

TANYA

Likutei Amarim

Perakim 1–10

Questions on Tanya to Go Along with the Videos

Booklet 1

Name: _____

Class: _____

Each section goes with one video. Watch it, then answer the questions.

★ marks a harder question. MAISEH = the story. HORA'AH = the lesson to do.

Perek 1, Part 1

The oath, and the five kinds of people

Name: _____

Date: _____

1. Before a neshamah comes down into this world, it is made to swear an oath. What does the oath say?

2. Where is this oath found?

- ☐ A. Pirkei Avos
☐ B. The Gemara in Niddah
☐ C. Tehillim
☐ D. The Zohar

3. Chassidus explains that the word for the oath, mashbi'in, is like the word _____, which means "to fill up."

4. ★ How does "filling up" help us understand the oath?

5. ★ The video asks a puzzle on the oath from the Mishnah in Pirkei Avos. What does the Mishnah say, and why is it a problem?

6. The Gemara in Berachos talks about five types of people. Write all five.

1.

2.

3.

4.

5.

7. What is a "tzaddik v'ra lo"?

- ☐ A. A tzaddik who suffers
- ☐ B. A complete tzaddik
- ☐ C. A tzaddik who is not complete yet
- ☐ D. A beinoni

8. ★ Some people think a beinoni is half mitzvos and half aveiros. How does the Tanya prove from Rabbah that this can't be right?

9. MAISEH On which Rosh Hashanah did the Alter Rebbe say the maamar on "Mashbi'in oso, tehi tzaddik"? What did the Tzemach Tzedek later say about that maamar?

10. HORA'AH The Hayom Yom (5 Nissan) says that, just like your neshamah got the strength to do its job, you have a special power wherever you are. What is that power? Name one place you will light up this week.

Perek 1, Part 2

Two souls: meet the Nefesh HaBahamis

Name: _____

Date: _____

1. According to Rabbi Chaim Vital, how many souls does every Yid have? Which posuk does the Tanya bring?

2. Where does the Nefesh HaBahamis come from?

- ☐ A. Kedushah
☐ B. The kelipah and the sitra achra (the "other side")
☐ C. The malachim
☐ D. The Nefesh Elohis

3. The Nefesh HaBahamis is dressed in the _____, and it gives life to the body: "Ki nefesh habasar badam hi."

4. The bad middos come from four elements in the Nefesh HaBahamis. Write the middos that come from each one.

Fire:

Water:

Air:

Earth:

5. ★ Why does fire lead to anger and pride, and why does earth lead to laziness and sadness?

6. ★ The Nefesh HaBahamis of a Yid has some good in it too. Where does that good come from? Why do the other kelipos have no good at all?

7. Which two good middos does every Yid have naturally, even from the Nefesh HaBahamis?

8. MAISEH In the story, who heard the baby crying, and what did he tell his son afterward?

9. ★ HORA'AH The Mittlerer Rebbe said that when two people learn together, it's "two against one." Explain what this means. What is the mission this week?

Perek 2, Part 1

The Nefesh Elokis: a part of Hashem

Name: _____

Date: _____

1. What is the Nefesh Elokis?
 - ☐ A. Something Hashem created, like a malach
 - ☐ B. Truly a part of Hashem Above (chelek Elokah mima'al mamash)
 - ☐ C. Half kedushah and half kelipah
 - ☐ D. Something made of fire, water, air and earth

2. Which posuk tells us that Hashem blew a soul into man?

3. ★ The Zohar says: "Man d'nafach, mitoch nafach." What does it mean? Explain it with the shofar mashal.

4. "_____ atem laShem Elokeichem": You are children of Hashem.

5. "B'ni v'chori Yisroel" means:
 - ☐ A. My firstborn son is Yisroel
 - ☐ B. My nation is Yisroel
 - ☐ C. Yisroel will be great
 - ☐ D. The children of Yisroel

6. ★ Just like a child comes from his father's mind, every Jewish soul comes from Hashem's chochmah. What does this teach about Hashem's love for you?

7. What does the Rambam say about Hashem and His wisdom?

8. **MAISEH** In the story from Sippurei Chassidim, what was the only thing the orphan boy had from his parents?

9. ★ **MAISEH** The boy couldn't read a single word. What did he do on Erev Yom Kippur, and why was his tefillah accepted?

10. **HORA'AH** Why do we say Modeh Ani even before washing our hands? What is the mission this week?

Perek 2, Part 2

Every neshamah is connected to its Source

Name: _____

Date: _____

1. The souls of the Avos and Moshe Rabbeinu are like the _____ and the brain. The souls of our generation, right before Moshiach, are like the _____ of the feet.

