

TANYA

Likutei Amarim

Perakim 11–20

Questions on Tanya to Go Along with the Videos

Booklet 2

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 11

The rasha, and the light that never leaves

Name: _____

Date: _____

1. The video quotes Shlomo HaMelech: "Zeh l'umas zeh." What does it mean, and how does it explain the rasha?

"This one opposite that one" (Koheles 7:14). The tzaddik is the one where the good

wins; the rasha is the opposite, where the good in his mind and heart bows down to the

kelipah.

2. In a rasha, the good in his mind and heart bows down to the **kelipah** on the **left** side of the heart.
3. In the lowest level of rasha, the evil puts on just ONE of the soul's three garments. Write an example the video gives for each garment.

Action: *A small aveirah*

Speech: *Something close to lashon hara, or making fun of people*

Thought: *Thinking about doing an aveirah*

4. ★ Chazal say thinking about an aveirah is even harder than doing it. When else, says the video, is a person called a rasha "at that moment"?

When it's the perfect time to learn Torah and he turns his heart to nothing at all,

wasting the time (Avos 3:4).

5. After he sins, what happens inside this person? And what does Hashem do?

The good inside him wakes up: he feels terrible, he's sorry, and he asks Hashem to

forgive him. Hashem does forgive him when he does real teshuvah.

6. Hashem calls out "Shuvu banim!" (Yirmiyahu 3:14). What does it mean?

- ☐ A. Rest, My children!
- ☒ B. **Come back, My children!**
- ☐ C. Sing, My children!
- ☐ D. Listen, My children!

7. ★ In the next level the bad side is stronger, but every so often he still feels regret. Where does that regret come from?

From the good in his neshomeh: Hashem's light inside him is still alive and still

calling him home. That's why Chazal say "the wicked are full of regrets."

8. ★ In a "rasha v'ra lo", who never feels sorry, the good has left his inside. Where is it now? What proof does the video bring that no Yid's neshomeh is ever lost?

It stands ABOVE him, like a light hovering over his head: a "makif". Proof: Chazal say

that on every ten Yidden the Shechinah rests, even if they are resha'im (Sanhedrin

39a).

9. MAISEH A freethinker asked the Tzemach Tzedek why "Yehudim" is sometimes written in the Megillah with TWO yuds. What did he answer?

A yud is ten: the ten powers of the soul. Some Yidden live by the Nefesh Elohis' ten

powers, and in some the Nefesh HaBahamis' ten take over too. Haman wanted to destroy

ALL of them, even the "two-yud" Yidden. After the miracle, those Yidden did teshuvah.

10. HORA'AH This week's hora'ah is about guarding your words. What are the two things not to do, and what is the tip? Write one thing YOU could say to change the subject.

Don't say lashon hara, and don't listen to it. Tip: change the subject with a smile.

For example: "Hey, did you see the game at recess?"

Perek 12, Part 1

The beinoni: the mind rules the heart

Name: _____

Date: _____

1. The Tanya's other name is "Sefer shel **Beinonim**", the book of the beinonim.
2. Who is a beinoni? Which garments of the Nefesh HaBahamis never get into his body?

Someone whose evil NEVER captures the city, not even for one moment. The Nefesh

HaBahamis's garments of thought, speech and action never get into his brain, his mouth

or his hands, so he never does an aveirah.

3. ★ If the beinoni never does an aveirah, why isn't he a tzaddik?

Because the Nefesh HaBahamis is still there, in the left side of his heart, with its

wants. It's just not in charge.

4. The Rebbe explains that even someone who stumbled before can become a beinoni. How?

Through real teshuvah. From then on, sin has no place in his life.

5. When does the Nefesh Elohis rule over EVERYTHING in the beinoni, even the heart?

- ☐ A. When he eats a good meal
- ☒ B. **When he davens: Krias Shema and Shemoneh Esrei**
- ☐ C. When he is asleep
- ☐ D. Only on Yom Kippur

6. What happens in his heart while he davens? What happens to the evil on the left side?

He thinks about the greatness of Hashem, the Ein Sof, and a fire of love burns in his

heart: he wants to be close to Hashem and do His mitzvos with love. The evil on the

left side melts away: it is batel.

7. ★ Davening is over, and the Nefesh HaBahamis wakes up: "I want THAT!" What does the beinoni do? Use the words "moach shalit al halev."

