

SPARKS OF EMUNAH



HEICHAL HAKODESH BRESLEV WEEKLY NEWSLETTER
BASED ON THE TEACHINGS OF MOHOROSH ZT”L
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PARSHAS BEHA’ALOSCHA
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CHIZUK from the PARSHA

KEEP GOING

וַעֲנֹהָ עֲלֵיהֶם יוֹמָם בְּנִסְעָם מִן הַמַּחֲנֶה

The cloud of Hashem was upon them when they traveled from the camp.

A fledgling nation stood before a vast ocean. All seemed hopeless. Their enemies were on the chase and drawing nearer each moment, the growls of wild animals echoed in the desert all around them, and the enormous, crashing ocean closed off the last possibility of escape. There was no way out.

It’s a story we all know well. As *klal Yisrael* stood before the *yam suf*, frozen in panic and fear, Hashem commanded Moshe, וַיִּסְעוּ, יִשְׂרָאֵל וַיֹּסֶעוּ – “Why are you standing here and crying? Keep going!” (*Shemos 14:15*) Then, in a show of incredible might, Hashem then split the “unconquerable” sea and saved His people once again.

This miracle took place more than three thousand years ago, yet it occurs with each person many times. We all face hardships, some of which are so intense that our situation seems hopeless. The Rebbe says (*Likutei Moharan 1:198*) that just like at the *yam suf*, when a person cries out to Hashem to save him from his troubles, he is commanded to keep moving forward. Hashem’s directive to *klal Yisrael* then is also a message to every one of us today: **Don’t stop here; don’t let your difficulties defeat you. There is always a way out.** Keep going and giving it your all, and you will see that Hashem will perform wonders.

This week’s *parsha* teaches us the same lesson. As the Jewish People traversed the desert, וַעֲנֹהָ עֲלֵיהֶם – a Heavenly cloud led the way and every one of them knew with perfect clarity that Hashem was with them. How can we, simple people living in the twenty-first century, also merit to feel Hashem’s presence at all times? The trick is בְּנִסְעָם מִן הַמַּחֲנֶה – keep traveling. When a person keeps going and doesn’t let challenges stop him, he merits having the *shechina* rest upon him and he experiences tremendous joy in his journey.

Don’t stop for anything that stands in your way. No matter how limited you are and no matter how impossible your situation seems to be, lift your chin up and keep moving onward and upward. In this way, you will be *zoche* to overcome your challenges and see the miracles that Hashem performs for those who never give up.



Toch Hanachal, Beha’aloscha 5763

MOHOROSH SPEAKS

BE SUCCESSFUL



We spend our lives chasing success, in the pursuit of the elusive state of happiness. It’s a mad race to complete the checklist. Get married. Buy a car. Have children. Secure a well-paying job. Buy a house. Invest money well. Marry off the children. Live happily ever after.

We consciously and subconsciously hope for our lives to be perfect – smooth, easy and problem-free. We all wish to find the mystical formula that will enable us to sail through life, meeting milestone after milestone without any glitches on the way. Sometimes in a quiet moment, we’ll stop and wonder if success is even attainable, if happiness is even possible. Is there any way to achieve it?

Tip #1: Shift your Mindset

Nobody is a stranger to disappointment. We have visions of the way things should be in order



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This issue has been sponsored anonymously as a *zechus* for a *shidduch*. To sponsor, email thesparksofemunah@gmail.com

Dear ...

I received your letter.

Encourage your wife to continue working as usual and reassure her that there is no need to be afraid. If a stranger calls again and speaks inappropriately or about topics unrelated to her job, she should just hang up the phone.

Unfortunately, there are dangerous people out there who try to form relationships with whomever they can. The main reason they are successful is because they know how to frighten their victims not to reveal anything. With threats of harm ringing in their ears, the victims panic and lose their ability to think rationally.

A person who is looking to harm others will target those who are fearful and can be easily intimidated. The Baal Shem Tov says that a *shemira* against the wicked is not to fear them; when one internalizes that Hashem is in control, He is always with him and protecting him from harm, nobody can succeed in frightening him. All those who seek to harm him are rendered powerless.

Parents must teach their children to fear no one but Hashem – not even a *malach*. It is unfortunate that children are not taught this from when they are young; if our sons and daughters would be prepared with this knowledge, we could prevent much heartbreak.

May Hashem bless you with success in all your endeavors.

Adapted from *The Light of Emunah #2*, page 213



for us to be happy. Inevitably, though, our carefully thought-out plans often go awry. The disappointments are not what define us as successes or failures; rather, it is our **thoughts** in those crucial moment which determine the outcome.

Sitting across from his therapist, Ezra bemoaned the many reasons for his misery. "My fourth grade teacher didn't like me and my principal never recognized my potential. I was rejected from the yeshiva I should have attended. I could have gotten engaged to a great girl but my classmate beat me to it, so I married an ordinary wife who doesn't respect me at all. In short," he sighed, "my life is a mess and it's everyone else's fault."

The first and most crucial technique for attaining success is to subjugate oneself entirely to Hashem. It's easy to blame others for our misfortunes; however, pointing fingers doesn't accomplish much. Instead of complaining, we must remember that everything in our lives was ordained by Hashem Himself.

Chazal say (Chulin 7b) that all occurrences (and annoyances) are predetermined in shamayim – even the minor discomfort of a stubbed toe! That means no one in the world can take anything that belongs to you – your job, your shidduch, or even your piece of cake. Hashem has a brilliantly designed plan with which nobody can interfere.

