



THE ROSH YESHIVA SAYS:

Daily Messages from "A Powerful Minute"

A project of the "English Speaking Chaburas"

Heichal Hakodesh Breslev

Parshas Chayei Sarah 5784

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Thursday 18 Cheshvan 5784

Go Do Something

The Rosh Yeshiva Says:

Look at yourself and tell yourself that I want to be a good Yid. I want to be a good Yid and guard my eyes. If you watch clips and movies you become so dark and depressed. You can see it on a boy's face, you don't need to have holy powers to see who is in order and who is not in order. We must have Shmiras Enayim and guard our eyes. Don't have nothing to do, do something, go Hafutza, go to collect some money, go do something good.

Today's message has been taken from the Rosh Yeshiva's daily Gemorah Shiur Wednesday Parshas Vayeira Taf Shin Pey Daled



Friday 19 Cheshvan 5784

Wait At The Doorway

The Rosh Yeshiva Says:

Reb Nosson said that Yoshev to sit, is a term for waiting. When we wait at the 'Pesach HaOhel' at the doorway and we want to be good and do good, meaning I am not going to give up on my wanting to be good, even if it's 'Kechom Hayom' even if I have a burning desire to do Aveiros, then 'Vayeira

Hashem Belonai Mamreh' then in the end you will feel the closeness to Hashem. This is what we need to show Hashem that we are going to wait and wait by Hashem's door throughout the heat of the day.

Today's message has been taken from Ah Git Vort Oif Parshas Vayeira Taf Shin Pey Daled



Sunday 21 Cheshvan 5784

Try This

The Rosh Yeshiva Says:

Try this ,you tried everything else already, take on the holy Rebbes Seder Derech Halimud. It doesn't matter what situation you're in, or where you came from, or what you are busy with during your day, or even if you have fallen into terrible Aveiros, take a Gemora, take a Mishnayos, and read through the words. Now that we have completed half of Shas, and we are now starting Baba Kama, it seems so difficult to understand all the different details, yet the Rebbe said to say the words and you will come to understand. When we will come to Shamayim we will be asked if we ever went through all of Torah? People think it's so far and not for me. We need to take on the

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Rebbes Derech Halimud and no one even has to know about it. I will know for myself that not just the Ruv is a Shas Yid, but I am a Shas Yid. This makes a person very happy.

Today's message has been taken from the Siyum Chatzi Shas Thursday Parshas Vayeira Taf Shin Pey Daled



Monday 22 Cheshvan 5784

Happiness Has No Doors

The Rosh Yeshiva Says:

I beg you dearly, be happy. When a person is happy he gets to the highest place. Mohorosh said in the name of the holy Tzadik Reb Moshe Leib Sasover, the holy Chachamim said in (Baba Metziah 59a), "All doors are locked except the door of tears". The Tzadik said, even the doors of tears don't get locked, but there are still doors to find. Not everyone can cry, and some can't cry so easily. However, happiness has no doors, we don't need to wait for someone to open, or close it. Only immediately when a person is happy then he is by Hashem himself.

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



Tuesday 23 Cheshvan 5784

I Will Show Him

The Rosh Yeshiva Says:

Chazal said in (Eruvin 13b), "It would have been better for a person not to have been born, however now since we have been created already we should make sure to do as

many Mitzvos and Maasim Tovim as we can". Therefore we must always thank Hashem that we were created. Reb Nosson said, when Hashem sees how we thank and praise him, Hashem tells the Malachim, "Look at this Yid, he has nothing and he is thanking me, I will show him what good really means". On the contrary as well, when Hashem hears how someone doesn't stop complaining, Hashem says, I will show him what bad really means.

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



Wednesday 24 Cheshvan 5784

A Healthy Soul

The Rosh Yeshiva Says:

Thank you Hashem that we have the Rebbes advice of Emunah. To internalize that there is only one reality, a creator who is everything and does everything, and without him nothing will happen. The more a person recognizes Emunah, the healthier his soul is. The Rebbe said in (Lekutei Moharan 2:5), There are diseases that don't have a cure, and this comes from a lack of faith. We literally see it today with many sicknesses of the soul. People have many imaginations or fears and they simply can't live. This all comes from a lack of faith. Someone who constantly strengthens his Emunah, his soul becomes healthy.

Today's message has been taken from a lecture from the Rosh Yeshiva Sunday Parshas Chayei Sarah Taf Shin Pey Daled