Moach shalit al halev: the mind rules over the heart. That's how Hashem made every person from birth. The heart can want something, but the mind decides what he does, says and even thinks, and it turns him toward kedushah.

8. MAISEH In 1812, how did "the mind rules the heart" save the life of Reb Moshe Meisels?

He worked as a translator at Napoleon's headquarters, passing secrets to the Russians. Napoleon called him a spy and put a hand on his chest to feel if his heart was pounding. Reb Moshe stayed completely calm, and the danger passed.

9. HORA'AH The hora'ah from the Tanya: what should you do when you want to eat? What does it bring you?

Wait a little before eating, and learn some Torah in the meantime. Your mind is the boss, and it brings great help from Above.

10. Think of a time in your day when your heart wants something your mind knows isn't right. What will your mind tell it?

Open answer. For example: "I want to stay in bed" / mind: "Get up and daven!" Or: "I want to answer back" / mind: "Stay quiet."

Perek 12, Part 2

Light beats darkness, and paying back with kindness

Name: _____

Date: _____

1. Shlomo HaMelech says wisdom beats foolishness the way light beats darkness (Koheles 2:13). Explain the candle in the dark room.

Light one small candle in a dark room, and a whole lot of darkness runs away. It

doesn't even fight back.

2. Chazal say: a person only sins when a "***ruach shtus***", a spirit of foolishness, enters him (Sotah 3a).

3. ★ Why does the Nefesh Elohis in the mind win over the kelipah?

The kelipah is foolishness, like darkness. The Nefesh Elohis in the mind is wisdom,

like light. And a little light chases away a lot of darkness.

4. A not-good thought pops up from the heart into the mind, all by itself. What does the beinoni do the moment he notices it?

He pushes it away with BOTH hands. He won't even let his mind play with it, and he

certainly won't say it or do it. He turns his mind to something good instead.

5. Why does even a beinoni feel the pull of these thoughts?

- ☐ A. Because he is really a rasha
- ☒ B. ***Because the Nefesh HaBahamis is still in his heart, which is why he isn't a tzaddik***
- ☐ C. Because he forgot to daven
- ☐ D. Because thoughts don't matter

6. Someone bumps you or teases you. What comes up from the heart? What does the beinoni's mind make him do instead?

Anger, jealousy, a grudge. His mind doesn't let them in, and makes him do the

opposite: be kind, show him extra love, and even pay him back with favors.

7. ★ Who does the Tanya tell us to learn from, and what did he do?

Yosef. His brothers sold him as a slave, and he gave them food and took care of them.

8. ★ MAISEH After he was freed on Yud-Tes Kislev, 1798, what did the Alter Rebbe write to the chassidim about the people who spread lies about him?

Don't act proud over them, don't mock them, don't even mention it. Answer softly,

because a soft answer turns away anger. Then, like water reflects a face, Hashem may

soften their hearts too.

9. HORA'AH This week's hora'ah: if someone bothers you, what do you do? Write one favor you could do for him.

Don't pay him back. Do him a favor instead! For example: lend him a pen, save him a

seat, help him with his work.

10. In perek yud-dalet the Alter Rebbe says: EVERY person can be a beinoni, at any **time** and at any hour.

Perek 13, Part 1

Zeh v'zeh shoftan: the courtroom

Name: _____

Date: _____

1. ★ The Gemara says "Beinonim: zeh v'zeh shoftan." What does it mean? Why doesn't it say that both sides RULE him?

A beinoni is JUDGED by both: the good side and the bad side. If the bad side ruled him

even for one moment, at that moment he would be called a rasha.

2. In the video's courtroom, who is who?

Judge 1: *The Nefesh HaBahamis, from the left side of the heart: "Do it!"*

Judge 2: *The Nefesh Elokis, in the mind: "No! Only kedushah!"*

Who decides: *Hakadosh Baruch Hu, Who helps the good side*

3. Chazal say the yetzer hara gets stronger every day. What would happen without Hashem's help? How does He help?

A person couldn't beat it. Hashem shines His own light onto the Nefesh Elokis, and a

little light pushes away a lot of darkness.

4. "He stands at the **right** hand of the poor man, to save him from the judges of his soul."

5. ★ Inside a beinoni, how strong is the bad?

