

TANYA

Likutei Amarim

Perakim 1–10

Questions on Tanya to Go Along with the Videos

Booklet 1

TEACHER'S EDITION

Answers are printed in italics, right on the answer lines.

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?

"Be a tzaddik, and don't be a rasha!" And even if the whole world tells you that you

are a tzaddik, be like a rasha in your own eyes.

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 sova, which means "to fill up."

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

Hashem fills the neshamah with powerful strengths: everything it needs to do the job

He sent it down for.

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?

The Mishnah says: "Don't be a rasha in your own eyes." If a person thinks he is a

rasha, he will be sad, and then he can't serve Hashem with simchah. So how can the

oath tell us to see ourselves like a rasha?

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

1. *Tzaddik v'tov lo*

2. *Tzaddik v'ra lo*

3. *Rasha v'tov lo*

4. *Rasha v'ra lo*

5. *Beinoni*

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?

Rabbah called himself a beinoni, yet he never stopped learning Torah, not even for one moment, so he could never think half his deeds were aveiros. So a beinoni must be someone who does no aveiros at all.

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?

On the very first Rosh Hashanah of his grandson's life: the baby born in 1789, who became the Tzemach Tzedek. The Tzemach Tzedek later said that this maamar is the first three perakim of the Tanya.

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.

The power to light up that place with Torah and avodah. Any real place counts: his class, his home, his shul.

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?

Two souls. The posuk "U'neshamos ani asisi": "Souls, I have made."

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 **blood**, 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: *Anger and gaavah (pride)*

Water: *Taavah: wanting pleasures*

Air: *Silliness, making fun, bragging and empty talk*

Earth: *Atzlus and atzvus: laziness and sadness*

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

Fire rises up, and so does pride and anger. Earth is heavy, and so are 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?

A Yid's Nefesh HaBahamis comes from kelipas nogah, which has good mixed in, because nogah comes from the Eitz Hadaas, the Tree of Knowledge of good and bad. The other kelipos have no good at all.

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

Rachmanus (mercy) and gemilus chasadim (kindness).

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

The Alter Rebbe heard it from upstairs (the Mittlerer Rebbe, deep in learning, did not). He came down, picked up the baby and rocked him back to sleep. He told his son: "No matter how lofty your involvements, you must never fail to hear the cry of a child."

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?

Two G-dly souls (Nefesh Elohis) against one animal soul (Nefesh HaBahamis), so together you win. The mission: find a chavrusa and learn something together.

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?

"Vayipach b'apav nishmas chayim": Hashem blew into man a soul of life.

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

"Someone who blows, blows from deep inside himself." A strong blast of the shofar

doesn't come from the lips; it comes from deep inside. So too, the Nefesh Elokis comes

from Hashem's innermost, kiveyachol.

4. "**Bonim** 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?

A son came from his father and is part of him, so the father's love is natural and

deep and never runs out. You are Hashem's child, a part of Him, so His love for you

never runs out.

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

Hashem and His wisdom are one. That is something no person can fully understand.

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

His mother's siddur.

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

He ran to shul and cried: "Dear G-d, I don't know how to pray. Here, I give You the

whole siddur!" and wept with his head on its pages. The Baal Shem Tov saw that his

tefillah was accepted, because that boy too has a chelek Elokah inside him.

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

Because nothing in the world can make a Yid's Modeh Ani impure (Hayom Yom, 11 Shevat).

The mission: the moment you wake up, say Modeh Ani slowly, with feeling.

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 **head** and the brain. The souls of our generation, right before Moshiach, are like the **heels** of the feet.

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

Every soul comes from the very same source: chochmah ila'ah, Hashem's supreme wisdom.

There is no such thing as a small neshamah.

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

A child forms from his father's mind step by step, down to the toenails, and even now

the toenails get their life from the brain. So too, the souls come down step by step

through the four worlds and still stay connected to their source.

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

Atzilus, Beriah, Yetzirah and Asiyah.

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 **talmid chacham**, 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?

A garment (levush). When the parents live with kedushah, they bring down a holy

garment for their child's soul. (The soul itself can be very lofty even with a simple

father, as the Arizal explains.)

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

He was a teacher's helper, bringing the little children to cheder. The Maggid said:

"If only we could kiss a Sefer Torah with the same love that my Rebbe, the Baal Shem

Tov, kissed those children!"

