosh would relate (פעולת 970 (הצדיק,): There once was a yid by the name of R' Yisroel of Nemirov, and he was very connected to the holy Rebbe. On one occasion he asked the Rebbe for permission to travel somewhere for business, even though there was a war ravaging in that specific area. R' Yisroel was very intent on going, and didn't want to hear no as an answer, the Rebbe replied with the following "your final

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decision shouldn't be based on your motives. Go home and say 5 chapters of tehillim, and the first thought which enters your mind, is the way you should conduct yourself. He obliged, and came back a while later to tell the Rebbe his first thought was: to carry through with his plans. The Rebbe wasn't pleased to hear this, he knew very clearly that R' Yisroel didn't make his conclusion without נגיעות, only his desire for money influenced his decision. The Rebbe remarked "nu, sometimes it takes a small fish to entice a big fish;" R' Yisroel didn't understand what the Rebbe meant with this, and continued with his travels. Later while being in the distant town, he brought a wealthy yid back to Yiddishkeit. Only then did he comprehend the Rebbe's cryptic words.

We discussed how with הפצה one can never know the impact he has, or who they will merit to bring closer to Yiddishkeit.

I told the story of how Maharosh became connected to the holy Rebbe; only through a sefer that a מפיץ once gave Maharosh's father, the Tokayer Rav z"l. Maharosh found it years later, and this one sefer transformed an infinite number of people's lives.

The מפיץ will never know the outcome of his הפצה, until he arrives on the upper world, and sees what

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zechusim he has merited. Such an abundance of Torah, tefillah, and mitzvohs, all on his account.


I fervently hope you will still today do something, to strengthen another yid. Just one more yid should be aware of the holy Rebbe's **עצות** and **התחזקות**. Chazal say (Avos 5, 18)" whoever is **מזכה** another yid, is saved from sin".

My dear; go home to your precious children and sing krias shema with them; hold them up to the mezuzah, and explain to them that they can request their every wish from Hashem; prepare negel vasser together; this duty should be more sacred to you than anything in the world.

The holy R' Nosson would say "the chinuch of my children is as valuable to me as tikkun chatzos." R' Nosson had a strong desire to go to bed early, to enable him to rise for tikkun chatzos. Once he had a household of children, he put everything aside, to dedicate himself to them. he would teach them berachos, read krias shema with them, prepare negel vasser; all this would restrict him from going to sleep early, but to him this was just as important as his tikkun chatzos.

Good night.

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 ... **HAPPINESS BRINGS YOU
BLESSINGS IN BOTH RUCHNIYUS AND
GASHMIYU; STAY FAR AWAY FROM** לִיצְנוּת
AND נִיבּוּל פֶּה

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Lekuvid.....

I strongly request from you; be happy and gladden others.

The holy Rebbe taught us (Likutei Maharan, chelek 2, siman 24) “מצוה גדולה להיות בשמחה תמיד”, it is a great mitzva to always be happy. And R' Nachman Toltchiner would reiterate ‘if the Rebbe said so, there is certainly a reason for everyone to rejoice.’

Through being happy you will merit success, as the Rebbe says (sefer hamiddos, simcha, chelek 2, siman 1) “Whoever is always happy, is successful in everything he does.”

Stay far away from people who use coarse language, or mock anything holy, rachmana litzlon. This is not happiness, and has no connection to simcha. This only brings pain and suffering. Simcha is kedusha and לִיצְנוּת is the opposite.

When a person rejoices with Hashem, he diffuses the קליפות and סטרא אחרא; the happier one is, the more they dissipate. Thus, the yetzer hora's greatest fear

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is that one should be happy; instead, he introduces negative thoughts into one's mind, and tries to persuade the person that simcha isn't avodas Hashem. He causes worry and confusion about a person's past, initiates thoughts of **סיגופים**, and succeeds to trap the person with misery. The holy Rebbe reminds us, that this is all the deception of the yetzer hora, and only through simcha does one draw himself close to Hashem.

