

TANYA

Likutei Amarim

Perakim 31–40

Questions on Tanya to Go Along with the Videos

Booklet 4

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 31, Part 1

A broken heart is alive, and joy comes after it

Name: _____

Date: _____

1. The last perakim told you to make an honest cheshbon. What if thinking about it for an hour or two makes you very sad? What does the Alter Rebbe say?

Don't worry! This kind of sadness can be used to beat the sitra achra, and right after

it comes real joy.

2. About kedushah it says: "Oz v'**chedvah** bimkomo," strength and **joy** are in His place.
3. What did the Arizal teach about when to worry about your aveiros, and when to be only happy?

Worry about your aveiros only during viduy. When you daven and when you learn Torah:

only joy!

4. ★ "The handle of the axe that chops the forest comes from the forest itself." What does this mashal teach?

You beat the sitra achra with its own tools: the down feeling is used to break the

puffed-up "me" and the yetzer hara.

5. "B'chol etzev yihyeh **mosar**" (Mishlei 14:23): in every sadness there is a **profit**.

6. What is the difference between the two?

Atzvus (sadness): *The heart is dull, like a stone: no life, nothing moves.*

Merirus (bitterness): *A broken heart that is alive: upset, bubbling, it wants to*

fix things.

7. The life in a broken, bitter heart comes from...

- ☐ A. chesed (kindness)
- ☒ B. **the holy power of gevurah**
- ☐ C. the Nefesh HaBahamis
- ☐ D. the yetzer hara

8. ★ When is the best time to make this cheshbon, says the Alter Rebbe? What happens to the regular sadness?

When you feel down anyway, about something regular (a bad mark, a lost game) or for no reason. Turn it into a cheshbon about your avodah, and the regular sadness goes away.

9. MAISEH A chossid stood crying on the side at hakafos, worried about his child. What did he do, and what did the Rebbe tell him afterward?

He remembered it was Simchas Torah, washed his face and jumped into the dancing. The Rebbe blessed his family and said: what you did on Simchas Torah changed everything.

10. HORA'AH What is this week's hora'ah? How did the Rebbe describe merirus and atzvus in a letter?

When you feel down, take one minute, pick one thing in your avodah to fix, write it down and do it, then smile and move on. Merirus energizes you; atzvus paralyzes you.

Perek 31, Part 2

Bring your neshomeh home with joy

Name: _____

Date: _____

1. After the cheshbon, what should a person say to himself? Finish it: "True, I'm far from Hashem, but..."

"...that's only my body and Nefesh HaBahamis. Inside me is a Nefesh Elokis, a real

part of Hashem, and she is in galus."

2. The Nefesh Elokis is a "chelek **Elokah** mamash," a real part of Hashem, even in the **kal** shebekalim.

3. The farther a person is from Hashem, the deeper his neshomeh's galus. What should he feel toward her, what should be his goal, and how does he reach it?

Great rachmonus on her. His goal: bring her out of galus, back to her Father's house,

through Torah and mitzvos, and especially davening, crying out to Hashem to free her.

4. "Ivdu es Hashem b'**simcha**": serve Hashem with **joy**.

5. Tell the mashal of the king's son. What does it teach about the joy of learning and davening?

A king's son is a captive, turning a millstone in prison, covered in dirt. He is set

free and runs home to his father's palace. There's no greater joy, and that's your

neshomeh's joy when you learn and daven.

6. ★ At Yetzias Mitzrayim the Torah says "Ki varach ha'am," the people ran away. Why did they have to run? What will be different with Moshiach?

The bad inside them was still strong, so they had to escape from it. When Moshiach

comes, the bad will be gone, so no one will have to run.

7. If the body still wants what it wants, what should you do?
- ☐ A. Stop learning until it changes
 - ☐ B. Be sad about the body all day
 - ☒ C. **Be happy with the neshomeh's joy and not mix in the body's sadness**
 - ☐ D. Wait for a better day
8. ★ The trampoline example: why did Hashem put His light into a body like yours?

To fly up high you first push down deep. The neshomeh came down so it can go up

higher, and lift your thought, speech and action through Torah.

9. MAISEH Rabbi Ezra Schochet asked the Rebbe in yechidus to help him do teshuvah, with tears. What did the Rebbe answer, and what did he explain later?