2. ★ What is the big chiddush about every single neshamah, even the simplest Yid's?

3. ★ Explain the mashal of the toenails. What does it teach about the souls?

4. Name the four worlds the souls come down through.

5. How does the soul of a simple Yid get its life and nourishment?
 - ☐ A. Only through its own effort
 - ☐ B. Through the souls of the tzaddikim and chachamim of the generation
 - ☐ C. From the malachim
 - ☐ D. From the garment it gets from its parents

6. Chazal say: whoever attaches himself to a _____, it is as if he is attached to the Shechinah itself.

7. ★ What does every soul get from its parents? How does the way the parents live affect it?

8. MAISEH What job did the Baal Shem Tov have when he was young? What did the Maggid say about it?

9. HORA'AH The Rebbe Rayatz wrote (Hayom Yom, 24 Sivan) that the true bond with the Rebbe is through two things. What are they?

Perek 3, Part 1

The ten powers of the soul

Name: _____

Date: _____

1. Every level of the soul has ten powers. Name the three levels mentioned, and say what the ten powers match.

2. The three powers of the mind are chochmah, binah and daas: _____ for short.

3. Why are the three powers of the mind called "mothers"?

- ☐ A. They are the oldest powers
- ☐ B. The middos are born from them: feelings come from understanding
- ☐ C. They are the most important mitzvos
- ☐ D. They come from the Imahos

4. The Tanya reads the word chochmah as "koach _____": the potential of what is.

5. What is the difference between chochmah and binah?

6. ★ What should your mind think about to give birth to love and awe of Hashem? Use the words memaleh kol almin and sovev kol almin.

7. ★ Describe the two feelings that are born from this thinking.

8. "Tzoma lecha nafshi" means:

- ☐ A. My soul thirsts for You
- ☐ B. My heart is empty inside me
- ☐ C. Souls, I have made
- ☐ D. Your Torah is inside me

9. MAISEH What did the Alter Rebbe cry out when he was in deveikus?

10. HORA'AH The Hayom Yom (20 Tammuz) speaks about hisbonenus before davening. What is the mission before Shacharis?

Perek 3, Part 2

Daas: holding on tight

Name: _____

Date: _____

1. The Tanya says: fire is in the _____, and water is in the _____.

2. All the other middos are branches of which two middos?

3. What does daas mean?

- ☐ A. The first flash of an idea
- ☐ B. Connecting: a strong bond
- ☐ C. Awe of Hashem
- ☐ D. A garment of the soul

4. ★ What happens to someone very smart who understands Hashem's greatness but doesn't hold on tight to the thought?

5. ★ Explain the magnifying glass mashal. What does the glass stand for, and what does holding it steady stand for?

6. Daas is the _____ of the middos. It holds both chesed and gevurah: love and awe.

7. Write the job of each power of the mind.

Chochmah:

Binah:

Daas:

8. MAISEH What did the Tzemach Tzedek decide, according to the note found in his handwriting? What did he finish?

9. ★ MAISEH How is the Tzemach Tzedek's decision an example of daas?

10. HORA'AH According to the Hayom Yom (16 Cheshvan), where do silly, empty thoughts come from? What will you do this week?

Perek 4, Part 1

The three garments of the soul

Name: _____

Date: _____

1. The three garments of the Nefesh Elohis are machshavah (thought), _____ (speech) and _____ (action).

2. How does each garment get dressed in the 613 mitzvos?

Action: _____

Speech: _____

Thought: _____

3. What does "Pardes" stand for?

- ☐ A. Pshat, remez, drush, sod
- ☐ B. Posuk, Rashi, Daas, Sifri
- ☐ C. Pshat, ruach, din, seder
- ☐ D. Peh, regel, daas, seichel

4. Your body has 248 limbs and _____ veins, and your soul has 613 spiritual limbs.

5. ★ Ahavah is the root of which mitzvos, and yirah is the root of which mitzvos? Explain why.

6. ★ The video says the garments (Torah and mitzvos) are even higher than the soul itself. Why? What does the Zohar say?

7. ★ The Gemara says: wherever you find Hashem's greatness, there you find His humility. How do we see this in the mitzvos?

8. MAISEH In 1927, the Rebbe Rayatz was arrested by the Communists. Which prison was he taken to?

- ☐ A. Spalerno
☐ B. Kostroma
☐ C. Riga
☐ D. Siberia

9. ★ MAISEH How did the Rebbe manage to put on tefillin after the guards refused? What does the story show?