When a person makes the mistake of thinking that people have any power whatsoever, he lives in misery. Constantly looking over his shoulder, he thinks that everyone else has it all together. *Everyone in my shul owns a car, a house and a flourishing business*, he gripes. *Why am I the only one who is not successful? Why am I the only one who is struggling?* These harmful thoughts and lack of confidence in himself soon become a self-fulfilling prophesy and he becomes an unmotivated good-for-nothing.

The cure for this is *emunah*. Hashem is right here, guiding and directing every detail of our lives in the best way possible. This mindset shift is liberating and empowering, and it helps us succeed in all areas.

Tip #2: Watch your Words

"Before I speak, I am the master over my words. After I speak, my words become the master over me."

Almost all the problems we face are caused by words carelessly spoken. We often underestimate the power our words have, whether for good or bad.

"When I speak, I might later regret it, yet when I remain silent, I will surely never regret it."

One slip of the tongue can wreak havoc on our lives. If we would understand how much hardship and strife we can avoid by choosing to remain silent, we would leave a lot



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more words unspoken. Husbands would remain silent when their wives yell at them; wives would be quiet when their husbands berate them, employees would stay silent when their bosses reprimand them. So many arguments would be averted, so much anger would be avoided.

A wise person once explained how he had acquired his vast knowledge. "The less you speak and the more you listen, the less mistakes you will make and the more wisdom you will amass."

We all want to be successful. Training ourselves to weigh our words and use them sparingly is the key.

Tip #3: Keep your Secrets



Privacy is virtually nonexistent today. Oversharing is the norm; most of society will happily divulge very personal information to anyone who will listen. However, know that in order to be successful, secrets are best kept as they are: secret.

Whether it's the details of your finances, the mistakes of your youth or any information that you would not want the entire world to know, the wisest course of action is to just keep quiet. Once private information is shared with even one person, it is no longer private. There are countless stories of betrayal by the people who were thought to be the most trusted – spare yourself the anguish and be careful with the words you say.

This is true even with close friends and family, and **especially** with one's wife. In order for a woman to be able to value and respect her husband, he must preserve his dignity at all costs. A man who speaks badly of himself – even just to evoke his wife's compassion – will ultimately cause her to look down upon him and treat him with disdain.

With this in mind, we can understand *Chazal's* directive of *אל תרבה שיחה* (Avos 1:5), referring to one's wife. Of course it's important for husband and wife to converse with each other and enjoy good times together. The kind of talk that should be avoided is that of negativity and self-disparagement. Share your successes with your wife; share your problems with Hashem.

Looking to be successful? Empower yourself! Fortify yourself with *emunah* and internalize that Hashem is in control, and that He is the only One to turn to. Prevent problems by watching your words and safeguarding your secrets. Try it! Take this advice to heart and you'll see that with Hashem's help, you will succeed beyond your wildest dreams.

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will love you and want to listen to what you say.

Most importantly, daven to Hashem that you should succeed in raising your children. Below is a short *tefilla* you can say every day.

Ribono shel Olam, help me raise my children to be erlich. Give me the wisdom to know how to be mechanech them.

Hashem, please help me speak pleasantly to my children and never lose my temper or humiliate them. Help me remember that 'children are children,' and that even when they disobey, they aren't bad. Help me remember the rule in *chinuch*: that in order for anything to penetrate, I must repeat myself again and again. Hashem, please help me never to get angry even when they don't listen.

Hashem, I only want to do Your will. I submit myself completely to You; I surrender my thoughts, speech and actions to you. Please help me be positive, because I know that when I am happy my entire home is happy. When my wife and I are cheerful, our children are calm and happy.

Ribono shel Olam, I have no other desire besides having children who will grow up to be erlich. I want to merit children who will illuminate the world with their Torah learning, children who will always strive to do Your will.

May you be *zoche* to righteous generations.

HOW CAN I FIND THE RIGHT BALANCE IN CHINUCH?



Question:

To the Rosh Yeshiva *shlita*,

Thank you for all that you do. I listen to the *shiurim* regularly, and gradually I've seen much positive change in my life.



I've heard the Rosh Yeshiva say many times that it's crucial to be *mechanech* children while they are still young, but I have no idea how to do so because I have no example to follow. My parents didn't discipline consistently; sometimes they let me get away with everything, but other times they punished me harshly for misbehavior in ways that caused me to feel very estranged from them. This is not the way I want to raise my own children, yet I don't know what to do differently.

I want to develop a solid, positive relationship with my children, especially now when they are still young. How can I find the right balance of punishment when it's necessary, yet also show them my love in every situation?

I would greatly appreciate if the Rosh Yeshiva can find the time to answer my question, and also to include a short *tefilla* that I can say daily.

Thank you.

The Rosh Yeshiva's Response:

Dear...

The Rebbe says (*Sichos Haran 59*) that it's healthier for children to grow up in an environment where their parents are not so close to them and they are given space to develop on their own.

Mohorosh explains the problem with being too close to children: if a parent interacts with his children as if they are on the same level as him, they will not accept him as a figure of authority. When he instructs them to do anything they just don't listen, and what usually happens next is that the parent becomes frustrated and loses his

temper, often hitting the misbehaving child. Conversely, when parents are careful not to spoil their children but rather allow the children to develop on their own, they will have a much easier time with positive discipline, because with just a few words, the children will immediately obey. Such parents don't ever stoop to shouting at or hitting their children.

Don't give your children the impression that they are your friends, and in this way, you won't have to discipline them in a manner that will distance them from you. They

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