"It looks like you don't wish to repent out of happiness!" Every mitzvah must be done

with joy, and teshuvah is even greater, so the joy must be even greater.

10. HORA'AH What is this week's hora'ah, and what does the Rambam say about it?

After every mitzvah, stop for one second and feel: my neshomeh just went home a

little! The Rambam: the simcha of doing a mitzvah is a great avodah.

Perek 32, Part 1

Every Jew is your real brother

Name: _____

Date: _____

1. Last perek taught that the body is small and the neshomeh is what counts. Which big mitzvah does the Alter Rebbe say this makes "straight and easy"?

V'ahavta l'reiacha kamocha: love your fellow Jew like yourself, every single Jew, big

or small.

2. Why are all Jews called "achim mamash," real brothers? What is separate, and what is not?

All the neshomos match each other and come from one Father, Hashem. Only the bodies

are separate.

3. If a person treats his body as the main thing, his love for others will be...

- ☒ A. **love that depends on a thing, which goes away when the thing is gone**
- ☐ B. real love for every Jew
- ☐ C. love only for tzaddikim
- ☐ D. the same as loving himself

4. Your brother fights with you over the last slice of pizza. Is he still your brother? What does this teach about every Jew?

Of course! Nothing changes that. The same with every Jew, even the boy on the other

team or a Jew far away: brothers.

5. Hillel told the man on one foot: "What is **hateful** to you, don't do to your **friend**. That's the whole Torah; the rest is the explanation."

6. ★ How can loving a Jew be "the whole Torah" if there are mitzvos between a person and Hashem, like Shabbos and tefillin?

The root of all the Torah is to lift the neshomeh above the body up to Hashem, and to

bring Hashem's light down onto all of Klal Yisroel together, as one.

7. ★ Where does Hashem NOT rest, according to the perek? What does that tell you?

Hashem doesn't rest in a place that is broken and split apart. His light comes only

when Yidden are together.

8. In Shemoneh Esrei we say: "Barcheinu Avinu, kulanu k'**echad** b'or panecha," bless us, our Father, all of us as **one**.

9. MAISEH In the summer of 1991 a woman in the dollars line said she was tired after one hour. What did the Rebbe answer, and what does it show?

"When you are counting diamonds, you don't get tired." To the Rebbe, every single Jew

is a diamond.

10. HORA'AH What did the Baal Shem Tov teach about why a neshomeh may come down for 70 or 80 years? What is this week's hora'ah?

Maybe just to do one favor for another Jew, in gashmiyus and surely in ruchniyus. This

week: one real favor for another Jew every day.

Perek 32, Part 2

Hate the bad, love the Jew

Name: _____

Date: _____

1. The Gemara says that if you see your friend do an aveirah, it's a mitzvah to hate him. Who is this "friend," and only after what?

Only your chaver in Torah and mitzvos, and only after you already rebuked him nicely,

as the Torah says, and he still didn't stop.

2. "Hoche'ach ***tochiach*** es amisecha": you shall surely ***rebuke*** your fellow.

3. What did Hillel say to do with someone far from Torah and mitzvos? Why does he call people "briyos"?

Be a talmid of Aharon: love peace, chase peace, love the briyos and bring them close

to Torah. Even if the only good you see is that Hashem created him, pull him close.

4. If you pull someone close and he still doesn't come close to Torah, what have you lost?

Nothing! You still have the mitzvah of ahavas Yisroel.

5. With what does the Alter Rebbe say to pull people close?

- ☒ A. ***Strong ropes of love***
- ☐ B. Long speeches
- ☐ C. Prizes
- ☐ D. Strict rules

6. ★ The chaver who didn't listen to rebuke: how can you hate him and love him at the same time?

Hate the bad in him, and love the hidden good: the spark of Hashem inside him that

gives life to his Nefesh Elokis.

7. Why should you have rachmonus on that spark? What does rachmonus do to hatred?

It's in galus, stuck inside the bad of the sitra achra. Rachmonus wipes out hatred and wakes up love.

8. ★ "Yaakov, who redeemed Avrohom": what does each name stand for?

Yaakov: *rachamim (mercy)*

Avrohom: *ahavah (love). The mercy sets the love free!*

9. MAISEH The Rebbe Rayatz spent a freezing Shabbos at an inn among Jew-hating peasants to stop Stolypin's decree. Why did he mention his fur coat, as the Rebbe explained?