☐ A. It is completely gone

☐ B. It is half as strong

☒ C. **It is at full strength, just like the day he was born; it just can't get out**

☐ D. It gets weaker every year

6. ★ The oath says: "Be in your own eyes LIKE a rasha." How does this perek explain the word "like"?

Think of yourself as a beinoni: the bad inside you is just as strong as a rasha's, it

just doesn't win. Even learning Torah day and night only proves your mind is the boss,

not that the bad is gone.

7. Rabbah's mouth never stopped learning. Why did he still say "I am a beinoni"?

Because all day he felt the burning love we feel in Shema and Shemoneh Esrei, so in

his own eyes he was like a beinoni who davens all day.

8. MAISEH What did young Reb Hillel Paritcher and his friend think they were? What happened when the Tanya came into their hands?

They learned Gemara all week and Kabbalah all Shabbos behind a closed door, and

thought they were complete tzaddikim. The Tanya showed them they weren't even beinonim

yet, so they opened the door and learned the Alter Rebbe's way.

9. HORA'AH "If the yetzer hara bothers you, drag him into the beis midrash!" What happens if he's stone? If he's iron? What will YOU do this week?

If he's stone, he'll melt. If he's iron, he'll shatter. This week: when the yetzer

hara argues, open a sefer and learn something, even for one minute.

10. The video says the bad side may argue, but it never gets to decide. Why is that good news for you?

Open answer. Hashem stands at my right side and helps me in every battle, so I can

always win.

Perek 13, Part 2

The battle every day, and why Hashem loves it

Name: _____

Date: _____

1. The posuk about Yaakov and Eisav says: "One nation shall be **stronger** than the other." When one goes up, the other goes down.

2. When does the beinoni's Nefesh Elohis get the upper hand? What happens to the bad then?

At special times like davening, when he thinks about Hashem's greatness and a fiery

love burns in the right side of his heart. The bad is pushed down, but it's not gone.

3. During davening, the bad in a beinoni is compared to:

- ☒ A. **A man who is sleeping**
- ☐ B. A guest who left for good
- ☐ C. A lion in a cage
- ☐ D. A broken clock

4. Only a **tzaddik** can say: "My heart is empty within me."

5. ★ "True lips last forever; a lying tongue only for a moment." If the beinoni's love goes away after davening, is it true? Explain.

Compared to a tzaddik, whose love never leaves, it isn't called true service. But for

the beinoni, at his level, it IS completely true, because he can wake it up again

every day by getting ready for davening: true lips that last forever.

6. ★ Truth is Yaakov's middah. Why does the Zohar call him the "middle bar" of the Mishkan?

The middle bar ran through all the boards, from end to end. So too, truth runs through

every level, from the highest to the lowest. Every person has his own true point,

right where he is.

7. ★ What are the two kinds of delicacies Hashem loves? Which one is the beinoni's?

Sweet ones, and sharp ones, cooked and spiced just right. The tzaddik turns bitter

into sweet; the beinoni who pushes down the bad while it's still strong is the sharp

delicacy.

8. MAISEH How did Reb Yekusiel Liepler get in to see the Alter Rebbe, and what did he ask for? Why weren't the chassidim impressed?

He climbed the wall and jumped in through the window: "Rebbe, chop off my left side!"

The bracha helped him, but he got it as a gift, instead of earning it with his own

hard work.

9. HORA'AH What does the Rebbe ask us to say before davening? What does it mean? Which friend will you think of?

"Hareini mekabel alai mitzvas aseil shel v'ahavta l'reiacha kamocha": I take upon

myself the mitzvah to love my fellow as myself. (Any friend.)

10. The video says the daily battle "isn't a sign that something's wrong." So what does it mean when you have to fight your yetzer hara again tomorrow?

It's the job I was made for. Every morning I start again, and Hashem treasures every

round.

Perek 14, Part 1

Anyone can be a beinoni, any time

Name: _____

Date: _____

1. Every single person can be a beinoni, at any **time**, at any **hour**!

2. ★ Why doesn't a beinoni have to HATE the bad in his heart?

Because feelings in the heart are not fully in our hands, and not every hour is the

same. His job is what he thinks, says and does.

3. "Sur mera va'asei tov" (Tehillim 34:15). What does it mean? In which three areas does a beinoni do it?

