



# Coronavirus



The entire world is enveloped in a cloud of fear and anxiety due to the 'coronavirus' and nobody can imagine what tomorrow will bring. How can we continue with our lives? How can we strengthen one another during such difficult times? This Kintres provides guidance and Chizuk to overcome the fear and panic, and to remain strong in every situation.

BASED ON THE TEACHINGS OF THE HOLY REBBE

**RABBI NACHMAN FROM BRESLOV**

AND HIS DISCIPLE THE HOLY TZADDIK


**RABBI NOSSON FROM BRESLOV**

AND ON THE TEACHINGS OF

**HARAV HATZADDIK MAHAROSH ZY"U**

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A decorative frame with a light gray background and black scrollwork borders. The word "Coronavirus" is centered in a black serif font.

# Coronavirus

Only Hashem will help us

The entire world has fallen into a panic, people are stocking up on food and supplies, everyone is terrified of the coronavirus, Hashem Yishmereinu. People are frightened and don't know what tomorrow will bring; powerful nations lost their strength, wealthy people are hiding in their homes, celebrities are sitting in isolation; travel has come to a complete halt, and it looks like the world is coming to an end; nobody realizes that this is all from Hashem,

who is trying to arouse us from our deep slumber. We should wake up and realize that our country can't protect us, and we should not rely on anyone in the entire world. We should realize that no money, wealth, or power can help us; only Hashem Himself will save us.

We must submit ourselves to Hashem

The holy Rebbe writes in Sippurei Maasos (story 12): There was a גיבור—a mighty warrior, who traveled around the entire world and conquered land after land. The nations which surrendered to him were spared, but those who fought back, and wouldn't submit to his rule, were overthrown and decimated. Maharosh explains that this refers to Hashem who reveals His Middas Hagevurah; if a person submits himself to Him, he begs Hashem to have pity on

him and spare him, then Hashem has mercy and saves the person. But if the person doesn't yield to Hashem, then it is truly bitter.

Torah will protect you

During this time when everyone is frightened by the disease which is rapidly spreading, and desperately seeking a way to protect themselves, take the Torah as your defense. If you want to be saved from the coronavirus make sure to learn the Daf Gemara every day. Chazal state in Kesubos (77:): R' Yehoshua Ben Levi would take the sick people from his town, who were contagious with the deadly disease of 'Raason', and learn Torah with them. When he was asked if he isn't frightened that he will also become sick, he said "I have no fear to touch them, or to be next to them, because in Mishlei

we learn (5, 19): ‘One who learns Torah receives Chein’ thus, if by learning Torah you receive Chein, then it’s certain that the Torah protects you from disease”.

This teaches us the greatness of learning Torah every day; that even if people were contagious with a disease so deadly that R’ Yochanan proclaimed (Kesubos 77:): “Be cautious of the flies that were close to those who are afflicted with the ‘Raasan’;” and R’ Zeira would not sit in the downwind of those afflicted with ‘Raason’; R’ Elazur would not enter a tent of a ‘Raason’ victim; R’ Ami, and R’ Asi would not eat the eggs that came from a neighborhood where someone was afflicted; yet, R’ Yehoshua Ben Levi said “There is nothing to fear, I’ll learn Torah with them, because the Torah will protect me”.

Instead of buying into the panic, utilize the cure; learn the holy Gemara, and this will save you from the virus; this will definitely bring many benefits to the person.

### Absorb the Emunah

Now during these difficult times when everyone is locked into their homes with fear and angst, I beg You: remember and absorb that Hashem is in control. Review the first Ani Maamin and say it out loud so it should penetrate: “באמונה שלימה – אני מאמין” – I believe, with a strong belief, – שהבורא יתברך שמו הוא בורא – that Hashem created everything, ומנהיג לכל – and he controls the entire world, והוא – and only He Himself, – עשה – controlled everything what happened already, – ועושה – and controls everything which happens, – ויעשה לכל

המעשים- and will carry out everything in the future”.

The holy Divrei Chaim Zt”l would say the thirteen Ani Maamins numerous times a day, and he would insert his name and say “Ani Maamin – Chaim believes, that Hashem created everything, and only He is in control...”; that’s how he would instill in himself a deep faith in Hashem every single day. If only we will say the thirteen Ani Maamins like that just once a day, we will be strengthened, because the more one reviews the Emunah, the stronger his faith becomes.

Emunah will heal us

Only Emunah will heal us, and only Emunah will take away this terrible disease. As the Rebbe writes in Likutei Mahararan (Chelek 2,



Siman 5): “The most important thing which a person must work to achieve is Emunah, because there are many people who suffer from various ailments simply because they are lacking in their Emunah, and for these illnesses there is no cure; Tefilla isn’t effective and likewise, Zchus Avos won’t help them”.

### Refrain from listening to the news

Strengthen your wife and children; read this Kintres to them. Instead of constantly listening to the news, play songs of Emunah which will calm and ease their distress. The media creates a panic which is detrimental to your health; instead, focus on Emunah and this will cause all your fears to subside.