When you go to a spiritually cold place to help another Jew, wear a "fur coat" so the cold doesn't get into you.

10. HORA'AH What did the Baal Shem Tov say is needed for ahavas Yisroel, even for a Jew you have never seen? What will you do this week?

Mesiras nefesh. This week: find one boy you don't really know (the new kid, the quiet one) and pull him in with a rope of love.

Perek 33, Part 1

Hashem is One, and He lives with you

Name: _____

Date: _____

1. For days when you feel heavy inside, what one more road to true simcha does the Alter Rebbe give?

Think deeply about Hashem's true unity.

2. What does "Hashem's true unity" mean, more than "there is one G-d"?

That nothing really exists except Him. He fills all the worlds, and everything before

Him is like nothing, just like before Creation.

3. ★ The mashal from your own neshomeh: where is a word before you say it? What does this teach about the world?

It's hidden in your wish, and you don't feel the letters at all. The whole world is

inside Hashem like words inside a wish.

4. The sun's light shines across the sky. What happens to it inside the sun itself? What does the flashlight on the beach show?

Inside the sun the light is swallowed up; there's only the sun. A flashlight at noon

is shining, but next to the sun it's nothing. So is the world next to Hashem.

5. "Ein od **milvado**": there is nothing else besides **Him**.

6. When you really think about this, what happens to your heart? Why?

It becomes glad, so glad it wants to sing with all your heart, soul and might, because

thinking this is being close to Hashem.

7. Why were you and all the worlds created?

- ☐ A. So the angels have a place
- ☒ B. ***Because Hashem wanted a dirah, a home, in the lowest world***
- ☐ C. So people can be comfortable
- ☐ D. Only for the upper worlds

8. ★ The mashal of the poor man and the king: how happy would he be, and how much more for us?

A king comes to live in his tiny house: he'd be dancing! Infinitely more when the King

of kings comes to live with you.

9. MAISEH In 1812 the Alter Rebbe asked his grandson what he sees on the ceiling. What did each one answer?

The grandson: "A beam." The Alter Rebbe: "I see the word of Hashem, the breath of His

mouth, that gives the beam life and keeps it existing."

10. HORA'AH What does the Alter Rebbe's Shulchan Aruch say to think on the ches and the dalet of "echad"? What's this week's hora'ah?

Ches: Hashem is King over the seven heavens and the earth. Dalet: He rules all four

directions. This week: give "echad" a few extra seconds in every Shema.

Perek 33, Part 2

Double joy: Hashem's joy and yours

Name: _____

Date: _____

1. Every morning we say: "Ashreinu! Mah tov ***chelkeinu***, umah na'im goraleinu, umah yafah ***yerushaseinu***!"
2. What "inheritance" from our Avos is worth infinitely more than a fortune? Why is it like an inheritance?

Hashem's true unity, that even down here there is nothing but Him. We could never earn

it ourselves; it's a present, and it's ours.

3. The Gemara says 613 mitzvos were given, and then Chavakuk based them all on one. Which one?

"Tzaddik be'emunaso yichyeh": a tzaddik lives by his emunah.

4. ★ How should you be happy with your emunah, and where does that joy take you?

As if it were your only mitzvah, the whole reason you were created. That joy carries

you to all 613 mitzvos.

5. The joy of emunah lifts your neshomeh over obstacles. Give an example of each kind.

From inside: *"I'm tired, I don't feel like it."*

From outside: *Friends, noise, the world around you.*

6. Why does it say "yichyeh," he will LIVE?

It's like techiyas hameisim: the neshomeh comes alive with great joy.

7. ★ What are the two joys?

Joy number one: *Hashem is close to you and lives with you.*

Joy number two: *You give Hashem joy, by turning darkness into light.*

8. ★ "Yismach Yisroel b'osav": osav literally means "Makers," plural. Why?

- ☐ A. It means the malachim
☒ B. ***Our world is like a reshus harabim, full of many separate things***
☐ C. It's a mistake
☐ D. It means the Avos

9. MAISEH The Baal Shem Tov's story: what did the malachim find in Heaven after Simchas Torah, and what did Michoel make from it?

Torn slippers and broken heels from the Yidden's hakafos. Michoel said: out of these

torn shoes I will make an even more glorious crown for Hashem!

10. HORA'AH What did the Rebbe say breaks through all barriers? Which niggun did he ask the children to sing, and when will you sing it?