Don't agonize over what happened yesterday, and don't worry about tomorrow. Now is the time to go to shul; don tallis and tefillin, and daven shachris. Once you finish, lift your feet in the air and rejoice **“אשרינו מה טוב חלקינו ומה נעים גורלנו”** how fortunate am I, that I was born a Yid. There is no need to be ashamed of your happiness; this will give you the strength you need throughout the day, to achieve and succeed.

May Hashem help you succeed in everything you do.

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... **THANK HASHEM FOR THE MIRACLES HE DOES WITH YOU**

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Lekuvid my dear.....

Thank you for helping the Yeshiva with your donation for the rent. In the merit of tzedakah may you succeed in everything you do.

Mazel tov on the birth of your daughter; may Hashem grant you and your wife Yiddish nachas. After being blessed with such a miracle; the gift of a healthy child, you must thank and praise Hashem every day of your life, and publicize the wonders he has bestowed on you.

Go to shul every day, and you will merit abundance.

... **GLADDEN YOUR WIFE**

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Lekuvid my dear....

Thank you for helping the Yeshiva with your donation for the rent; in the merit of tzedakah may you succeed in everything you do.

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Gladden your wife; Hashem gave you such a valuable gift, you must cherish it. Encourage her to be proud of her mode of dress; she shouldn't be influenced by others; only keep in mind 'what does Hashem think about me?'.

Maharosh would always repeat the story of the humble Jew who cried copiously at the seder while saying the words of “תם מה הוא אומר?” In Polish תם translates as 'there'; what is it they say up 'there' about me? What does Hashem think of me? One must not worry how others judge him, only stay focused, in whose eyes does he want to find favor?

If you wish to hear miracles from Maharosh; just look into the mirror and say “I am a miracle”. Realize what happens to a person when they he listens to a tzaddik. When a tzaddik says something, it has the power to materialize.

Whenever I see you, I see Maharosh's power of miracles.

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· · · ONE WHO DRAWS ENERGY FROM THE HOLY REBBE, INFUSES OTHERS WITH LIFE

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Lekuvvid my dear Talmid.....

I received your letter.

I keep you in my mind, and in my tefillos; I hope all by you is well.

Remember the fire and passion you had as a bochur, when you first became connected to the holy Rebbe; doing ratzon Hashem was your only desire. You were full of joy and infused your surroundings with happiness, everyone who crossed your path received a smile and encouragement. Continue strengthening everyone you meet; even while going through your own personal struggles; don't let it stop you.

Let me share a thought with you; a person is comparable to a wire. If the wire is connected to the source of power, it becomes a conductor of electric. As a result, whatever it then touches, also becomes part of the live circuit. Once it disconnects from the power though, all it remains is a useless piece of copper. Likewise, when a person is connected to the source; to the holy Rebbe; he learns his

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seforim, and listens to his advice; he then becomes energized just like a live wire, and can transfer life to whoever he encounters. The Rebbe said (Chai Maharan 218) “Any person who attaches himself to anshei shlomeinu, will merit to be an ehrliche yid”. And he finished off “the way ‘I’ mean an ehrliche Yid.” The Rebbe reiterates (in Chai Maharan 322) “Whoever draws close to one of my people, and even just has minimal contact with him, will immediately become a righteous person.”

We could see this very clearly with someone who studies the holy Rebbe’s seforim. And especially Maharosh’s seforim. Maharosh took the Rebbe’s **דיבורים** and simplified them, and made them possible for everyone to comprehend. One finds such inspiring and beautiful guidance, which cannot be found anywhere else. One who learns the seforim becomes connected to the power source, and anyone close to him is infused with life. No matter who he shall be; if one connects himself to a tzaddik; he has a tzaddik in his thoughts and only follows the guidance of a tzaddik, then he becomes part of the circuit and can continue transmitting the light.