10. HORA'AH Hayom Yom (8 Shevat) says mitzvos must be done b'hiddur. What does that mean? Which mitzvah will you do b'hiddur this week?

Perek 4, Part 2

Hugging the King

Name: _____

Date: _____

1. Why is the Torah compared to water?

2. "Katzinah ratzon ta'trenu": Hashem's light wraps all around you like a _____.

3. ★ Explain the Alter Rebbe's mashal of hugging the king. What are the "robes"?

4. "Vimino techabkeini": His right hand embraces me. What is Hashem's "right hand" here?

- ☐ A. The Torah, given from the right hand of chesed
- ☐ B. The malachim
- ☐ C. Gan Eden
- ☐ D. The Beis Hamikdash

5. "Yafah sha'ah achas": one hour of teshuvah and good deeds in this world is better than all the life of _____.

6. ★ Why is a mitzvah in this world greater than all of Olam Haba?

7. MAISEH What did the Alter Rebbe say when he came out of his room to his chassidim (Hayom Yom, 17 Adar I)?

8. MAISEH What effect did those few words have on the chassidim?

9. HORA'AH What is the mission when you hear Kaddish?

10. ★ The video says: "You're in the King's embrace!" When in your day can you stop and remember this? How could it change the way you say a bracha?

Perek 5, Part 1

Grasping Hashem through a halachah

Name: _____

Date: _____

1. Eliyahu Hanavi says about Hashem: "Leis machshavah tefisa bach," which means:

-----.

2. ★ When you understand an idea, what two things happen at the same time?

3. What proof does the video bring that your mind is "dressed" in the idea?

4. Which Mishnah case does the video use as an example of a halachah?

- ☐ A. Two people holding on to one tallis
☐ B. An ox that gored a cow
☐ C. A lost object found in the street
☐ D. Selling a field

5. ★ Even if that case never happened and never will happen, why is knowing its din grasping Hashem?

6. The Tanya calls the unity of your mind with Hashem's wisdom a "yichud

-----": a wondrous unity.

7. ★ Why is this unity so special? Is there anything like it in the physical world?

8. MAISEH What gift did the Alter Rebbe offer the young Tzemach Tzedek, and how did the boy answer?

9. ★ MAISEH Years later, why did the Tzemach Tzedek say he should have taken the gift?

10. HORA'AH What should you share with a friend before saying goodbye (Hayom Yom, 6 Iyar)? Why is that moment special?

Perek 5, Part 2

Torah is food for the soul

Name: _____

Date: _____

1. According to the video, which is the greatest?
 - ☐ A. Knowing and understanding Torah
 - ☐ B. Mitzvos of action
 - ☐ C. Saying the words of Torah
 - ☐ D. They are all equal

2. Torah is called _____: food for the soul.

3. ★ What is the difference between a garment and food? Which one is like the mitzvos, and which is like Torah?

4. Dovid Hamelech says: "V'sorascha b'soch _____": Your Torah is inside me.

5. Which sefer says that in Gan Eden the mitzvos are the soul's garments and the Torah is its food?

6. Food is ohr _____ (an inner light). Garments are ohr _____ (a light all around you).

7. ★ Use this perek to explain why Chazal say "Talmud Torah k'neged kulam" (learning Torah is equal to all the mitzvos).

8. MAISEH How could the Rebbe Maharash tell what subject his father, the Tzemach Tzedek, was learning?

9. ★ MAISEH How does that story show that Torah is "food" for the soul?

10. HORA'AH What does the Hayom Yom (21 Kislev) tell us to do with a Mishnah?

Perek 6, Part 1

What makes something holy

Name: _____

Date: _____

1. "Zeh l'umas zeh asah ha'Elokim": Hashem made one thing _____ the other.

2. What are the ten powers of the Nefesh HaBahamis?

3. ★ Why does a little child love tiny things and get upset over tiny things? What rule does this show?

4. What are the three garments of the Nefesh HaBahamis?

- ☐ A. Thought, speech and action that are not for Hashem
- ☐ B. Love, awe and glory
- ☐ C. Chochmah, binah and daas
- ☐ D. Fire, water and air

5. Shlomo Hamelech calls things that are not for Hashem "hevel u're'us _____": empty, like chasing the wind.

6. ★ What is kedushah, according to this perek? Explain with the mashal of the drop of water.

7. Who is batel to Hashem for real? How is every Yid batel deep down?

8. On whom does the Shechinah rest, according to the video?

9. MAISEH In 1843, what did the Russian government want? How did the Tzemach Tzedek answer the minister?

10. HORA'AH What did the Frierdiker Rebbe ask us to do every morning after davening? How does it connect to this perek?

Perek 6, Part 2

Kelipah: the "me, me, me" side

Name: _____

Date: _____

1. What is kelipah?

2. Because it feels separate from Hashem, kelipah is called "Elokim _____": other gods.

3. ★ Hashem gives life to kelipah only "achorayim," from behind. Explain the mashal of the coin.