Simcha. "Nyet, nyet, nikavo": there is nothing besides Hashem. Sing it this week when

you feel stuck or down, with a friend if you can.

Perek 34, Part 1

Make Hashem a home with fixed times for Torah

Name: _____

Date: _____

1. The Avos were a "merkavah," a chariot, for Hashem. What does that mean?

*A chariot has no will of its own; it goes where the driver wants. Their whole lives,
not for one moment did they stop binding their mind and soul to Hashem.*

2. Chazal say about Moshe Rabbeinu: "The **Shechinah** spoke from Moshe's **throat**."

3. At Har Sinai the Yidden's souls flew out at every word. What did Hashem tell them to build right away, and why?

*A Mishkan, with a Kodosh HaKodashim, where His Shechinah would rest, since it was too
much for them.*

4. Since the Beis HaMikdash was destroyed, where does Hashem have His place in the world? Why there?

*Only in the four amos of halachah, because the halachos are Hashem's own will and
wisdom.*

5. "My mind is too small to be a real merkavah like the Avos." So what should a person decide to do?

*Make Hashem a home by learning Torah at fixed times every day and every night, as much
as he can.*

6. Even if you're busy, Chazal say: even one **perek** in the morning and one **perek** at night!

7. How should a person feel about hosting Hashem twice a day?

- ☐ A. Worried that it isn't enough
☒ B. ***Glad, thanking Hashem with a joyous heart for his portion***
☐ C. Proud that he is better than others
☐ D. Nothing special

8. ★ You would learn more if you had the time. How does Hashem count that, and what does the Rebbe explain it means for your whole day?

Hashem counts the good intention as if you did it, so you are a home for Hashem the

whole day.

9. ★ MAISEH Yehuda Eizel was worried that a store would keep him from Torah. What was the Mittler Rebbe's mashal of the merchant from Shklov?

He spends eleven months away, at the Leipzig fair and on the road, yet is called "from

Shklov" because it's all for the month at home. If the store is for your hour of

learning, you never lose touch with Torah.

10. HORA'AH The Rebbe asked every Yid to set fixed times for Torah, "fixed in the soul." What is this week's hora'ah?

Pick two times, one in the morning and one at night, and keep them like a meeting

you'd never miss.

Perek 34, Part 2

Tzedakah, food, and a heart with two sides

Name: _____

Date: _____

1. When a Yid is busy working all day, how does he still make a home for Hashem?

With tzedakah from the money he worked for, because kindness is Hashem's own middah.

2. Chazal: "Just as He is ***merciful***, so you be merciful." The Tikkunim call chesed Hashem's ***right*** arm.

3. If he gives only a fifth, what happens to the other four parts?

The one fifth carries the other four with it, all the way up to Hashem, to make Him a dwelling.

4. ★ How is tzedakah like the korbanos?

One animal on the mizbeach lifted up all animals, and a little flour with oil lifted all plants. Chazal say tzedakah equals all the korbanos.

5. How can the slice of pizza you eat at lunch become part of Hashem's home?

When you eat to stay healthy and use that strength to learn and daven (like Mincha), it goes up to Hashem too.

6. ★ The Alter Rebbe also told us to feel humble and even ashamed. Doesn't that ruin the simcha? Explain.

No! You can feel both at once: the shame comes from the body and Nefesh HaBahamis, and the joy from the Nefesh Elohis, the spark of Hashem inside you.

7. The Zohar says: "***Weeping*** is lodged in one side of my heart, and ***joy*** is lodged in the other."

8. Rabbi Elazar was sad and happy at once when his father, Rabbi Shimon, taught him secrets about...

- A. ***the Beis HaMikdash being destroyed***
- B. the Mabul
- C. the Avos
- D. Yetzias Mitzrayim

9. MAISEH Reb Peretz offered to pay the whole 18 rubles himself. Why did the rav of Shchedrin say the yetzer hara called the meeting?

To stop hundreds of mitzvos: all the simple Yidden joyfully giving their hard-earned

pennies. One rich man paying it all would wipe them out.

10. HORA'AH The Rebbe asked every child to make his room a mini Mikdash. What three things go in it, and what will you do every weekday?

Your own Chumash, your own Siddur and your own pushka, with your name on them. Put a

coin in the pushka every weekday.