Therefore, I ask you dear, come up to Yeshiva occasionally, listen to a heartwarming shiur on the holy words of the Rebbe. Revive yourself;

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remember when mishnayos and tehillim were an integral part of your life.

The Rebbe once remarked to someone, who distanced himself from the Rebbe (Chai Maharar 316) “It surprises me that one can abandon such a beloved חבורה that we are part of.”

Accept my words which come straight from my heart, in a positive way.

... EVERY TALMID IS TO ME, LIKE MY OWN CHILD

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Lekuvid my dear talmid.....

I received your letter.

I don't remember exactly what we spoke about; but I am definitely not mevater on a single one of my talmidim; each and every one is like an own child to me.

Baruch Hashem, there are hundreds of yingeleit and talmidim which derive pleasure from the holy Rebbe; nonetheless, the talmidim who learned in Yeshiva are the more important than anyone or anything to me.

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Therefore, as I explained, I want you to continue attending the shiurim, and being part of such a place; a place where Emunah is our oxygen and lifeblood.

Thank you for assisting the Yeshiva with your contribution for the rent; in the merit of tzedakah, may you succeed in all your endeavors.

··· ENCOURAGE THE STUDENTS OF BAIS FAIGA TO DO CHESED

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Mrs, teacher in Bais Faiga Breslev

Thank you for being a teacher in our holy mosdos, and for imparting the lessons of the holy Rebbe to the girls. I have heard that you divided them to assist by the chasunah in Yeshiva last week; thank you for the help you provided.

It would be worthwhile to assign different girls to go help their principal Mrs..... once school has ended; now that she had twins ke"h, she can use their assistance in order to recuperate. Send one or two girls every day after school; they can learn the importance of chesed and hakoros hatov.

Regards from your son; he davens and learns well, and conducts himself with yiras shomayim.

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In just a short while, he will grow up and find a good shidduch iy”h.

Thank you for helping the Yeshiva with your contribution for the rent; in the merit of tzedakah may you be blessed in everything you do.

· · · IF ONE ACCEPTS HIS SUFFERING WITH SIMCHA, HE RELIEVES SOME OF HIS PAIN

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Lekuvid my dear.....

Thank you for assisting the Yeshiva with your donation for the rent; in the merit of tzedakah may you be successful in all your endeavors.

Reinforce your Emunah in Hashem, and in return you will be strengthened. In whichever situation a person finds himself, his perspective is what makes the hardship either bearable, or unbearable for him. If one accepts it with simcha then it will automatically become easier to endure, but the more one cries about it, the harder it will seem.

I know you are now going through painful suffering, therefore, I ask you dear.....; thank and praise Hashem for the kindness he does with you,

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for your healthy wife and sweet children; Hashem will then repay you with miracles.

I also request from you my dear....., ‘your main concern should be **הפצה**,’ every morning think to yourself: ‘how can I brighten another Yid’s life?’ We must engage in kiruv ‘kerovim,’ bringing righteous Jews even closer to Hashem.

· · · **HELP THE PLACE WHICH HELPS YOU**

בעזרת ה' יתברך-יום ב' פ' וארא, כ"ג טבת, שנת תשע"ט

Lekuvid.....

I appeal to you; contribute your maasor and tzedakah to the Yeshiva, you are a Talmid of the Yeshiva, you certainly remember how you benefited from this place.

The holy Rebbe narrates in Sippurei Maasos (story 13) “The chachomim congregated, and proclaimed ‘everyone shall relate an old story’”; in the same sense, when anshei shlomeinu get together, it would be worthwhile for everyone to relate an old story; meaning everyone should recall how their life was before they found the holy Rebbe. What their values were, and how they so drastically changed. As the Rebbe wrote in a letter

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to his talmidim (in the beginning of the sefer עלים לתרופה) "Remind yourselves what you looked like when i found you"; the Rebbe asks his talmidum not to forget what they gained by coming to him.

Therefore, give your maasor to our mosod, it should be able to continue operating.

