

SPARKS OF EMUNAH



HEICHAL HAKODESH BRESLEV WEEKLY NEWSLETTER
BASED ON THE TEACHINGS OF MOHOROSH ZT"l
GIVEN OVER BY THE ROSH YESHIVA SHLIT"lA

PARSHAS KEDOSHIM
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ISSUE #9

CHIZUK from the PARSHA

ATTITUDE OF GRATITUDE

Life is fraught with challenges, both big and small. We know that no one has it easy, and yet the inevitable hardships take us by surprise. Upset and aggravated, we question, we complain. *Why me? Why now? Why do I have to deal with this?*

In truth, our difficulties are a display of Hashem's deep love for us. Can anyone confidently say that he has never done anything wrong and is not deserving of any punishment? We have all sinned, yet in His infinite mercy, Hashem sends us little annoyances to atone for our *aveiros* instead of the major *tzaros* we ought to have. Relative to what we deserve, our problems are small and insignificant.

The Rebbe teaches this (*Likutei Moharan 1:165*) based on the oft-repeated *passuk* in this week's *parsha*:

לא תקם ולא תטר את בני עמך... ואהבת לרעך כמוך אני ה'

The simple meaning of the word רעך is "your fellow," but it can also mean רע שלך - your bad. Hashem tells us, ואהבת לרעך - love the bad that happens to you, because of כמוך - the way you are. You really deserve harsh punishments, but אני ה' - I am the *Baal Harachamim*, so I'm treating you with tremendous mercy.



Instead of being a source of aggravation, the upsetting things that happen should bring about a feeling of gratitude. **"Thank You, Hashem that it's only this! Thank You for allowing me to get off easy, for sending me these frustrations and inconveniences rather than terrible tragedies which I may really deserve."**

There is usually a person to fault for the things that aggravate us. Time wasted, money lost, dignity slighted... it's very easy to find someone to blame. This is when it's hardest yet most crucial to remember that **everything is from Hashem - people are just His messengers**. There is no purpose in getting upset or taking revenge on others; the only solution is to turn to the One Above and do *teshuva*.

לא תקם ולא תטר את בני עמך - Don't take revenge on those who have wronged you. ואהבת לרעך - Rather, be happy with the bad that people have done to you. Because of כמוך - the way you are, it could have been a lot worse. However, אני ה' - it is Me, Hashem, treating you with *rachmanus* instead.

By internalizing that Hashem is in control and that nobody can harm us, we will rid ourselves of anger and resentment. Then we will be able to fulfill the simple meaning of the *passuk*, truly loving others as we love ourselves. May we be *zoche* to live in harmony with those around us and enjoy a happy and meaningful life.

Toch Hanachal, Seuda Shlishis Acharei-Kedoshim 5761

MOHOROSH SPEAKS

SEFIRAS HAOMER



The weeks of *sefira* are a transition between two special and holy times - Pesach, when we commemorate our *geula* from *Mitzrayim*, and Shavuot, the *yom tov* of *kabbalas hatorah*. It is a time of self-improvement, a time to renew our commitment to perfecting ourselves.

This spiritual countdown has its roots in the times of *yetzias Mitzrayim*. Just moments before the *geula*, we were entrenched in the depths of impurity, at the forty-ninth level of *tumah*. Miraculously, Hashem redeemed us just in time and catapulted us to the greatest heights. Just a few days later we stood at the *yam suf*, where even the simplest *Yidden* experienced a level of *gilui Shechina* that the great *Yechezkel Hanavi* could not.

Shouldn't this have been enough of a spiritual accomplishment for us to have received



(Continued on page 2)

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Dear ...,

I received your letter.

Take the Rebbe's advice and look for the good in your son (*Likutei Moharan 1:282*). Sit down with your wife and think about all his positive qualities and find reasons to praise him for them. Don't focus on your son's difficult nature, because he'll sense your displeasure and live up to your poor expectations.

Some children who are well-behaved at home are terrors in school, and others who act out at home are angels in the classroom. Why does this happen? It may be that the child senses his parents' pride in him so he tries to please them; however, he feels that his teacher disapproves of him so he has no incentive to behave in school or vice versa.

Seeing the positive always helps - no matter the age, no matter the stage. The Rebbe calls this method "*azamra*," and it is a powerful strategy which both parents and *mechanchim* can use to succeed with children. When a child feels that his parents/teachers believe in him, he will do everything in the world to please them. As the Rebbe concludes (*Likutei Moharan 1:282*), "He who finds only the good qualities in every *talmid* is suitable to be a *Rebbi*, because he will cause his *talmidim* to want to learn and daven."