Perek 35, Part 1

The body is the wick, mitzvos are the oil

Name: _____

Date: _____

1. The beinoni wins every day, but his Nefesh HaBahamis stays strong his whole life. What big question does the Alter Rebbe ask about him?

Why did his neshomeh come down here, to fight his whole life a war he can never

finish?

2. "The wise man's **eyes** are in his **head**" (Koheles 2:14).

3. How does the Zohar explain that posuk? Why don't we walk four amos with our head uncovered?

Because the Shechinah rests above a person's head, and that light needs oil: good

deeds.

4. In the mashal of the lamp, what is each part?

The wick: *the body*

The oil: *good deeds, mitzvos*

5. Why does a lamp need oil, and not just a wick?

A wick alone burns smoky and goes out fast. Oil turns completely into the flame, so

the light burns pure and steady.

6. ★ Why can't the neshomeh itself be the "oil"?

Love needs two: the one who loves and the One he loves. So even a tzaddik doesn't melt

into Hashem's light completely, like oil into a flame.

7. Why does a mitzvah melt completely into Hashem's light?
- ☐ A. Because it is hard
 - ☒ B. ***Because a mitzvah is Hashem's will itself, His innermost wish***
 - ☐ C. Because angels carry it
 - ☐ D. Because you feel it
8. ★ The storekeeper mashal from Lessons in Tanya: what does it teach about Hashem's "innermost will"?

He wants customers and profit, but really to feed his family. Hashem created the world, but His deepest will is the mitzvos we do.

9. MAISEH The Rebbe told Yehuda Avner about wax and a string in a cupboard. When do they become a candle? What did the Rebbe answer at the door?

When you bring a flame to the wick; then they do what they were made for. "Has the Rebbe lit my candle?" "No. I gave you the match. Only you can light your own candle."

10. HORA'AH Hayom Yom, 10 Sivan: "You have a good lamp, but you lack the igniter." What is the advice, and what will you do this week?

Strike the stone of the Nefesh HaBahamis hard, and a spark lights the Godly fire. When you don't feel like a mitzvah, do it anyway with all your energy.

Perek 35, Part 2

One mitzvah lights you up from head to foot

Name: _____

Date: _____

1. When you learn Torah, which powers do you use? On what does the Shechinah then rest?

*Thought and speech, the inside garments of the Nefesh Elohis. The Shechinah rests on
the Nefesh Elohis.*

2. To bring the light onto your body and Nefesh HaBahamis too, what do you need? Give an example.

*Mitzvos you do with your body, like tefillin: the strength in your arm melts into
Hashem's will.*

3. ★ The Nefesh Elohis can't move your hand by itself. So who moves it, and what happens to that energy in a mitzvah?

*The Nefesh HaBahamis, the body's life-energy. In a mitzvah its energy turns from bad
to good and becomes holy.*

4. ★ The beinoni's Nefesh HaBahamis still has bad middos deep inside. Why don't they block the light?

*When the mind rules the heart, they are in exile, fast asleep, and against their will
they say Amen!*

5. When you do one mitzvah, Hashem's light shines over...

- ☐ A. only your hand
- ☐ B. only your head
- ☒ C. **your whole body and Nefesh HaBahamis, from head to foot**
- ☐ D. only your neshomeh

6. Chazal say: on every gathering of **ten** Jews, the **Shechinah** rests.

7. A heretic asked Rabban Gamliel: "How many Shechinahs do you have?" What was his answer, and what does it mean?

The sun's light comes in through many windows, but it's one sun. Hashem's light is

one; it just shines on different things.

8. Basketball practice is in ten minutes. How do you do tefillin? (Not bar mitzvah yet: what's your version?)

Put them on slowly and carefully, not rushed. Before bar mitzvah: every mitzvah with

your hands, like tzedakah, a bracha, helping at home.

9. MAISEH Days before the Six-Day War the Rebbe started Mivtza Tefillin. What happened at the Kosel right after Shavuot?

Four chassidim stood with tefillin. A senior officer put them on, ran to the Kosel and

cried, then ordered his officers to put on tefillin and daven. The stand is still

there today.

10. HORA'AH Where do tefillin go, and what does that teach? What is this week's hora'ah?

On the arm facing the heart, and on the head: heart and mind for Hashem, all of you in

action. Put them on slowly every weekday (if bar mitzvah), and help one more Jew put

them on.

