



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Behaloischa 5783

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Friday 8 Sivan 5784

This Is Confession

The Rosh Yeshiva Says:

The Pasuk in this week's Parsha (Bamidbar 5:7) says that we must have remorse for the sins we have done. How can we have proper remorse? The Rambam writes in (Hilchos Teshuva 1), that every Mitzvah in the Torah, both positive commandments and negative commandments, if we have transgressed any of these Mitzvos either on purpose or by accident, when we do Teshuva, we must show Hashem that we have remorse. The Rambam said that we should say, "Hashem, I have sinned in front of you, I did this Aveirah, yet I have remorse for what I have done, I am ashamed of my actions, and I accept upon myself not to do it again". This is confession! The Rambam concludes that "Anyone who confesses to Hashem is praised".

Today's message has been taken from Atzuso Emunah in Yiddish Volume 4 Letter 343

Sunday 10 Sivan 5784

Merit Tremendous Holiness

The Rosh Yeshiva Says:

Mohorosh related in (Rigei Mohorosh 10), that before his Bar Mitzvah his mother took him to the Belzer Ruv to get a Bracha. The Belzer Ruv told him three things: 1 - He should not speak while he is wearing his Tefillin. 2 - He should not roam around during Davening. 3 - He should be very cautious to have clean body. (He said it in these words: "When you clean yourself, you should use a lot of paper". He repeated many times " A lot of paper".) He concluded that if you adhere to this, you will grow to be a 'Gadol B'Yisrael'. Let's be careful not to speak with our Tefillin on, and we will merit tremendous holiness.

Today's message has been taken from Seder Hanesia L'Eretz Yisrael Lag Baomer Taf Shin Pey Daled

Monday 11 Sivan 5784

A Big Huge Fantasy

The Rosh Yeshiva Says:

I beg you dearly my dear friend, don't think

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for a second that someone else has a better life than you, or someone else has a better wife than you. This is a big huge fantasy, because if you can't handle your own wife that Hashem gave you, then you definitely would not be able to live with another woman who you yourself think would be good for you. A Breslever Chasid always walks around with a smile who sings and praises Hashem. I beg you, be happy with your wife, and will all that Hashem gives you.

Today's message has been taken from Ish Emunas Letter 3 Chag Shavuos Taf Shin Pey Daled

Tuesday 12 Sivan 5784

Nothing To Do With Me

The Rosh Yeshiva Says:

What is Eitza against Ayin Horah? To beg Hashem! We also don't have to boast to anyone about any of our successes. Just constantly say Thank you Hashem, everything is Hashem, everything is Hashem. Whenever someone comes over to you and says, "I saw your son, Wow, so impressive!!!", immediately say, "Thank you Hashem!". This saves you from an evil eye. Someone says, "I see that you are very successful with your children", Say 'Thank you Hashem!' Thank Hashem, and say that it has nothing to do with me. Automatically all

the bad will go away. Everything is Hashem! Hashem, Hashem, Hashem.

Today's message has been taken from the Rosh Yeshivas daily Gemorah Shiur Friday Parshas Naso Taf Shin Pey Daled

Wednesday 13 Sivan 5784

We Can Lose Everything

The Rosh Yeshiva Says:

We must be very careful about who we spend our time with, and who we hang out with. We can lose everything we have by not having good friends, and if we hang out with jokesters, or if we go to the spa with them, we can lose everything. Even if someone does need to go to the spa for health reasons, he shouldn't go together with people who don't speak in a refined manner, because it doesn't take long to lose our sincerity, and it doesn't take long to fade away. You should know, that the Yetzer Horah does everything he can to get someone to start having questions and doubts on Hashem, and on Tzadikim who reveal and spread Emunah. He does everything he can to take a person away from Heichal Hakodesh, he hates the Rebbe and even more Heichal Hakodesh, because in Heichal Hakodesh, the Rebbe is there.

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