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?

Learning the Rebbe's teachings (Torah), and saying Tehillim. This week: say the day's

Tehillim and learn a few lines of the Rebbe's Torah.

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.

Nefesh, ruach and neshamah. The ten powers match the ten sefiros above, where they

come from.

2. The three powers of the mind are chochmah, binah and daas: ***Chabad*** 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 ***mah***": the potential of what is.

5. What is the difference between chochmah and binah?

Chochmah is the very first spark of an idea, the "aha!" flash. Binah takes that flash

and builds it out, understanding it deeply with every detail.

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.

How great Hashem is: He fills all the worlds (memaleh kol almin) and surrounds all the

worlds (sovev kol almin), and next to Him everything is like nothing at all (kula

kamei k'lo chashiv).

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

Yirah: awe of Hashem's endless greatness, feeling humble and small before Him, and

fear of Hashem in the heart. Ahavah: a strong love that blazes like fiery coals

(k'rishpei eish), a longing and yearning to be close to Hashem.

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?

"I want nothing at all! I don't want Your Gan Eden. I don't want Your Olam Haba. I

want nothing but You alone!"

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

Take one quiet minute and think about how great Hashem is (or something you learned,

until you feel how alive it is). Then daven, and feel it.

Perek 3, Part 2

Daas: holding on tight

Name: _____

Date: _____

1. The Tanya says: fire is in the **heart**, and water is in the **brain**.

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

Love and awe (ahavah and yirah).

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?

He won't get real love and awe, only "dimyonos shav": empty imaginations.

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

Held steady over a leaf in the sun, a magnifying glass focuses the light into one hot

spot until a flame starts; moved around, nothing happens. The glass is your mind;

holding it steady is daas. Hold one thought about Hashem steady, and your heart

catches fire.

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

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

Chochmah: *The flash: the first spark of an idea*

Binah: *Builds it out and understands it deeply*

Daas: *Ties the mind tight to Hashem's greatness, which makes the feelings real*

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

To learn six hours every night, standing up. He kept it until he finished the whole

Talmud, Bavli and Yerushalmi, and all four parts of the Shulchan Aruch, in depth.

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

Daas means holding on and not letting go. He didn't just decide once; he kept it,

night after night.

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

They come from an empty head; when your mind is busy with something good, there is no

room for them. Keep one holy thought ready (a posuk or a line of Tanya) and go back to

it when your mind wanders.

Perek 4, Part 1

The three garments of the soul

Name: _____

Date: _____

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

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

Action: *Doing the mitzvos with your body*

Speech: *Learning them out loud, with all their halachos*

Thought: *Understanding the Torah as deeply as you can (Pardes)*

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 **365** 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.

Ahavah is the root of the 248 mitzvos to do: when you love someone you want to be

close, and the way to cling to Hashem is by doing His mitzvos. Yirah is the root of

the 365 don'ts: you don't want to rebel against the King, and you would be too

embarrassed before His greatness to do something He hates.

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

Because the Torah is Hashem's own wisdom and will. The Zohar says: "Oraisa v'Kudsha

Brich Hu kulla chad": the Torah and Hashem are one.

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

The infinite Hashem lowered His own will and wisdom into leather tefillin, wool

tzitzis and ink letters on parchment, so that every Yid, even a little child, can

understand it and do it.

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?

He put on his hand tefillin while walking down the hallway. A guard pushed him down an

iron staircase, but he climbed back up, still holding his tefillin, and in the next

office, while the officer's back was turned, he put on both tefillin and said Shema.

It shows that inside those leather boxes is Hashem's own will, worth giving everything

for.

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?

With beauty, more than just the minimum. For example, tzitzis or tefillin done

carefully, with love, not in a rush.

Perek 4, Part 2

Hugging the King

Name: _____

Date: _____

1. Why is the Torah compared to water?

*Water flows down from a high place to a low place. The Torah came down step by step,
through all the worlds, into our physical world: right down to you.*

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

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

*When you hug the king, it doesn't matter if he wears one robe or many; you are hugging
the king himself. The Torah is dressed in physical things (tefillin, the Gemara), but
inside it is Hashem Himself. So doing a mitzvah or learning is hugging the King.*

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 **Olam Haba**.