Receive the two devoted yingeleit h'avreich..... and h'avreich..... when they come to you with a good word; when you give them tzedakah for this cause it is all inclusive; and in this merit you will be blessed. The Yeshiva's and school's rent is raised every year, therefore, I ask you: greet them with a smile and support. They show me every month which talmidim took a share, and I appreciate all who help me so faithfully. I don't always have time to write a personal thank you, but I see how much each talmid contributed each month. Tomorrow is the first of a new year, the rent and taxes we pay on the building were raised, I ask you my dear..... help me with whatever you can.

Don't stay up until midnight to watch the ball drop; it won't enhance your life in any way. You still need to pay your rent tomorrow etc., instead go to sleep on time, so you can wake up tomorrow for shachris.

Good night.

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... A DAF GEMARA IS A PERSON'S ENERGY FOR THE DAY

בעזרת ה' יתברך-יום ג' פ' וארא, כ"ד טבת, שנת תשע"ט

Lekuvid.....

I fervently hope you learn a daf Gemara every day; Maharosh wrote numerous times in Asher Banachal “the energy for one’s day is a daf Gemara.” Maharosh would quote the holy Sar Shalom of Belz z”l who said “When one learns a daf Gemara with Rashi , it is symbolic for success throughout the day”. The Sar Shalom related that he encountered many people who were sinking in aveiros, but once they started learning a daf a day they extricated themselves from their sins, and became ehrliche Yidden.

Every person’s salvation lies in the pages of the Gemara; Maharosh would relate a story of a Yid who wasn’t blessed with children for many years and traveled to the Sar sholom of Belz for a berachah. The Sar Sholom proclaimed “Yingerman! You know how to learn, if you take it upon yourself to learn a daf a day, you will merit children.” The Yid followed his advice, and with an unyielding will learned the daf every day, and eventually he merited a family.

See what one can achieve with learning a daf Gemara; even if you have a hard time understanding

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the words, continue saying without comprehending. By listening to the words of the Rebbe you won't lose out.

May Hashem help you succeed in all your endeavors.

... **PREPARE MORE MEZUZOS FOR UMAN**

בעזרת ה' יתברך-יום ג' פ' וארא, כ"ד טבת, שנת תשע"ט

Lekuvid....

Stay strong and don't despair; parnassah is in the hands of Hashem. For Hashem everything is possible, things can change in the blink of an eye, and you can merit abundance.

Thank you for the mezuzos you wrote for Uman; I have so far purchased forty, but it isn't enough. We have fifteen rooms per floor, and each room needs two mezuzos, so I certainly need more. I will appreciate if you start preparing more mezuzos for next year.

May Hashem help you succeed in everything you do.

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... WHEN HELPING OTHERS' IT IS INEVITABLE TO RECEIVE CRITICISM

בעזרת ה' יתברך-יוםג' פ' וארא, כ"ד טבת, שנת תשעט

Lekuvid....

I want to thank you for your assistance with the chasunah in Yeshiva last week; thank you for everything else you do, to help me so devotedly.

You shared with me that you received a lot of criticism etc.; I want you to remember the following rule for life: “if one doesn’t want to receive criticism then he should do nothing.” Someone who hustles and helps others, will always have disgruntled people come over to him with complaints. Especially when one is involved in helping the community at large, he must know people will always have protests against him. We can learn from the following Medrash (Vayikrah Raba 10, 2): Yeshayahu Hanavi was sitting in his Beis Hamedrash when he suddenly heard the voice of Hashem. (Yeshayahu 6, 8) The voice said “את מי אשלח ומי ילך לנו?” Who shall I send to the Yidden to deliver a neviah? I have already sent the great tzaddik Amos, and they ridiculed him. They declared “Can it be that Hashem designated Amos to be a Navi? He has an incoherent speech.” (He was called Amos, because he was “עמוס בלשונו” he spoke unclearly.) So, I sent them the Navi Micha,

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and here too, they physically attacked him, as it says in Micha (4, 14) "בשבת יכו על הלחי את שפט ישראל"; so whom shall I now send to Klal Yisroel? Yeshayahu Hanavi answered "הנני שלחנו", I am willing to go. Hashem replied "my children are difficult people, they rebelled in me; are you willing to be their Navi even if it means they will deride and assault you?" Yeshayahu responded "על מנת כן" Even with these conditions, I am willing. Hashem then told him "If so, if you are ready to remain silent, even while being scorned and humiliated, you will merit to be greater than all the other Nevi'im."

