



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Vaeira 5784

Vol 1:57

Thursday 23 Teves 5784

Eat Vegetables

The Rosh Yeshiva Says:

Shalom Bayis is not going out to eat in expensive restaurants. Shalom Bayis is speaking nicely, Shalom Bayis is searching for the good in one another. Shlomo Hamelech said in (Mishlei 15:17), "It is better to eat vegetables (cheap food) when there is love there, than pieces of meat with hatred". Chazal said in (Sota 20b), "A woman would rather eat less and be close to her husband, than to have a lot of food and be distant".

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

Friday 24 Teves 5784

A New King

The Rosh Yeshiva Says:

In this weeks Parsha, we learn how a new King had been appointed in Mitzrayim who did not know Yosef Hatzadik. The Torah begins to describe the pain and suffering that the Yiden endured in Mitzrayim. Why is it that the Torah immediately begins with

Pharaoh not knowing Yosef? The holy Rebbe said in (Lekutei Moharan 1:61), The main thing a Yid needs is Emunas Tzadikim. To believe in Tzadikim, and to follow their path. When a Yid believes in a Tzadik and listens to his word, then he has a clear head and peace of mind. He knows how to conduct himself in every situation, whether it's on his own account or dealing with others around him.

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

Sunday 26 Teves 5784

You Dirty Jew!

The Rosh Yeshiva Says:

Why do Yiden need to go through so such suffering? Why wherever a Yid goes he gets screamed at, "You dirty Jew!, Get out of here you filthy Jew!""? Why does a Yid suffer like this? What is different about a Yid than the other nations? Rashi says this is because we disagree with one another. If we want to be successful, a husband and wife must be like the Keruvim that their heads are facing each other. When the faces are turned in the

>>>>

opposite direction, then the Shechina leaves and there will be only suffering.

Today's message has been taken from a lecture from the Rosh Yeshiva to Avreichem Thursday Parshas Shemos Taf Shin Pey Daled



Monday 27 Teves 5784

A Great Loss

The Rosh Yeshiva Says:

Chazal relate in (Brochos 5b), The holy Amora Rav Huna had a great loss, he had 400 bottles of wine that got spoiled. The holy Chachamim went to visit him and strengthen him. They told him he needs to make a Cheshbon Hanefesh and do Teshuva, then he will become wealthy again. Rav Huna asked them, "Are you accusing me of wrongdoing?". The Chachamim asked him, "Are you accusing Hashem of bringing you bad things for no reason?". Hashem doesn't do anyone any bad for no reason unless he deserves it. Rav Huna asked if they see any bad in him? They said that he doesn't pay his workers as agreed upon. Rav Huna accepted upon himself to pay them as was expected and a miracle happened that he didn't lose any money.

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



Tuesday 28 Teves 5784

My Hot Blood

The Rosh Yeshiva Says:

Don't argue with anyone. Especially not here by the Rebbe. Reb Nosson used to say,

"When I see two Yiden arguing, I feel like someone is stabbing me with a knife". By the Rebbe in Heichal Hakodesh there can not be any hatred. Don't let anyone confuse you, stay far away from disagreements. Go scream to Hashem, "Hashem, help me, what should I do about my hot blood that is jealous, full of hate, and wants to hurt people, save me!".

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



Wednesday 29 Teves 5784

A Nice Shirt

The Rosh Yeshiva Says:

Never judge a book by its cover. I have been begging you for years already to go Hafutza here. You can't look at someone as if he is someone Chashuv, all it is he knows how to put on a look. We also can't look at someone and say he needs Chizuk, just because he has a nice shirt. A nice shirt is a matter of taste. It's a miracle that we can't see what's going on inside the piece of skin on our forehead. If there would of have been a screen that gets blue and red as negative and positive where you can see right away if he has something bad inside his mind, you would never be able to come into Beis Medresh. It doesn't matter how you look on the outside. We need to go Hafutza right here.

Today's message has been taken from a lecture from the Rosh Yeshiva Monday Parshas Vaaira Taf Shin Pey Daled