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

*In Olam Haba, souls enjoy only a glow, ziv haShechinah, a reflection of the light. A
mitzvah here connects you to Hashem Himself.*

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

In Gan Eden they feel how precious this world is. Not only the malachim, but even the very highest levels would give up everything for one "Amen, yehei shmei rabba" that a Yid says with all his strength.

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

For a whole year afterward, their "Amen, yehei shmei rabba" was burning.

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

Answer "Amen, yehei shmei rabba" out loud, with all your strength, thinking about the words.

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?

Open answer. For example: when saying a bracha or opening a sefer, stop for one second and remember that you are in the King's embrace, then say it slowly and with feeling.

Perek 5, Part 1

Grasping Hashem through a halachah

Name: _____

Date: _____

1. Eliyahu Hanavi says about Hashem: "Leis machshavah tefisa bach," which means: **No thought can grasp You at all.**

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

Your mind grabs the idea and wraps itself around it, and at the same time your mind is dressed inside the idea.

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

When your mind is really busy with one thing, it can't think about something else at the same time.

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?

Because that din is what Hashem wanted it to be: His own will and wisdom. So knowing the din is grasping Hashem's will and wisdom.

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

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

There is nothing like it anywhere in the physical world: it is totally one from every side. Your mind holds Hashem's wisdom and is wrapped in it. Even the malachim can't grasp Hashem, but you can, through one halachah.

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

Torah knowledge, just like that, as a gift. The boy said: "No thank you; I'd rather get it through my own hard work."

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

Because the Torah is infinite. However much his grandfather would have given him, there would always be more to work on.

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

A d'var halachah, a word of Torah law, even a short one. In that moment you and your friend are both holding on to Hashem's own wisdom.

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 **bread**: 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?

A garment stays on the outside; food goes inside and turns into your own flesh and

blood. The mitzvos are the soul's garments; Torah that you learn and understand is its

food (and a garment too).

4. Dovid Hamelech says: "V'sorascha b'soch **me'ai**": 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?

The Etz Chaim.

6. Food is ohr **pnimi** (an inner light). Garments are ohr **makif** (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).

The mitzvos are only a garment, but Torah is food and a garment too: it goes inside,

and the breath of the words you say also becomes a surrounding light.

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

Just from the sound of the niggun his father sang while learning.

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

The Torah had become so much a part of the Tzemach Tzedek that it came out in his song.

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

Learn a Mishnah by heart, and then say it over from memory while walking. Then the Torah is inside you, like food, and goes with you everywhere.

Perek 6, Part 1

What makes something holy

Name: _____

Date: _____

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

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

Seven bad middos, from the four bad elements, and a mind of three (chochmah, binah and daas) that gives birth to those middos.

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

Because his mind is still small. It shows that the middos follow the mind.

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 ***ruach***": empty, like chasing the wind.

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

Kedushah is whatever is batel to Hashem: totally given over to Him, like a drop of water that melts into the ocean.

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

The malachim: all they want is what Hashem wants. Every Yid is batel deep down: when it really counts, he is ready to give up everything for Hashem (mesiras nefesh).

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

On even one Yid who sits and learns Torah, and on every gathering of ten Yidden.

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

It wanted to change how Jewish children learn Torah. The Tzemach Tzedek refused and said: "A rebel against the government can lose the life of his body. A rebel against Hashem loses the life of his soul. Now, which is worse?"

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

Say the day's Tehillim together with the minyan. When ten Yidden are together the Shechinah rests there, and you are part of it.

Perek 6, Part 2

Kelipah: the "me, me, me" side

Name: _____

Date: _____

1. What is kelipah?

Whatever is not batel to Hashem: whatever says "I'm my own thing! Me, me, me!" It feels separate from Hashem, a yesh.

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

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

Like someone who tosses a coin over his shoulder without turning around: he gives, but not from the heart. Kelipah gets only a tiny trickle of light, squeezed down through many levels, just enough so it doesn't disappear.

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

Hashem's light still fills even this world, hidden inside, all the way down.

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

1. *A stormy wind*

2. *A great cloud*

3. *A flaring fire*

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 Elokis
- ☐ D. The malachim

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

Because it has some good mixed in.