Mohorosh taught us that *chinuch* for older children is through positive communication only. One must be very careful with the way he speaks, because hurtful speech can be very destructive. It's true that *chinuch* of young children necessitates strong discipline and demand for respect, but when dealing with older children, you must only see the positive and notice the good in them.

Treat your son with respect and boost his ego - you'll see that his behavior will improve. The Rebbe says (*Likutei Moharan 1:202*) that a person with little *seichel* needs to be treated with more esteem because he is waiting for the recognition.

May Hashem bless you with success in all your endeavors.

Adapted from *The Light of Emunah #1*, page 250



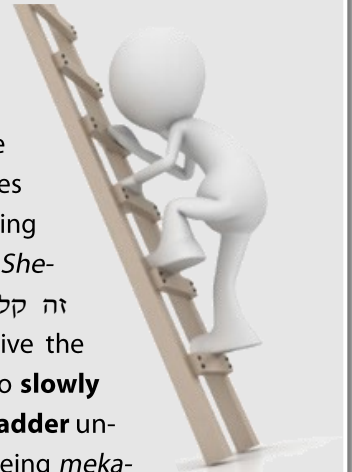
the Torah right then and there? Why did we have to wait so many weeks until *matan Torah*?

A Lesson for YOU

We all have aspirations and dreams of levels we want to attain. Yet, despite our best intentions, we find ourselves falling short, sinning and doing things that further us from our goals. So we try again. We make another attempt at reaching perfection, but we inevitably fail once more. The *yetzer hara* then begins his attack, hounding us with despairing thoughts of "*That's it, you'll never succeed!*"

Sadly, he often wins. How many of us have lost our motivation altogether, lost the belief that it's possible to come close to Hashem? How many people have given up on themselves and their ability to live meaningful lives?

The concept of *sefiras haomer* is a lesson for all of us. Our ancestors who watched Pharaoh and the *Mitzriyim* experience the mind-blowing *makkos*, the ones who left *Mitzrayim* with astounding *nissim*, those who pointed to the *Shechina* at the *yam suf* and said זה קלי ואנורו - even they could not receive the Torah right away! They, too, had to **slowly inch their way up the *ruchniyus* ladder** until they reached the high level of being *mekabel* the Torah. They, too, had to work on themselves each day, growing, changing and connecting. *Kabbalas hatorah* wasn't instant; it was a process they worked for.



Are you also yearning to leave your personal *Mitzrayim*? Did you firmly decide that "*This time it's for real, I'm doing teshuva and turning my life around*"? Keep at it. Don't lose sight of your goal, and don't get disheartened by how far you seem to be. Rome wasn't built in a day; *Yiddishkeit* is a process. Take your time and count the days of *sefira*, one day at a time: חסד שבחסד, גבורה שבחסד, תפארת שבחסד, ... eventually you'll reach great heights.

Yes, there will be difficulties each day; there will be tribulations at each turn. However, if you hold tight and try to grab as many *mitzvos* as you can, you will reach your goal of becoming close to Hashem and being an *erliche* Yid.

Kuntres *Sefiras Haomer*





Making Each Day Count

Just like *Klal Yisrael* counted seven weeks until *kabbalas hatorah*, we need to do the same. Make each day count; maximize each day to its fullest and see the potential it has. Only then will you be ready for the Torah.

Berish woke up late. As he snarled at his wife for letting him oversleep, he tripped over his negel vasser and went sprawling across the room. He buttoned his shirt wrong and he spilled coffee all over his pants.

“Oh, what a day,” he grumbled. “Today is a bummer. I’ll try again tomorrow.” Right then, at 8:57 AM, Berish climbed back into bed and waited for the next morning so that he could start over.

Sometimes, we find ourselves halfway through a day that went totally off-track. Often, we are tempted to just stop trying and let the rest of the day follow the same rotten path, because *“I lost it anyway, today is a goner.”* If we do that, though, we’ll look like Berish, foolishly giving up when so many more opportunities lie ahead.

The *Gemara* says (*Pesachim 4*) *מקצת היום ככלו* - a small part of the day is like the entire day. It doesn’t matter how little of the day is left - you can still make a complete turnaround and transform the day into a successful one.

