



# THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Tazria Metzora 5785

Vol 13:03

**Thursday 26 Nissan 5785**

## Help Another Yid

### **The Rosh Yeshiva Says:**

Now during the days of Sefira, you should beg Hashem to go out of your way to help another Yid. Even if this person is not your type, and even if you have reasoning etc., you should still help another Yid out. The best favor you can do for someone is to give him a good word, "Good Morning", "Have a good day", "Good Night", Ask "How are you?" or "What can I do for you?" Reb Nosson used to say that if we would love each other, the Rebbe would bring us to the highest levels. Therefore the Yetzer Horah tries to have us have doubts and all types of excuses in order for us not to greet and converse with each other.

Today's message has been taken from a letter from the Rosh Yeshiva Tuesday Parshas Shmini Taf Shin Pey Hey



**Friday 27 Nissan 5785**

## Keep Swimming

### **The Rosh Yeshiva Says:**

In this week's Parsha, we learn that Kosher fish have fins and scales. Klal Yisrael is compared to fish, as sourced in (Bereishis 48:16). We need to have fins, so to speak, to "keep swimming", to

keep progressing in our Avodas Hashem. Yet we also need scales, to protect ourselves from the most dangerous predator The Yetzer Horah, and not allow him to break us even if we have done wrong. The Rebbe teaches in (Lekutei Moharan 1:6), that in order to ultimately be successful, a person must be an expert in going forward as well as in retreating, because knowing how to handle failure is a crucial component in Avodas Hashem. A person who can stay strong even in the face of failure, will eventually succeed beyond his wildest dreams.

Today's message has been taken from Chizuk from the Parsha in Sparks of Emunah Parshas Shmini Taf Shin Pey Hey



**Sunday 29 Nissan 5785**

## A Whole Day

### **The Rosh Yeshiva Says:**

The Gemorah says in (Pesachim 4), that "Part of the day is like the whole day". Therefore even if most of the day has passed and it seems like we didn't accomplish anything today, we can't give up on the day. We can't think to ourselves that I missed out on today, and tomorrow I will try to do good things, tomorrow I'll learn, or tomorrow I'll Daven. Even if there are only a few minutes left to the day, we can still fix our entire day. We can still utilize the extra time that is left

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to learn a little Torah, do Mitzvos and Masim Tovim, then we will elevate our entire day.

Today's message has been taken from Mohorosh Dertzeilt in the Yiddish Gilyon Parshas Shemini Taf Shin Pey Hey



**Monday 30 Nissan 5785**

### **Opposite Forces**

#### **The Rosh Yeshiva Says:**

The holy Rebbe says in (Lekutei Moharan 1:242), there are forces of holiness, and forces of evil. The force of holiness is, that wherever we look at we see godliness, we search for Hashem in everything, and we know that everything is Hashem. The opposite is also true with the forces of evil. Wherever we look, we will only see it as immodest. We will look to search for more immorality, and more impurity. The Rebbe said that one who falls into such immorality, will have a very hard time getting saved, and even if he closes his eyes, he will still see it as immoral. The advice is, to search for the holiness, to look for Hashem in everything, specifically when we go out of our house and we are outside. We need to beg Hashem the entire time, Hashem please help me find you, and help me be saved from all bad looks.

Today's message has been taken from Q&A in the Yiddish Gilyon Parshas Shemini Taf Shin Pey Hey



**Tuesday 1 Iyar 5785**

### **Spare Time**

#### **The Rosh Yeshiva Says:**

Reb Nosson was very careful with time, and

specifically with spare time. He dedicated every second to learn another section of Shulchan Aruch and another and so on. This way he was able to learn a lot of Poskim. He was well known for utilizing precious time for good things, learning, Davening, talking to Hashem, writing Torah thoughts, speaking to people about the holy Rebbe's advice, about serving Hashem, about simple Emunah, and this is how he was able to merit all that he achieved.

Today's message has been taken from Shmeisen In Gedanken in the Yiddish Gilyon Parshas Shemini Taf Shin Pey Hey



**Wednesday 2 Iyar 5785**

### **Happy Ending**

#### **The Rosh Yeshiva Says:**

While driving in the car with his children, they turned on a fascinating story. The story started out very dramatic and tense, and was a little scary. One of the children asked if it has a happy ending, and if the story ends with something good, because if not, they didn't want to continue listening. He told the child that the end is good, and the kid calmed down. The Rosh Yeshiva said that even though it's very scary now, if it will be good in the end, we are ready to accept it. The same thing is with us, after all we are not here forever, and in the meantime whatever a person has to go through, it passes. A person needs to remember, that the end is good, and if he strengthens himself in Emunah, the story will end very well. He will return to Hashem, and receive a great reward for everything.

Today's message has been taken from Sefer Ushis Eitzos Bnafshi Parshas Shemini Taf Shin Pey Hey