Turn away from bad and do good. In real life: thought, speech and action.

4. ★ Why can every person control his thought, speech and action, even when his heart wants the opposite?

Because Hashem gave every person the choice and the power to think, say and do what's

right, and to turn his mind away from what his heart wants.

5. What does the beinoni tell himself when his heart wants something forbidden? Which posuk shows why sins are so bad?

"I will NOT be a rasha, not even for one moment! I don't want to be separated from

Hashem, not even for one second!" "Your sins separate between you and your G-d"

(Yeshayahu 59:2).

6. We are called "ohavei shemecha" (Tehillim 5:12). What does it mean?

☐ A. Those who learn Your Torah

☒ B. **Those who love Your Name**

☐ C. Those who fear Your Name

☐ D. Those who sing to You

7. Where does a regular kid get the strength to say "no" to the yetzer hara?

From the hidden love for Hashem in the heart of every Yid. It's always there, even when you don't feel it.

8. ★ Even the simplest Yid would give up his life rather than be torn away from Hashem. So what does the beinoni say to himself?

"Am I worse than him? He only forgets because a spirit of foolishness came into him.

And me? I don't want to be a fool!"

9. MAISEH Why did Reb Shmuel Munkes throw the roasted lung into the garbage? How did he know?

At his first yechidus with the Alter Rebbe he decided to stop wanting physical things.

The lung gave him the strongest craving he ever felt, and a kosher food couldn't pull

that hard, so he knew it must be treif.

10. HORA'AH This week's hora'ah: when something not good pulls at you, what words do you say? Then what do you do?

"I don't want to be separated from Hashem, not even for one moment!" (Tanya ch. 14).

Say it, mean it, and walk away.

Perek 14, Part 2

Reaching higher: the tzaddik's gift

Name: _____

Date: _____

1. What does it take to be a tzaddik who truly HATES evil in his heart?

A huge love for Hashem, a delight so great it's like tasting Olam Haba: "olamcha

tir'eh b'chayecha", you'll see your world in your lifetime.

2. Being a tzaddik is a gift from Hashem, called "avodas **matanah**" (Bamidbar 18:7).

3. ★ The oath says "Be a tzaddik, and don't be a rasha." Why does it say both?

Being a tzaddik isn't fully in our hands. So at LEAST, don't be a rasha: that, every

person can do every moment of his life.

4. The Alter Rebbe says not to stop at being a beinoni. What should you still set aside time to think about?

How this world's pleasures don't last (soon they're just garbage), and the greatness

of Hashem, the Ein Sof, as much as you can, and rejoice in Him.

5. What if these thoughts don't feel real to you yet?

That's okay! Do your part, and Hashem will do what's good in His eyes.

6. A secret: habit becomes second **nature**!

7. ★ What is iskafya?
- ☐ A. Avoiding only what's forbidden
 - ☒ B. **Saying "no" even to something PERMITTED that you really want**
 - ☐ C. Eating only on Shabbos
 - ☐ D. Learning all night
8. ★ When you push from below, what does Hashem send from Above? What might happen?

Help from Above. Maybe a spark of a tzaddik's spirit will rest on you, and you'll

serve Hashem with true joy: "simchu tzaddikim baShem."

9. MAISEH Why did the Rebbe Rashab cry as a little boy, and what did the Tzemach Tzedek answer?

He asked why Hashem showed Himself to Avraham Avinu and not to us. The Tzemach Tzedek

said: when a tzaddik, 99 years old, decides he must do his bris, he deserves that

Hashem should show Himself to him.

10. HORA'AH This week's hora'ah is a little iskafya. What did the early chassidim resolve? What permitted thing will YOU skip once this week, for Hashem?

Something permitted that they really craved, they would skip it, to break the craving.

(Open answer: e.g. a second dessert, a candy.)

Perek 15

Oved Elokim: the 101st time

Name: _____

Date: _____

1. Malachi says: "between one who serves Hashem, and one who did not serve Him." What did Bar Hei Hei ask Hillel, and what did Hillel answer?

He asked: isn't "one who serves Hashem" the tzaddik again? Hillel answered that both

are righteous, but reviewing your learning 100 times can't compare to 101 times.

2. ★ Why is the beinoni called "oved", while the tzaddik is called "eved Hashem"?

