



# THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Bo 5784

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## Thursday 1 Shevat 5784

### You're Not a Goy

#### **The Rosh Yeshiva Says:**

Strengthen yourself to be happy. Be happy that you are not a Goy and you have a holy Jewish soul. When you are happy, all problems, sicknesses, both physically and mentally will go away. Just as the Rebbe said in (Lekutei Moharan 2:24), "A person gets all diseases and sicknesses from not being happy, bitter and depressed. Even Doctors say that all diseases come from depression and lack of happiness".

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

## Friday 2 Shevat 5784

### Use Your Mouth Properly

#### **The Rosh Yeshiva Says:**

Hashem told Moshe Rabeinu, that Pharaoh's heart is hardened, and he doesn't want to let the Yiden go. The holy Rebbe said in (Lekutei Moharan 1:38), When a Yid uses his mouth properly, he watches how he speaks, he only speaks about good and holy

things, then he can be connected to Hashem. If he Chas Veshalom is not cautious of how he uses his mouth and he speaks about things he is not supposed to be speaking about, then it can bring about terrible things on a person.

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

## Sunday 4 Shevat 5784

### Come To My House

#### **The Rosh Yeshiva Says:**

If we want to have blessings in our home, we must go to Shul. The holy Chachamim said in (Sukkah 53a), "Hillel Hazaken said that Hashem says if you will come to my house, in Shul, that is also the Beis Hamikdash, then I will come to your house and bless you with Shalom Bayis, Parnossa, and Nachas. If you won't come to my house, then I won't come into your home". If we want to build our home, we must come to Shul everyday. Come to Shul and don't give up, you will see that Hashem will rest his holy presence in your home.

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

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## Monday 5 Shevat 5784

### Sit On The Couch

#### **The Rosh Yeshiva Says:**

A woman once came to the Steipler Goan saying that she doesn't have any strength to have children. The Steipler told her that she will have challenges in other ways. Don't think that a woman who only has one child sits calmly on the couch, oh does she struggle as well! The only thing you can do, is to make your hardships sweet. While caring for your children, you will get a smile from them. Where can we go to run away from Hashem? You're going to take drugs! There is nowhere to run to! We can only do good things during our day and make our hard work become sweet.

Today's message has been taken from the Gilyon Shiurei Chinuch Parshas Vaaira Taf Shin Pey Daled

## Tuesday 6 Shevat 5784

### Foul Language

#### **The Rosh Yeshiva Says:**

Don't speak any foul language, and don't stay sitting around people who are speaking foul language. Speaking with bad language brings about bitter problems. Who knows from where the problems you have come from? Leave the groups that speak foul language, it causes terrible hardships in life. Chazal said in (Kesubos 8b), "Whoever

speaks with foul language, even if he has been written for a good life for the next seventy years, he will turn it over to bad". Don't be afraid of those who speak foul language, you won't be a loser if you get off these disgusting groups. How many Tefilos have the Tzadikim davened for us and with foul language it can't come to us.

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

## Wednesday 7 Shevat 5784

### Sha Sha, Quiet!

#### **The Rosh Yeshiva Says:**

The holy Tzadik Reb Nachman of Cherin was once walking together with someone down the street when a despicable person threw a filthy paper at the Cheriner Ruv who was wearing a beautiful Beketche that now got dirty. He didn't say anything but the other Yid started screaming at him "Disgraceful, Sinner!" The Ruv told this Yid, "Sha Sha, Quiet". This is what we do, we don't answer back when we get ashamed. He cleaned off his Beketche and taught this Yid what the Rebbe teaches us that we should be quiet when we get shamed. This way Hashem will forgive our Aveiros. Dear children, when someone shames you, what do you do? Let's do what the Rebbe taught us.

Today's message has been taken from Atzuso Emunah Far Kinder Parshas Vaaira Taf Shin Pey Daled