What we learn from this is; one who volunteers and helps Yidden, "על מנת ללקות ולהתבזות מהם" – even after being humiliated, he continues with his righteous deeds, he ultimately will merit great blessings.

On many occasions I deliberate, "מה לי ולצרה?" "הזאת" Why on earth do I have to work with people, especially with bochurim? Whoever dedicates themselves to bochurim knows what I mean; you can concern yourself with someone, extend yourself completely for their well-being, sacrifice everything, including your wife and children for them, and in return you receive a stab in the back! If you don't do exactly what they want, they become outraged and turn the tables against you etc.

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You certainly realized at some point how people behave; you can go out of your way to help another; but in the end the person you helped will only blame you and seek to destroy you.

It boils down to a person's intentions; if you are doing this for Hashem's sake, then you won't become discouraged when you are demeaned. Like the way Maharosh dedicated himself to his talmidim with mesirus nefesh, and even when certain individuals sought to undermine him, it didn't deter him, because he kept his goal very clear: to strengthen and encourage Klal Yisroel. As we see in Sippurei Maasos (story 10) After the wealthy man's son revealed his secret to the king, instead of showing him gratitude he exiled him 200 miles; and when he revealed it to another king, he repaid him with the same harsh treatment, still, he didn't give up and continued attempting to help another.

Our intentions while helping others should always only be the following "שיתגדל ויתקדש שמייה רבה".

May Hashem help you succeed in all your endeavors.

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... ENGLISH AND CHINUCH

בעזרת ה' יתברך-יום ג' פ' וארא, כ"ד טבת, שנת תשעט

I received your letter.

Daven to Hashem that your children grow up ehrlich and pure, especially while lighting the Shabbos candles, separating challah, and keeping hilchos taharah. This is a very meaningful time for a Jewish woman, and her tefillos are very precious to Hashem.

One doesn't see the outcome of their tefillas right away, therefore there are people who don't put the right value on them; but, every single tefilla one utters is significant, and in this merit, they will be zoche to ehrliche doros.

If it is so essential to you that your children learn a fluent English while they are still so young, and you elaborate that you have three options etc.; follow through with your second option, and speak to them in English at home. Your first option of bringing a tablet into your home is not advisable, a Yiddishe home can be destroyed by bringing in a computer or a tablet. There are many storybooks in English which tell tales of tzaddikim; this would be a sensible choice to read to them, or have them read themselves.

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· · · WHEN YOU HELP ANOTHER YID, YOU CANNOT EXPECT KAVOD IN RETURN

בעזרת ה' יתברך-יום ג' פ' וארא, כ"ד טבת, שנת תשע"ט

Lekuvid.....

I have no words to thank you for distributing food to our kehillah; for collecting the extra food from simchas, takeout's and bakeries; in this zechus, may Hashem repay you with ehrliche doros, children and grandchildren who will also strive to do only chesed.

Be aware, helping others does not always generate respect, on the contrary, people will always have complaints against you, and ridicule you. Instead of receiving appreciation you may be showered with criticism. Therefore, you must determine what your goal is, if you are doing it for admiration then you will fare better without this initiative. When one helps the klal, he should expect no honor in return. But, if you are investing your time, just for the sake of the mitzva, because you want to help other Yidden then **חזק ואמץ בכל כוחך**.

Be careful that this undertaking does not put stress on your marriage or your wife; she told me that she respects you, and is happy you are involved in chesed.