"Oved" is present tense: he's in the middle of the work, the battle with the yetzer

hara, chasing it out again and again. "Eved Hashem" is a title, like "chacham" or

"melech": the tzaddik already finished the war.

3. ★ The beinoni called "lo avodo" never sins and learns all the time. Why isn't he "serving"?

His yetzer hara doesn't fight him: by nature he loves to learn, and this world's

pleasures don't pull him. The hidden love he uses isn't his own work; it's a yerushah

from the Avos.

4. In the Gemara's days, everyone reviewed a lesson **100** times. That was habit.

5. Explain the Gemara's mashal of the donkey drivers.

They charged 1 zuz for 10 parsah, but 2 zuz for 11, because it was more than they were

used to.

6. Why is the 101st review worth so much?

- ☐ A. Because 101 is a lucky number
- ☒ B. **Because it goes past his lifelong habit, so it is real avodah**
- ☐ C. Because it is the last time
- ☐ D. Because the teacher checks it

7. ★ How can a person break a habit, according to the Tanya?

Think deeply about Hashem's greatness, until a real love for Him wakes up in his heart. That love is stronger than nature. (Or at least wake up the hidden love to fight his nature.)

8. The video says: if getting up to daven or sitting still to learn is hard for you, that's not a problem. Why not?

It's your chance! The effort, the push, the extra minute makes you "oved Elokim", and Hashem treasures every bit of it.

9. MAISEH A student asked the Rebbe: "Can the Rebbe do miracles?" What did the Rebbe answer?

Every Yid's neshomeh is a part of Hashem, not limited by nature; holding on to Torah, he isn't bound by nature. "Let us all work miracles!": grow in Torah and mitzvos in a miraculous way.

10. HORA'AH The Rebbe taught: "A person must challenge himself." What is your "101st" this week? Name the posuk or Mishnah you will review one extra time.

Open answer: any posuk of Chumash or Mishnah, reviewed one more time than usual.

Perek 16

Hidden love gives your mitzvos wings

Name: _____

Date: _____

1. A "klal gadol" for every beinoni: moach ***shalit*** al halev, the mind rules the heart.
2. Thinking about the greatness of the Ein Sof brings two things. What does each one make you want to do?

Yirah: Stay far from anything wrong, even a small d'rabbanan

Ahavah: Long to come close to Hashem through Torah and mitzvos

3. You think and think about Hashem, and your heart doesn't burn like fire. What does the Alter Rebbe say?

That's OK! The love can be HIDDEN, in your mind and in the hidden places of your

heart. Some neshamos come from a hidden root Above.

4. ★ How does a person with hidden love decide to hold on to Hashem?

He understands that his neshomeh should long to be close to Hashem, and the only way

is Torah and mitzvos. So he decides: with all my heart, soul and might, through all

613 mitzvos.

5. The Zohar says: "Torah without love and fear..."

- ☐ A. ...is still complete
- ☒ B. ***...can't fly up***
- ☐ C. ...is only for children
- ☐ D. ...is better than nothing

6. What happens when your quiet understanding goes into the Torah you learn and the mitzvos you do?

It gives them WINGS! They fly up as if you did them with a burning fire in your heart.

7. ★ "Machshavah tovah, Hakadosh Baruch Hu metzarfah l'maaseh" (Kiddushin 40a). What does it mean? Why must Hashem Himself join them?

Hashem joins a good thought to the deed. Love in the mind is so lofty, higher than

doing, that it can't go into the deed by itself, so Hashem Himself joins them.

8. ★ What got you off the couch to open the sefer? Why does the video call it the "real engine"?

A quiet thought about Hashem. Without it, you'd only chase what your body wants, so

that thought is real avodah.

9. MAISEH A man told the Rebbe he felt like a hypocrite for going to shul only on Yom Kippur. What did the Rebbe answer?

"You're not a hypocrite when you go to shul on Yom Kippur. You're a hypocrite when you

don't go the rest of the year." Keeping mitzvos isn't hypocrisy, even if your feelings

don't always match.

10. HORA'AH From Tanya ch. 41: what do you think for one moment before you start learning? When will you do it this week?

"I'm doing this to come close to Hashem." (Open answer: before class, before Gemara.)