This is a wake up call for us to return to Hashem

I beg you my dear friend, if you want to save yourself from the coronavirus heed the words of Eliyahu Hanavi. Chazal relate (Sanhedrin 63:): “After the first Churban, Eliyahu Hanavi walked around the streets trying to help other Yidden who were suffering from terrible hunger; on an occasion he encountered a young child swollen from hunger who was lying on a heap of garbage Rachmana Litzlon. Eliyahu Hanavi asked him “Who are you? And what happened to your family?” The young boy replied “I come from a family which had a few thousand members”. Eliyahu asked further “Besides for you, did anyone else survive”? And the boy answered “No, they all died, and only I remained alive”, Eliyahu Hanavi then

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asked him “Do you want me to teach you something which will infuse you with new life?” to which the boy replied “Of course”, and Eliyahu Hanavi proclaimed: “Say the Pasuk of 'שמע ישראל ה' אלקינו ה' אחד' every day.

Eliyahu Hanavi gives us a way to protect ourselves from disease; we should be strong with our faith, and we should say and internalize: 'שמע ישראל ה' אלקינו ה' אחד' this will remove the illness from our midst and shield us from harm.

Sing to yourself over and over again: "ממלא כל עלמין, וסובב כל עלמין, ובתוך כל עלמין, אין שום מציאות בלעדיו יתברך כלל, ובכל תנועה ותנועה שם אלופו – של עולם" “Hashem fills the world, and everything is Hashem; there is no Teva, Mikra,

and Mazal, everything comes from Him; no one can harm me without Hashem decreeing so”.

### Do not panic

Be careful not to buy into the panic; one must always remember that it is Hashem who controls the world and has an exact accounting for everything which occurs. Nothing is coincidental, and nothing happens by itself; everything that happens is because Hashem decreed so, and there is no reason to fall into a panic.

When a person absorbs this, and remembers that everything is from Hashem, every דומם, חי, מדבר is Hashem who is concealed beneath everything in the world, then such a person lives a peaceful life; he isn't frightened

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by any occurrence, because he knows it is Hashem who created the situation.

The מצוה to defend oneself against this virus is to talk to Hashem every day. One should pour his heart out to Hashem, and discuss everything with Him as if he is talking to a trusted friend. Every country is advising their citizens to do so; everyone must stay at home and avoid other people. This can imply that this is what Hashem actually wants from us; we should contemplate and ask ourselves ‘Why am I alive?’ ‘What is the reason for my Taavos?’

The holy Rebbe states in Likutei Maharan (Chelek 2, Siman 10): It’s imperative to contemplate every day and ask oneself “What is the purpose of all my Taavos and foolishness,

and what will I gain by pursuing them?” When one makes a Chesbon Hanefesh he realizes the senselessness of it all, and returns to Hashem.

If you will follow these directives, and find time to talk to Hashem every day, in the language you are most comfortable with, just as you would to a good friend, and you will beg Him to have compassion on you, you will realize that there is nothing so calming and sweet as doing so. Your entire life will transform, and your anxieties will slowly recede; you will be Zoche to reach a Madreiga to which only great Tzaddikim in Gan Eden are Zoche, to experience the light of Hashem Himself.

If we will truly strengthen our faith, and internalize that Hashem controls everything,

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and runs the show; nothing occurs without Him decreeing so, and everything has an exact accounting for; if we discuss all our troubles with Hashem, and beg Him to save us; and likewise we establish a daily Shiur in the holy Torah, then Hashem will certainly protect us from all evil, and we will be saved from all harm. If we do the above, we will be blessed in this world, and in the world to come.

**תם ונשלם שבח לאל בורא עולם**

*The following is a question posed to the Rosh Yeshiva regarding the coronavirus, and the Rosh Yeshiva's response.*

**I have terrible anxiety from the coronavirus; how can I strengthen myself?**

**Question:**

To the Rosh Yeshiva Shlita,

*I am so terrified of the coronavirus, it seems like the entire world is coming to an end. I walk around in panic and fear. Yet, despite talking and Davening to Hashem, I can't shake off the terror I feel.*

*I desperately need Chizuk, however the Rosh Yeshiva must understand that regular Chizuk won't help me right now. I also need*



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*to calm my wife and children, but before it is even possible for me to do so, I must be at peace. How can I calm them when I can't even get out of bed from fear? I am definitely one of the coronavirus's casualties, I feel as if I'm dead already.*

*My wife cannot understand what suddenly happened to me; I can't tell her that I'm terribly frightened, because I don't want her to also fall into a panic. I told her that I simply don't feel well.*

*I hope the Rosh Yeshiva will be able to calm my fears.*

*Thank you.*

## **The Rosh Yeshiva's response:**

בעזרת ה' יתברך – יום ג' פרשת ויקהל-פקודי, כ"א  
אדר, שנת תש"פ לפרט קטן

Dear...

I received your letter.