4. What does the Tanya add about Hashem's light in this world?

5. Yechezkel the navi saw the three totally impure kelipos as three things. What were they?

1.

2.

3.

6. What do the three totally impure kelipos give life to?

- ☐ A. Kosher food and permitted things
- ☐ B. Everything the Torah forbids: non-kosher animals, forbidden foods and all 365 don'ts
- ☐ C. The Nefesh Elohis
- ☐ D. The malachim

7. ★ Why is the second level called kelipas nogah, the "glowing" kelipah?

8. MAISEH The great scholar who came to Lyozna asked, "Rebbe, what am I missing?" What did the Alter Rebbe answer?

9. ★ MAISEH Why is pride compared to chametz and bittul to matzah? What does pride do to the Shechinah?

10. HORA'AH What does the Hayom Yom (10 Teves) teach about insisting "I say so!"? What is the mission this week?

Perek 7, Part 1

Kelipas nogah: the elevator

Name: _____

Date: _____

1. Kelipas nogah gives life to what? Name at least three things.

2. Nogah is mostly _____, with a little bit of _____ mixed in.

3. ★ Why is kelipas nogah compared to an elevator?

4. Give an example of how meat and wine can go up into kedushah.

5. Rava said "chamra v'reicha": wine and a good smell...

- ☐ A. make your mind sharper
- ☐ B. are forbidden on weekdays
- ☐ C. are only for kings
- ☐ D. make you sleepy

6. ★ How can saying something funny go up to kedushah? What did Rava do?

7. What happens to the life in the food when someone stuffs himself just to fill his body's cravings?

8. ★ Permitted things are called "mutar." What does mutar mean, and why does that let them come back up?

9. MAISEH What did Reb Binyomin Kletzker write at the bottom line of his accounts? How did he answer his friend?

10. HORA'AH The Tzemach Tzedek said: better to eat in order to daven than to daven in order to eat (Hayom Yom, 27 Nissan). What will you think before you eat this week?

Perek 7, Part 2

Assur, and the power of teshuvah from love

Name: _____

Date: _____

1. Where do forbidden things come from? Why are they called "assur"?

2. ★ Until when do forbidden things stay tied up? Name both ways they can be released.

3. Teshuvah from love is called "teshuvah _____."

4. ★ Why does a baal teshuvah thirst for Hashem even more than tzaddikim?

5. Chazal say: in the place where baalei teshuvah stand, even complete _____ cannot stand.

6. ★ Why do the sins of someone who does teshuvah from love become like merits?

7. What about teshuvah that is not from this great love?

- ☐ A. It is not accepted
- ☐ B. It is real and Hashem forgives, but the sins don't become merits
- ☐ C. The sins become merits anyway
- ☐ D. It only counts on Yom Kippur

8. MAISEH What did the Maggid tell Reb Elimelech that they were saying in Heaven?

9. ★ MAISEH What happened with the traveler who laughed at them? What lesson does it teach?

10. HORA'AH The Rebbe Rashab said (Hayom Yom, 6 Kislev) that Krias Shema before going to sleep is like a tiny viduy. What should you do each night this week?

Perek 8, Part 1

Issur, and food that rises up

Name: _____

Date: _____

1. What happens to the energy from kosher food eaten for the sake of Hashem?

2. Forbidden food is called "issur," which means _____.

3. ★ If someone ate forbidden food by mistake, meant it for Hashem, and really learned and davened with that energy, does the energy go up? Why?

4. Is this true even for a rabbinic issur?

- ☐ A. No, only for a Torah issur
☐ B. Yes, because the words of the Rabbis are even stricter
☐ C. Only on Shabbos
☐ D. Only if he ate it on purpose

5. ★ Which yetzer hara is called the "foreign" kind, and which is called the "Jewish" kind? Why?

6. ★ Even after permitted pleasure comes back to kedushah, what stays in the body, and why?

7. Someone who never enjoyed this world his whole life, like _____, does not need that cleaning.

8. MAISEH Where did the Rebbe Maharash travel to find one Yid, and what did he say to the young man?

9. ★ MAISEH How does that story connect to perek ches?