Perek 17

Ki karov eilecha: it's very close to you

Name: _____

Date: _____

1. "Ki karov eilecha hadavar me'od, b'ficha u'vilvavcha **la'asoso**" (Devarim 30:14).

2. ★ What is the Alter Rebbe's question on the words "in your heart"?

To change your heart from wanting this world's treats into a real love for Hashem

isn't close at all! Even yirah is no small thing, and only tzaddikim rule their

hearts.

3. ★ What kind of love IS very close to everyone? Explain the word "la'asoso".

A love that brings you to DO the mitzvos. It can be hidden in the heart, even if it

doesn't burn like flaming coals.

4. Why is this love "very close and easy for anyone with a brain in his head"?

Your mind is yours: you can point it at anything. Think about the greatness of the Ein

Sof, and the love comes by itself, at least in your mind.

5. The mind is the boss. What does it tell each one to do, in the video?

Mouth: *Say a bracha!*

Hands: *Open the sefer!*

Feet: *Walk to shul!*

6. "Hayom la'asosam" teaches that today is for doing. Tomorrow is for...

☐ A. ...resting

☒ B. **...the reward**

☐ C. ...learning

☐ D. ...davening

7. ★ Who is the exception, for whom the posuk isn't speaking? What must he do first?

A real rasha, who is in the power of his heart. First he needs teshuvah: his sins

built kelipos like an iron wall between him and his Father in Heaven.

8. How do you break an iron wall? What happens to the spark of Hashem inside a Yid through teshuvah?

With a broken heart, truly sorry from deep inside: when the heart breaks, the kelipah

breaks. The spark rises from its fall (the Shechinah in galus) and stands tall again.

9. MAISEH A chossid barely knew what the words of davening meant, yet davened for hours for 40 years. On what vort? What did each word mean to him?

"Zachor v'shamor b'dibbur echad": Zachor, always remember; Shamor, keep it in your

mind; B'dibbur, in every thing (davar); Echad, the oneness of Hashem.

10. HORA'AH What should you do before davening? How long did the Rebbe Maharash say is enough?

Stop and think about the greatness of Hashem (Shulchan Aruch, Orach Chaim 98:1). Even

five minutes before each tefillah is enough.

Perek 18

Me'od: a hidden treasure in every Yid

Name: _____

Date: _____

1. Which word in the posuk does this perek explain? For which Yid is the Torah VERY close?

"Me'od", VERY close. Even for a Yid who can't think deeply about Hashem's greatness,

it's very close to keep all the mitzvos with real love and fear.

2. The hidden love in the heart of every Yid is called the ahavah **mesuteres**.

3. Where does this hidden love come from?

It's an inheritance from our Avos: Avrohom, Yitzchok and Yaakov. You don't have to

build it; you already have it.

4. ★ Chazal say the Avos were Hashem's "merkavah", His chariot. What does that mean?

A chariot has no will of its own. Every moment, the Avos wanted only what Hashem

wants.

5. What do the letters of the word "chochmah" spell?

- ☒ A. **"Koach mah": the power of "what?"**
- ☐ B. "Chach mah": a sharp mind
- ☐ C. "Chai mah": what is alive
- ☐ D. "Koach Hashem"

6. ★ Why can chochmah "hold" Hashem, when no mind can understand Him?

Chochmah is higher than understanding, and the light of the Ein Sof shines in it.

Before Hashem the smartest and the simplest are the same.

7. "Hashem b'**chochmah** yasad aretz": Hashem founded the earth with wisdom (Mishlei 3:19).

8. ★ Why did even simple Yidden, even ones who weren't careful with mitzvos, give up their lives rather than deny that Hashem is One?

Not because of deep thinking. It was simply impossible for them: Hashem's light in

their chochmah lights up the whole neshomeh. That's mesiras nefesh.

9. MAISEH Only 12 of 3,000 soldiers kept Shabbos, and Shmuel Blizinsky wrote to the Rebbe about the "religious soldiers." What did the Rebbe answer?

"Give my bracha to EVERY soldier! A Yid neither wants nor is able to be separated from

Hashem. So all your comrades are religious; some just don't know it yet."

10. HORA'AH From Tanya ch. 25: at which words of Shema will you think, "Hashem, I'm Yours, completely!"? How often?

At "Shema Yisroel... Hashem Echad", morning and night.

