



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Achrei 5784

Vol 72

Thursday 10 Nissan 5784

This Is Medicine

The Rosh Yeshiva Says:

How can the Zohar call Matzah the food of Emunah and also Medicine? Because this is medicine! When we chew the holy Matzah on Pesach, we take in Emunah. Hashem showed all of creation that there is no nature, water turns into blood and blood turns into water, then the plagues, and the splitting of the sea, with food falling from the sky. There is no coincidence, everything is Hashem. When someone realizes this, he becomes healed.

Today's message has been taken from a Chizuk Yomi Tuesday Parshas Metzora Taf Shin Pey Daled

Friday 11 Nissan 5784

A Real Table

The Rosh Yeshiva Says:

The holy Rebbe said in (Sichos Haran 88), What is the purpose of turning around our tables on Shabbos Hagadol, and everything is turned over? This is because the word table is used as speech, as stated in

(Yechezkiel 41:22), and we want to show that our speech is still in Galus. However, if we will accept the Yom Tov of Pesach, we will begin speaking to Hashem, Peh-Sach, then we will have a real table and we will go out of Mitzrayim. Whenever things seem out of place, this is only because we are missing the part of speaking to Hashem. Speaking to Hashem puts everything back in order.

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

Sunday 13 Nissan 5784

Be Part Of The Mitzvos

The Rosh Yeshiva Says:

Tonight is Bedikas Chometz. When the time comes, we can't do anything, we can't eat and we can't learn, only to go check the Chometz. Do it together with your children. Take every child and give them something. Have one of them hold the spoon, another the feather, another one should hold the bag and count how many pieces have been found already, the next one should hold the ladder and so on. They should all be educated with the holy Mitzvos. It's very important to educate our children about the holy Mitzvos,

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they should be part of the Mitzvos. This way the Mitzvos will get into their bones and it will stay with them forever.

Today's message has been taken from a letter from the Rosh Yeshiva in the Gilyon Shiurei Chinuch Chag Pesach Taf Shin Pey Daled



Monday 14 Nissan 5784

One Hundred Forty Eight

The Rosh Yeshiva Says:

In regards to the Seder Night, say the Hagadah without any Torahs and without any stories, say the Hagadah out loud at a pace, then by Shulchan Aruch when the kids are eating, you can speak to them, again without any long stories, just speak to them about simple Emunah. That Hashem is here, Hashem runs the world, Hashem makes everything and does everything. A Seder doesn't need to take long, all those who have long Seders, it's only because they can't get their act together to start Kaddaish. The Rebbes name equals to the word Pesach, One Hundred Forty Eight. The Rebbe gave us the gift of Peh- Sach, to speak and converse with Hashem.

Today's message has been taken from a letter from the Rosh Yeshiva in the Gilyon Shiurei Chinuch Chag Pesach Taf Shin Pey Daled



Sunday 20 Nissan 5784

Letters Of Aleph Beis

The Rosh Yeshiva Says:

We say Hodu before Mincha today because of the great miracle that happened to the Bal Shem Tov on Shevei Shel Pesach and on

Achron Shel Pesach. When the Bal Shem Tov was on the way to Eretz Yisrael, he got held up by a storm and by robbers. If he would of met with the Ohr Hachaim Hakadosh then Moshiach would of come before it's time. The Bal Shem Tov was lying on the floor tied up and a Talmid said to him, the Rebbe should say something, but the Bal Shem Tov said he can't remember anything and doesn't know anything, maybe you can help me remember something? The Talmid said all he remembers is the Aleph Beis. They both started saying the holy letters of the Aleph Beis together until they got up to the letter Yud and the Bal Shem Tov regained his memory and they were saved. We learn from this story that even when we say letters of the Aleph Beis it has tremendous holiness.

Today's message has been taken from a lecture from the Rosh Yeshiva Aleph Chol Hamoed Pesach Taf Shin Pey Daled



Wednesday 23 Nissan 5784

Don't Despair, Don't Give Up

The Rosh Yeshiva Says:

Dear brother, don't despair, don't give up! Go to a corner, and speak to Hashem in your own language. Cry out to him to have mercy on you and bring you close to him. Speak to him about everything that you are going through. Speak to him about your Shalom Bayis, about all your challenges etc. etc. You will feel as if you have been freed from prison, you will feel like you lost a few hundred pounds.

Today's message has been taken from Ish Emunas Letter 1 in Atzuso Emunah Chag HaPesach Aleph Taf Shin Pey Daled