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May Hashem help you succeed in all your endeavors.

 ... **BE PROUD WITH YOUR** צלם אלקים

בעזרת ה' יתברך-יום ג' פ' וארא, כ"ד טבת, שנת תשעט

Dear.....

Refrain from cutting your beard, and you will have parnassah; Maharosh would say “when one cuts his beard, he also cuts the **צינורות**, the channels or the pipes, which bring abundance.”

Stop agonizing and obsessing that you don't look good with a beard; it is a childish thought, and you should have moved past that stage already. Decide who you want to find favor with, if a beard is considered handsome by ehrliche Yidden, then your desire should be, to look like one of them. And if a beard is **חשוב** by Hashem, then nothing else should matter to you, only to please him, and to find favor in his eyes.

The holy Rebbe would say “When one lies with his feet to the door, if he has a beard and peyos, then he has nothing to worry about.” (The Rebbe was referring to when one is niftar.) If one merits to pass away with a beard and peyos, the Rebbe ensures that he has nothing to fear.

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Be proud of your Yiddishkeit and **צלם אלקים**; lehavdil, every gentile from whichever nation he is, is proud of his country and flag, So why should you be ashamed with your holy countenance??!

Good night.

··· **DON'T BE A DICTATOR AT HOME**

בעזרת ה' יתברך-יום ד' פ' וארא, כ"ה טבת, שנת תשעט

Dear....

Iy"n tonight will be the monthly ladies gathering; stay home so your wife can attend, and be strengthened in her avodas hakodesh.

My mother **תהי** constantly repeats “if you need a **ישועה**; go to the yiddishe mames for a brocha; who work so hard and sacrifice everything for Hashem.”

They give up all their own interests, and bring children into the world; they raise them with tremendous selflessness, and rarely receive appreciation from their husbands.

I beg you, don't seek to manipulate your control by conducting yourself as a dictator at home; the worst scenario is to cause your wife to fear you. It isn't a problem to have different opinions at times; everything can be worked out in a calm fashion. Except, if a husband instills fear in his wife, he

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intimidates her not to talk, think, or do differently than he wishes, than it is very bitter. For such behavior one pays a steep price.

Be careful that your wife not be afraid of you; she won't suffer forever in silence. People will figure out what is going on, and they will advise her to leave you, rachmana litzlon. The stories one hears about women who leave everything from one day to the next, comes from being oppressed at home, or after living for years in fear of their husbands
השם ישמרנו.

I fervently request from you; involve yourself in הפצה. We recently reprinted the "קונטרס צושנייד מיך נישט"; the hesped Maharosh gave after the tragic murder, of the innocent child Leiby Kletzky hy"d. Maharosh insisted this must awaken us; that it is not an isolated incident, children are being humiliated and destroyed daily, in chadarim and schools.

I wasn't present at that specific shiur; Maharosh told me afterwards "It is a shame you didn't attend", he then asked me to print and distribute his heartfelt words, they should reach every mosod, and demand and implore; how careful the educators must be with the children entrusted to them. Never to use force and under no circumstances embarrass a child. Only to raise them with love, consideration, and patience.

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Baruch Hashem, we have a mosod which raises the children the way Maharosh wanted us to; the melamdin and teachers are extremely cautious not to disparage even a single child. If a child misbehaves or disobeys them, they know belittling them is not the way to deal with it. Of course, they must consequence for misbehavior, but never through humiliating or physically hurting the child, chas vesholom. Baruch Hashem this conduct is 'בבל ימצא' – 'ראה ובבל ימצא' – not to be found in our mosod.