Perek 19

Ner Hashem: your neshomeh is a candle

Name: _____

Date: _____

1. "Ner Hashem nishmas **adam**" (Mishlei 20:27): a person's neshomeh is Hashem's candle.
2. What does a candle flame always do? Why is it surprising?

*It reaches UP, to pull away from the wick and join its source, the great fire above,
even though up there it would stop being a little flame.*

3. How is your neshomeh like that flame?

*By its nature it longs to go up and be one with Hashem, even to melt into Him
completely with no separate "me" left.*

4. ★ The video says this longing is "nature". What does that mean? Where does it come from?

*Not from logic. It comes from the chochmah of the neshomeh, where the light of the Ein
Sof shines.*

5. What makes anything holy?

- ☐ A. Being big and strong
- ☒ B. **Bittul: feeling "I am nothing before Hashem"**
- ☐ C. Being old
- ☐ D. Being expensive

6. ★ What does the kelipah shout? Why is it called "dead"?

*"Give! Give! Feed me!" It wants to be a big ME. "Chochmah gives life" (Koheles 7:12),
and kelipah has no chochmah, so it's called dead.*

7. If every neshomeh wants Hashem so much, how can a Yid ever do an aveirah?

A "ruach shtus", a spirit of foolishness, enters him. It's like a sack thrown over the flame: the chochmah's light is covered, in galus. That's why it's called the HIDDEN love.

8. ★ What happens in a test of emunah? What does "fear inside love" mean?

The sleeping chochmah WAKES UP; even a Yid who always gave in now says NO WAY, and the kelipos melt like wax before fire. The flame loves Hashem so much, it's scared to be apart from Him even for a moment.

9. MAISEH The Rebbe Rashab said: "A chossid is a lamplighter." What does a lamplighter do? What if the lamp is in a desert, or in the sea?

He carries a pole with fire and lights every lamp on his way, knowing the fire isn't his own. In a desert: light it there too! In the sea: jump in and light it!

10. HORA'AH The yetzer hara says "It's small, just this once!" What will you think?

"I'd never give up Hashem, not even for a moment, and not for THIS!"

Perek 20

Ein od milvado: Hashem is everything

Name: _____

Date: _____

1. The first two of the Aseres HaDibros hold the whole Torah. Which mitzvos does each one hold?

Anochi: *All 248 "do" mitzvos*

Lo yihyeh lecha: *All 365 "don't" mitzvos*

2. How did we hear these two dibros at Har Sinai, compared to the rest?

We heard these two straight from Hashem, and the rest through Moshe Rabbeinu (Makkos

24a).

3. "Atah hu ad shelo nivra ha'olam, Atah hu **mishenivra** ha'olam": the same before, and after!

4. ★ "Ani Hashem lo shanisi" (Malachi 3:6). What question does this bring up?

Hashem made so many worlds! Doesn't that change Him? Yet He hasn't changed at all.

5. ★ Explain the mashal of one word, like "Hi!" How big is it compared to you?

Your power of speech could say words without end, and speech comes from your thoughts

and your neshomeh's chochmah, binah and daas. Next to them, one word is like zero.

6. Next to Hashem, the whole world is like...

☐ A. ...a giant mountain

☒ B. **...one tiny word**

☐ C. ...a big ocean

☐ D. ...half of everything

7. "Ein od milvado" (Devarim 4:35). What does it mean, and where is Hashem's word right now?

There is nothing else besides Him. His word is inside every tree, every raindrop,

every breath, giving it life right now.

8. ★ Why is every aveirah included in "Lo yihyeh lecha"? And what does every mitzvah say?

Avodah zarah means acting like something is separate from Hashem, its own boss. An

aveirah is a big grey "ME!". Every mitzvah says "Anochi": Hashem, You're everything,

and I'm Yours!

9. MAISEH What did Reb Binyamin Kletzker write at the bottom of his accounts? What did he tell his helper?

"Ein od milvado!" "When people daven, their minds wander to lumber. So when I'm doing

lumber, why can't my mind wander to Hashem?"

10. HORA'AH The Baal Shem Tov taught that everything you see or hear is a lesson in serving Hashem. Pick one thing you saw today. What can it teach you?

Open answer. For example: the rain gives life to everything quietly, so I can help

others without making noise.
