



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Behar Bechukoisai 5785

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Thursday 17 Iyar 5785

Mental Health Crisis

The Rosh Yeshiva Says:

The Rebbe taught us such a sweet way to learn, to say the words. It sounds funny, but we need to accept it with simplicity. Take a Mishnayos, a Gemorah, and start saying the words. We can't imagine what it does to a person. It makes him happy and satisfied. Today, we have a terrible struggle, we can be sitting in our own home while being a very distinguished person, and we sit there watching and watching dirty videos. People say that the Mental Health Crisis stems from the post war, but in reality, it comes from looking at Aveiros. A hundred years ago you weren't able to look at so many Aveiros, and today we got so warped from it that every other kid, every other teenager, and every other couple has to go for healing sessions. How can we properly get out of such a thing? The holy Torah. Learn a Perek of Mishnayos, and another Perek of Mishnayos, and another.

Today's message has been taken from a lecture from the Rosh Yeshiva Live in the Bnei Brak Beis Medresh Tuesday Parshas Emor Taf Shin Pey Hey



Friday 18 Iyar 5785

Prepared For The Rough Times

The Rosh Yeshiva Says:

Rashi says that the double term of "Emor and VeAmarta" is, "the greater should be cautious of the smaller". When a person goes through good times, he's Learning, he's Davening, and he feels good about his Avodas Hashem, he must remember that there are also times that he won't have any feeling where things seem dark and worn out. Then, he must strengthen himself to start from fresh to serve Hashem, as if it was his first time. This is the meaning of "the greater should be cautious of the smaller". When things go good, we must also be prepared for the rough times, the times when we are having doubts and it's dark days, then we need to keep

Today's message has been taken from Ah Vort Oif Der Parsha in the Yiddish Gilyon Parshas Emor Taf Shin Pey Hey

Sunday 20 Iyar 5785

An Obligation For Every Jew

The Rosh Yeshiva Says:

Hisbodedus is not some novel idea that the Rebbe conjured up; the Rambam writes (Hilchos Tefilla 1:1-2) that Tefilla is a Mitzvas Asei and an obligation for every Jew. A person

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must Daven to Hashem for his every desire in whichever language he prefers. It is a mitzvah to Daven every single day, anytime or any place, and since Tefilla is not limited to a specific time, women are also obligated in this mitzvah. A Jew must never say, "Hisbodedus does not appeal to me", since Hisbodedus and Tefilla are actual obligations. When the Anshei Kenesses Hagedolah foresaw the long, arduous Galus and realized the need for formal Tefilla, they established the specific Nusach of Shacharis, Mincha and Maariv, however, the concept of speaking to Hashem in one's own words is something that every person must do.

Today's message has been taken from a letter from the Rosh Yeshiva in Sparks of Emunah Parshas Emor Taf Shin Pey Hey



Monday 21 Iyar 5785

You Need To Give 10

The Rosh Yeshiva Says:

Everyone has an obligation to give Tzedaka. Even a poor person has this obligation. There is no such a thing that someone doesn't need to give Tzedaka. If you made 100, you need to give 10 to Tzedakah. You can not say that I don't have anything to give, and you also don't have to give more than you can afford. If you don't give this percentage to Tzedakah, then you will end up needing to receive this amount (as Chazal explain in Meseches Tanis). We must be very careful to make sure to give our Maaser to Tzedaka.

Today's message has been taken from a lecture from the Rosh Yeshiva Live in Yerushalayim Monday Parshas Behar Bechukoisai Taf Shin Pey Hey

Tuesday 22 Iyar 5785

Wouldn't Bring Him Down

The Rosh Yeshiva Says:

The Rebbe said about himself, that if he himself would do the worse Aveira, whatever type of Aveira the worse Aveira would be, the Aveira wouldn't bring him down, he would go ahead and do Teshuva. This is the great awareness that the Rebbe gave us, of not giving in to the Yetzer Horah. A person must know that in any situation he has found himself, he can come back to Hashem and become a big Tzadik. How? By using our mouth to speak to Hashem.

Today's message has been taken from a lecture from the Rosh Yeshiva Live in Yerushalayim Monday Night Parshas Behar Bechukoisai Taf Shin Pey Hey



Wednesday 23 Iyar 5785

An Ehrlicher Yid

The Rosh Yeshiva Says:

Reb Nosson once saw The Ruv of Breslev Reb Ahron learning with his big Shulchan Aruch and crying that he wants to be an Ehrlicher Yid. What else do we need? We come from very prominent backgrounds that they also Daven, yet this simple concept of wanting to be an Ehrlicher Yid is everything we need. The Rebbe's true words of just wanting to be an Ehrlicher Yid goes a long way. While we are in middle of work during the day, we can say Hashem, I want to be a Yid, I want to guard my eyes, and when I get home I want to speak nicely to my wife because this is Avodas Hashem.

Today's message has been taken from a lecture from the Rosh Yeshiva Live in Yerushalayim Monday Night Parshas Behar Bechukoisai Taf Shin Pey Hey