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

"You're missing nothing. You fear Hashem and you are a scholar. But you need to get

rid of your chametz (the feeling of 'me', pride) and bring in matzah: bittul."

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

Chametz puffs itself up; matzah stays flat and humble. Pride pushes the Shechinah

away, but bittul lets it in.

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

Every "I", every ego, causes fights. Once this week, when arguing with a friend or a

brother, let it go, and make room for the Shechinah.

Perek 7, Part 1

Kelipas nogah: the elevator

Name: _____

Date: _____

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

The Nefesh HaBahamis; kosher animals, birds, fish and every permitted food; and

everyday permitted things we do, say or think that are not l'shem Shamayim, even

eating what the body needs.

2. Nogah is mostly **bad**, with a little bit of **good** mixed in.

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

It is in the middle, between the three impure kelipos and kedushah. Sometimes it goes

down into the three impure kelipos; sometimes the good in it is separated from the bad

and it goes up into kedushah.

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

Eating good meat and drinking good wine to honor Shabbos and Yom Tov, or to open up

the mind for Hashem and His Torah. Then the life in them goes up to Hashem, like a

korban.

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?

*When it is said to wake up the mind and make the heart happy for Hashem and His Torah,
because serving Hashem needs simchah. Rava told his students something funny first;
they laughed, and then they learned with simchah.*

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

*It goes down, for now, into the three totally impure kelipos, and his body becomes
their garment for the time being, until he does teshuvah.*

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

*Mutar means untied. The kelipos did not tie it up, so it can rise up again with him
when he comes back to serving Hashem.*

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

*"Total: Ein od milvado" (there is nothing besides Hashem). He answered: if someone's
mind wanders off to the fair in Leipzig while davening, nobody is surprised; so what
is so terrible if a thought about Hashem's oneness sneaks in during business?*

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?

*"This is so I can serve Hashem!" (and, as the Frierdiker Rebbe added, do it with
simchah).*

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"?

From the three totally impure kelipos. Assur means tied: they are tied up by the kelipos and can't go up.

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

Until Moshiach comes and death is swallowed up forever ("v'es ruach hatumah a'avir min ha'aretz"), or until a teshuvah so great that the sins turn into merits: teshuvah me'ahavah.

3. Teshuvah from love is called "teshuvah me'ahavah."

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

Until now he was far away, in a dry desert: the sitra achra. Like dry, tired land thirsting for water, his soul now thirsts for Hashem even more.

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

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

Because his sins are what brought him to this great love.

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?

Ahavas Yisroel means loving a total rasha just like a total tzaddik; and a minyan of

the chevraya can wake up even a total rasha to do teshuvah.

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

They davened with tears and spoke to him about how dear every Yid is to Hashem, and

within a few days he became a complete baal teshuvah. Nobody is ever too far.

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?

Say Krias Shema slowly, think back over your day, and tell Hashem: tomorrow I'll do

even better. (At night you are still "in the middle of the market," so you can still

fix things.)

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?

*It gives you energy to learn and daven, and that energy goes up and becomes part of
the words of your Torah and tefillah.*

2. Forbidden food is called "issur," which means ***ties up (chained)***.

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?

*No. It is held tight by the sitra achra, the three totally impure kelipos, even though
it was by mistake and for Hashem.*

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?

Wanting forbidden things is the foreign kind; it comes from the three impure kelipos.

*Wanting permitted things just for the pleasure is the Jewish kind, because it can
still come back to kedushah.*

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

*A reshimu, a little trace, because every bite and drink turns right away into your own
flesh and blood. So the body needs a cleaning, like beating the dust out of a carpet.*

7. Someone who never enjoyed this world his whole life, like **Rabbeinu HaKadosh**, 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?

To Paris. He said: "Young man! One is not allowed to drink non-kosher wine! Such wine dulls the sensitivity of the mind and the heart. Be a Jew!"

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

What we eat and drink really touches the neshamah: it becomes part of us, body and soul.

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

Make sure everything you eat and drink is kosher, even a candy or a drink at a friend's house: check the hechsher. It is the Rebbe's kashrus campaign.

Perek 8, Part 2

Your words, your time, your mind

Name: _____

Date: _____

1. The Zohar calls the cleaning for permitted idle talk the **kaf hakela**: 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?