10. HORA'AH What is the mission this week, and which campaign of the Rebbe is it part of?

Perek 8, Part 2

Your words, your time, your mind

Name: _____

Date: _____

1. The Zohar calls the cleaning for permitted idle talk the _____: a sling.
2. Which needs a much deeper cleaning, in Gehinom?
 - ☐ A. Permitted idle talk
 - ☐ B. Forbidden speech, like mocking and lashon hara
 - ☐ C. Saying a bracha quickly
 - ☐ D. Talking during recess
3. ★ Why is chatting the time away worse for someone who could be learning? What is it called?

4. Even skipping a mitzvah out of laziness has its own cleaning: a Gehinom of _____.

5. ★ Why is the Tanya so strict about words and time?

6. ★ Why is studying the wisdom of the nations (when it is bitul Torah) even worse than silly chatter?

7. When may this wisdom be used? Which two great Rishonim studied it?

8. Your mind is meant to be a _____ for the wisdom of the King. So guard it carefully!

9. MAISEH What did the Rebbe Rashab say about "counted hours" (Hayom Yom, 1 Iyar)?

10. HORA'AH What should you do in a free moment, like waiting for the bus or for class to start?

Perek 9

Two kings, one small city

Name: _____

Date: _____

1. Where does each soul live in the body?

Nefesh HaBahamis:

Nefesh Elokis:

2. "Ki hadam hu ha_____": the blood is the nefesh.

3. Which posuk shows that the Nefesh Elokis is on the right side?

4. The Tanya compares the body to:

- ☐ A. A small city (ir ketanah)
- ☐ B. A palace
- ☐ C. A garden
- ☐ D. A ship

5. ★ Explain the mashal of the two kings.

6. Which posuk about Rivkah's twins does the Tanya bring? What does Rashi say on it?

7. ★ What is the big vision of the Nefesh Elokis? Describe what happens to the mind, the heart and the three garments.

8. "B'chol levavcha" (with all your heart): Chazal say this means "b'shnei _____," with both of your inclinations.

9. ★ The Nefesh HaBahamis wants the exact opposite. Why did Hashem make it that way?

10. LESSON The video ends: "Go daven, go learn, and let your Nefesh Elokis be the king." Name one thing you can do today to help your Nefesh Elokis win. Explain using "when one goes up, the other goes down."

Perek 10, Part 1

Two kinds of tzaddik

Name: _____

Date: _____

1. What happens when the Nefesh Elohis fights so hard that it wins? Which posuk is brought?

2. A tzaddik she'eino gomur (an incomplete tzaddik) is someone who:

- ☐ A. Does half mitzvos and half aveiros
☐ B. Still has a tiny bit of evil left, bowing down to the good
☐ C. Has no evil at all
☐ D. Sometimes does aveiros

3. ★ The incomplete tzaddik may think all his evil is gone. How do we know it isn't?

4. The complete tzaddik is called a "tzaddik v' _____ lo," because his evil actually turned into good.

5. How does the complete tzaddik feel about worldly pleasures that are just for the body? Why?

6. Dovid Hamelech said: "Tachlis sin'ah s'neisim": I hate them with the _____ hatred; they are my enemies.

7. ★ Where does the tzaddik's hatred of evil come from? Explain.

8. ★ Why isn't the incomplete tzaddik's love of Hashem complete?

9. MAISEH The video tells how the Alter Rebbe lived this love. What does a fire of love that bright do to darkness?

10. HORA'AH The Hayom Yom teaches that serving Hashem doesn't mean turning the whole world upside down. What is real avodah? What is the mission this week?

Perek 10, Part 2

The bnei aliyah

Name: _____

Date: _____

1. Why are there thousands of levels of incomplete tzaddikim?

2. The Gemara says that _____ thousand tzaddikim stand before Hashem.

3. What did Rabbi Shimon bar Yochai say about the bnei aliyah?

4. ★ Why are the complete tzaddikim called bnei aliyah, "people of going up"? Give the first reason.

5. STORY In the Zohar's story, Rabbi Chiya wanted to go up to Rabbi Shimon's heavenly palace. What did the voice call out?

6. "Hoy kol tzamei, lechu lamayim" (all who are thirsty, come to the water) describes serving Hashem...

- ☐ A. to quench your own soul's thirst for Him
- ☐ B. for a prize
- ☐ C. only out of fear
- ☐ D. without any feeling

7. ★ What is the second reason they are called bnei aliyah? Explain with the Tikkunei Zohar and the mashal of the son.

8. ★ The video says: "Imagine doing a mitzvah, not for a prize, not even for the good feeling. Just because it makes Hashem happy." Give an example from your own life.

9. HORA'AH The Hayom Yom says there are two ways to heal the soul. What are they? What should you do when you catch something not so good in yourself?