Don’t think, *“Oh well, tomorrow I’ll do better.”* Grab the few minutes left of TODAY and try to steer yourself back onto the right track. Use the rest of the day properly - daven, learn and do *mitzvos*, and you will elevate the entire day and your entire life.

Kuntres Yemei Hasefirah



if you say it at least once a day, you will recover very soon.

Thank You, Hashem, for all the good in my life. Thank You for my wonderful husband and beautiful child, and for the many blessings You’ve given me.

Hashem, I’m in the depths of despair. I feel only darkness and I have terrifying thoughts which dominate my life. See my pain, Hashem, and how my negative thoughts are destroying me. My phobias and anxiety are torturous - I feel that I cannot endure this suffering any longer.

Please, Hashem, have pity on me! Help me stop thinking negatively and stop blaming myself. Help me live with *emunah* and feel your Presence wherever I go. Give me a sense of security and the confidence that no one can harm me because You are constantly watching over me. Help me remember that everything is only from You.

Hashem, there are times when I feel as if my life has no value. I have such conflicted thoughts - all I want is to run away from it all! I know though, that the only escape is to You, Hashem.

Therefore, I beg You, Hashem, help me! Help me in the merit of the *tzaddikim* who sanctified Your holy Name; in the merit of our holy *avos*, Avraham, Yitzchak, and Yaakov; in the merit of our holy *imahos*, Sarah, Rivka, Rochel, and Leah; in the merit of the holy Rebbe, R’ Nachman of Breslev; in the merit of his *talmid* R’ Nossan of Breslev, and in the merit of Mohorosh zt”l, *amein.*”

Whenever you feel troubling thoughts blur your mind as anxiety closes in, take this *tefilla* and say it out loud. With time, you will see things start changing for the better.

May Hashem bless you with success in all your endeavors.

Adapted from *The Light of Emunah #2, page 53*

THE ROSH YESHIVA SAYS:

Each generation has unique challenges. The ever-increasing brazenness in our times makes chinuch a particularly daunting task. What is the solution to the chutzpah that is so prevalent nowadays? Is there even a solution? How can we teach our children to behave with derech erez?

LISTEN TO THE ROSH YESHIVA’S INSIGHTFUL SHIURIM ON CHINUCH

KOL BRESLEV: (212) 444-9191; press 1, 2, 4, 2, 1

HOW CAN I ELIMINATE PANIC ATTACKS?



Question:

To the Rosh Yeshiva *shlita*,

I am so grateful that I discovered the Rosh Yeshiva's *shiurim* some time ago; the *chizuk* was exactly what I needed to hear and it caused a positive change in every area of my life. I started learning eighteen *perakim* of *Mishnayos* every day, a few *dafim Gemara*, and more. I also take time every day to talk to Hashem about everything going on in my life.



I wanted to ask the Rosh Yeshiva for help. My wife is in a difficult situation emotionally; she suffers terribly from anxiety and phobias which even cause her to have panic attacks. We have tried so many things to help her but have not yet been successful. We try to strengthen our *emunah* and we daven constantly for this, but so far nothing has changed.

I know that we should not despair and that we must continue davening for this to pass, yet my wife very badly wants some *chizuk* and *eitzos* that can improve the situation somewhat. How can we remain strong with *emunah* and *bitachon* until her issues resolve?

Thank you, and may Hashem give you strength to continue with your holy work.

The Rosh Yeshiva's Response:

To ...,

Your husband asked me to write some words of *chizuk* to ease your suffering.

The more you place your trust in Hashem and internalize that He is in control, the more at peace you will be. *Emunah* strengthens a person emotionally and mentally. Just as a baby feels safe in the arms of his father, *emunah* will give you a sense of security and take away all your fears and anxiety.

A person who forgets about Hashem begins to suffer from all kinds of emotional problems; therefore, the only cure for these ailments is *emunah*. The Rebbe says (*Likutei*

Moharan 2:5), "The most important thing is *emunah*; without it, life is very challenging. All emotional issues that afflict mankind are from a lack of *emunah*, and medication or other methods can't heal these problems. The only way for a person to escape his inner darkness is through faith."

Focus on strengthening your *emunah*; place your trust in Hashem and your anxiety will begin to subside. The Rebbe says (*Sefer Hamiddos Bitachon 1*), "He who has *bitachon* fears no one." With *emunah* and *bitachon*, you will begin to feel Hashem's presence and see His kindness.

Below is a *tefilla* for you to say every day. I guarantee that

(Continued on page 3)

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