The holy Rebbe quotes in Sefer Hamiddos (Ois Bitachon): "מי שיש לו בטחון, אין לו שום פחד" – One who places his trust in Hashem, has no fear in the world; when a person believes that Hashem is right next to him, and protects him; he internalizes that Hashem is the source of everything, and nothing can happen to a person without Hashem determining so, then he receives such a peace of mind, he is like a child in the hands of his loving father. When a child is with his father, and there is something which

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scares him, he will clutch to his father's hand for protection; his father will squeeze back as if to say, everything's fine, I'll keep you safe. The same is with a person who has complete trust in Hashem; all his fears dissipate, it's as if he's holding Hashem's hand, and he feels surrounded by His love and kindness.

My dear brother, I beg you to start following the teachings of the holy Rebbe. When one listens to the Rebbe's **עצות** and implements them, then he will succeed in emerging from all his problems. The Rebbe has guidance for everyone, even for people with anxiety, or for those who suffer from emotional illnesses.

The **עצה** the Rebbe gives us is 'Emunah.' The Rebbe states in Likutei Maharan (Chelek 2,

Siman 5): “The most important thing which a person must work to achieve is Emunah, because there are many people who suffer from various ailments simply because they are lacking in their Emunah;” this refers to emotional illnesses which people Nebach suffer from; and the Rebbe states further; “When a person suffers from these ailments, which only come from a lack in Emunah there is no cure; Tefilla isn’t effective and likewise, Zchus Avos won’t help them.” This is applicable to phobias, anxieties and obsessions, the only cure is Emunah.

When a person absorbs this, and acknowledges that there is nothing in the world except Hashem, Hashem is "ממלא כל עלמין, וסובב כל עלמין, ובתוך כל עלמין, אין שום מציאות בלעדיו –יתברך כלל, ובכל תנועה ותנועה שם אלופו של עולם"

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he is Zoche to a peaceful life. Maharosh composed a tune to these words, and whenever he would go into the forest to talk to Hashem, and would feel frightened by the animals or strange noises he would sing these words: "ממלא כל עלמין, וסובב כל עלמין, ובתוך כל עלמין, אין שום מציאות בלעדיו יתברך כלל, ובכל תנועה ותנועה שם אלופו של עולם". He sang it so many times, until his entire fear disappeared; he started living with such a strong Emunah, that nothing was able to scare him, and nothing in the world could shake his belief.

My dear brother, when a person trusts in Hashem his emotional capabilities are strengthened; likewise, the opposite, when he has no faith, and he thinks that things occur without reason; he believes in Teva, Mikra, and

Mazal, then such a person constantly lives with fears, insecurities and negative thoughts. Such a person always feels guilty, and this is what causes all his emotional problems to develop. The only cure for those who suffer from this is ‘Emunah’.

I beg you; strengthen your Emunah; constantly sing songs of Emunah until it penetrates your bones. Then all your fears will disappear, and you will be able to come out of bed; you will be able to continue with your daily life, because you will be at peace knowing that everything is from Hashem and you cannot even move a finger if He doesn't direct so.

Reread this letter many times until your fears abate; you will feel liberated and free; you will

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be Zoche to the Madreiga the Tzaddikim are on, in this world and in the world to come.

May Hashem bless you with success in all your endeavors.

*A Tefilla to be Mispallel to save us from the coronavirus:*

**Rebonoi Shel Oilam, have mercy on me and my family, and on all of Klal Yisroel, that they should be healthy and strong. Have mercy on us and save us from being harmed by the coronavirus. Help all the Yidden that have already contracted the virus, should have a complete recovery and it shouldn't affect their health.**

**Hashem, save me! I am so frightened by the coronavirus, and my entire life is overtaken by fear. I feel as if I can't take it any longer. Dear father, help me remain calm and not fall into a panic, and help me remember that you are in charge, and nothing can happen by itself. Help me not forget about you, and help me believe that it's you who brought corona, in order for us to wake up and remember that there is a mighty creator who is in control. It isn't our strength or power that brings success, it is only you who rules the world.**

**I beg you Hashem; help me be happy, and help me not succumb to all the frightening thoughts which revolve through my head. I feel as if my strength is ebbing; I cannot**



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**concentrate on anything except corona, and I can't proceed with life; my thoughts are tormenting me relentlessly.**

**Hashem, it is You who gives the person Seichel and wisdom, help me overcome my Yetzer Hora who confuses my thoughts, and frightens me with the coronavirus. Help me dear father to remain healthy physically and emotionally; I should be able to think straight, and remember that nothing exists except You, and You are hidden in everything that exists.**

**Hashem, help me! Remove the steel yoke which is choking me, and make my fears**

**and imaginations disappear. Help me in the merit of the Tzaddikim who sacrificed themselves for you; in the Zchus of R' Shimon Bar Yochai; in the Zchus of R' Yitzchok Luria Ashkenazi; in the Zchus of R' Yisroel Baal Shem Tov; in the Zchus of R' Nachman M'Breslev; in the Zchus of R' Nosson M'Breslev, and in the Zchus of Rabeinu Eliezer Shlomo M'Breslev. יהיו לרצון אמרי פי והגיון לבי לפניך ה' צורי וגואלי, אמן כן יהי רצון.**