It is bitul Torah, wasting time he could have learned, so it needs more than the sling.

4. Even skipping a mitzvah out of laziness has its own cleaning: a Gehinom of **snow**.
5. ★ Why is the Tanya so strict about words and time?

Because they are so precious. Words of Torah are Hashem's own wisdom, said with your own mouth, and every minute you learn you are holding on to Hashem Himself.

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

Silly chatter only stains your middos, but this wisdom dresses your very mind

(chochmah, binah and daas) in kelipas nogah. It fell into kelipah at the breaking of the vessels, from the back side of holy chochmah.

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

When it is used as "an axe to chop with": to earn a comfortable living so you can

serve Hashem, or to use it for serving Hashem and for your Torah. The Rambam and the

Ramban.

8. Your mind is meant to be a **palace (home)** 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)?

"The hours must be counted hours; then the days will be counted days." When a day

passes you should know what you accomplished and what's left, and make tomorrow better

than today.

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

Learn a Mishnah or a perek of Tanya instead of just chatting. Those few minutes become

Torah forever.

Perek 9

Two kings, one small city

Name: _____

Date: _____

1. Where does each soul live in the body?

Nefesh HaBahamis: *In the heart, in the left chamber, the one filled with blood*

Nefesh Elohis: *In the brain, and from there it spreads to the right chamber of the heart, where there is no blood*

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

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

"Lev chacham limino": the heart of a wise man is on his right.

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.

Two kings fight over one city; each wants to capture it and rule it, so that all its

people do whatever he says. So too, the two souls fight over the body and every single

limb.

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

"U'le'om mi'le'om ye'ematz": one nation will overpower the other. Rashi says: when one

goes up, the other goes down. (Yaakov was drawn to the beis midrash, and Eisav to

avodah zarah.)

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

To be the only king of the whole city, with every limb a merkavah (chariot) for its

powers. The mind thinks of Hashem's greatness, which gives birth to yiras Shamayim and

a love that burns like flames of fire. That love overflows into the left chamber and

turns the Nefesh HaBahamis's craving into love of Hashem. Thought, speech and action

are all busy with Torah and mitzvos.

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

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

For our good, so that we can overpower it and win.

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

Open answer. For example: think about Hashem's greatness before davening, or learn

with a chavrusa. Every time the Nefesh Elohis gets stronger, the Nefesh HaBahamis gets

weaker.

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?

It drives the evil out of the left chamber of the heart. "U'viarta hara mikirbecha":

root out the evil from within you.

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?

If all the evil had left, it would have turned into actual good.

4. The complete tzaddik is called a "tzaddik v'tov 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?

He can't stand them, because they come from kelipah, the sitra achra, and he hates the

sitra achra with a total hatred.

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

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

From his huge, fiery, delighted love of Hashem. Love of Hashem and evil are opposites

(zeh l'umas zeh), so the bigger his love for Hashem, the bigger his hatred of evil.

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

Because he doesn't hate evil totally: a speck of liking for it is left.

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

It doesn't just push the darkness away; it turns the darkness itself into light.

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?

A bracha said with kavanah, knowing before Whom you stand. Pick one bracha a day and say it slowly, thinking about Hashem.

Perek 10, Part 2

The bnei aliyah

Name: _____

Date: _____

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

*It depends on how small (batel) the leftover evil is: one in sixty, one in a thousand,
one in ten thousand.*

2. The Gemara says that **eighteen** thousand tzaddikim stand before Hashem.

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

"I have seen the bnei aliyah, and they are few."

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

Because they turn evil into good and lift it up to holiness.

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?

"Who among you turned darkness into light, and bitter into sweet, before coming here?"

If not, don't come in!"

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.

They serve Hashem not just to quench their own thirst, but for Hashem. A chassid does

kindness "im kono," with his Creator, uniting Hakadosh Baruch Hu with His Shechinah

down here in our world, like a son who loves his parents more than his own life and

gives everything for them.

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.

Open answer: any mitzvah done just because Hashem wants it, the way a son runs to help

his father because he loves him.

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?

Teshuvah and good deeds. Don't just feel bad: add one more good deed. Good deeds make

the healthy parts stronger so they can overcome the weak part, and a little light

pushes away a lot of darkness.