Thanks to Hashem, the cheder is open for ten years now, and the girls school for eight; it is not an easy task to operate, and it is a miracle every day that it continues to function. Melamdin and teachers work exceedingly hard with children; everyone knows how difficult it is to stay calm while children jump, climb and horse around the way children should. We must express our gratitude to them, and at the same time, see it as our duty to spread Maharosh's derech, that educators wherever they may be, know what a responsibility it is to deal with children.

go up to the printing room and take the "קונטרס"; it was translated into lashon hakodesh as "צושנייד מיך נישט"; distribute it to all, it isn't only for educators; every parent must keep in mind, that

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raising children does not involve using hands or their sharp tongue.

I'm not sure if you have read the **קונטרס** already, but every time I read it, it brings me to tears; it is heartrending to read the stories Maharosh writes, how children threw away Yiddishkeit after being shamed and hurt, by the adults in their life.

Good night.

... SAY SOME MISHNAYOS AND TEHILLIM INSTEAD OF DEFILING YOUR HOLY EYES

בעזרת ה' יתברך-יום ד' פ' וארא, כ"ה טבת, שנת תשע"ט

Lekuvvid.....

You have watched so much inappropriate material already; why do you continue to defile your eyes on a daily basis?? Are you not fed up already??

There is no logic or explanation for your actions, except a ridiculous urge and lack of self-control which drives you to continue looking at garbage.

I beg you dear brother, have some self-restraint and instead of looking at things a Yid is not permitted to, take a tehillim or mishnayos, and say a few perakim. Mishnayos will cleanse you from

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your aveiros, and tehillim will draw you closer to Hashem.

Accept my words which come straight from my heart.

Good night.

 · · · **THE REBBE'S TIKKUN FOR** שובבי"ם

בעזרת ה' יתברך-יום ה' פ' וארא, כ"ו טבת, שנת תשע"ט

Dear.....

In many places it is the custom to fast this Thursday to rectify one's sins; especially the sin of פגם הברית. This is not what the holy Rebbe wanted though; the Rebbe taught us, the way to repent is not through fasting or suffering.

The Rebbe gave us a different derech, one that requires control over one's emotions, as opposed to physical self-control. At the first glance, this seems like an easier option, but truthfully it is way more challenging. The Rebbe instructed us to stay silent, and not answer back in the face of embarrassment. The Rebbe says (Likutei Maharan chelek1, siman 6): "If one is humiliated, and keeps quiet, this is the key to rectify his sins". In reality though, it is easier to fast a hundred times, than to stay silent while being shamed.

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Maharosh would relate; the Tcheriner Rav was on his way to the holy Rebbe's tzion, when a misnaged approached him, and threw dirt at him. The Rav's silk bekitshe was soiled, however, he took no notice and continued on his way. His companion though was outraged, and an argument ensued. The Tcheriner Rav grabbed his Talmid and pleaded "stay silent, don't react! Not answering back, is our derech!" He then added "if a person keeps quiet and does not reply to his humiliation, he merits blessing and salvation."

Therefore, I beg you dear...., follow my advice. Stay silent, and don't answer; if someone says something that hurts you, swallow hard, and keep quiet. Especially when it comes to your wife, no matter how right you are, it doesn't pay to retort, instead swallow and through doing so, you will rectify all your sins.

We cannot forget for even one minute who we are; true, we are full of Torah, and Daven to Hashem, but on the other hand, we are still far from kedushah, and terrible עונשים await a person who sins in זרע לבטלה rachmana litzlon. Or, if a person has stooped so low and sinned in the aveira of נשג"ז rachmana litzlon, he must find a way to repent for his sins. One who is a וותרן and a מעביר על מידותיו, obliterates his aveiros.

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Not only does it eliminate his aveiros, it also brings him to be loved in Hashems eyes. Chazal say (Shabbos 88:) “Those who are humiliated and don’t reply, on them the pasuk says (shoftim 5, 31) "ואהביו כצאת השמש בגבורתו".

Therefore, I beg you, accept it as **כפרת עוונות**, your wife offended you etc.; don’t lose yourself, instead realize, she is either overworked or overwhelmed and didn’t mean it etc.

I hope to see you tonight by the shiur.

Have a good day.



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