Perek 36, Part 1

Why Hashem made the world: a home down here

Name: _____

Date: _____

1. Why did Hashem create the world, as Chazal say?

Hashem desired to have a dwelling, a home, in the lower worlds.

2. Why is a "home" a good word for this? Think about how a person is at work and at home.

At work a person is busy and formal; at home he's fully himself. Hashem wants to be

fully Himself, revealed, right here.

3. ★ For Hashem there's no higher or lower. So what makes one world "higher" and another "lower"?

Only the creations: Hashem's light comes down through many garments that cover and

hide it, world after world, down to this one.

4. What do the kelipos in this world say?

- ☐ A. "Hashem is everywhere"
☒ B. **"I am, and there's nothing else besides me"**
☐ C. "We want to be holy"
☐ D. Nothing at all

5. This world is the lowest of all: no world hides Hashem more. Its darkness is **doubled** and **redoubled**.

6. ★ Why can't the purpose be the higher worlds?

For them, all the coming down is a step away from Hashem's light. The purpose must be

this lowest world.

7. What does Hashem want done in this world? What is special about that light?

That the sitra achra be pushed down and darkness turned into light. Light that comes

out of darkness shines stronger than in all the higher worlds.

8. Your snack, your basketball, your phone: how can they become "darkness turned into light"?

A slow bracha on the snack, using the energy for a mitzvah, playing honestly and

kindly: a home for Hashem right in your kitchen.

9. **MAISEH** Reb Elimelech cried because he couldn't daven Mincha in a jail cell with a pail. What did Reb Zusha say, and what happened next?

"The same Hashem who said to daven said not to daven here; by not davening you're

connected to Him!" They danced, the guards took away the pail, and they davened in

peace.

10. **HORA'AH** Hayom Yom, 27 Elul: Hashem makes ***physical*** things out of spiritual, and the Yidden make spiritual out of ***physical***. This week: make one physical thing a home for Hashem.

Perek 36, Part 2

When the whole world will shine

Name: _____

Date: _____

1. When will the light of Hashem's home shine openly?

In the days of Moshiach, and especially at techiyas hameisim. That's the goal the world was created for.

2. A light that huge: how will we be able to take it?

Hashem gives us the strength through the Torah, which is called "might" (oz).

3. At Matan Torah: "Atah hor'eisa lada'as ki Hashem Hu HaElokim, **ein** od **milvado**": there is nothing else.

4. ★ At Matan Torah, from which directions did the Yidden hear Hashem's words? Why was it like that?

From every direction: east, west, up and down. The Aseres HaDibros are Hashem's innermost will and wisdom, with nothing hiding it.

5. Their souls flew out at every word. With what did Hashem bring them back?

With the dew of techiyas hameisim: the dew of Torah.

6. What made the world coarse again after Matan Torah?

- ☐ A. The Mabul
☒ B. **The sin of the eigel**
☐ C. The Migdal Bavel
☐ D. Nothing

7. ★ At the end of days, what will happen to the body and the world? Will only the Yidden see the light?

They will be refined, and the Yidden will see Hashem's light openly through Torah. It

will light up the nations too: "the nations will walk by your light."

8. MAISEH In Basi LeGani (Yud Shevat 5711), how did the Shechinah go up to the seventh heaven, and how did it come back down?

Sins pushed it up, one heaven after another. Seven tzaddikim, from Avrohom to Moshe,

brought it back down, and Moshe, the seventh, brought it to earth.

9. "All sevenths are cherished." What did the Rebbe say is demanded of each of us, the seventh generation?

To complete drawing the Shechinah down, right into our lowly world.

10. HORA'AH Hayom Yom, 29 Menachem Av: what is more precious than being led by the hand from Above? What will you do this week?

Your own effort, because a dwelling below means you take part in building it. This

week: one mitzvah on your own, without anybody asking.

Perek 37, Part 1

Every mitzvah lifts a piece of the world

Name: _____

Date: _____

1. On what does the whole future, Moshiach and techiyas hameisim, depend?

On what we do now, during the galus: our Torah and mitzvos.

2. Chazal say: "The **reward** of a mitzvah is the **mitzvah** itself."

3. ★ Tefillin parchment, an esrog, honest tzedakah money: where do they come from, and what happens to them in a mitzvah?

From kelipas nogah, the in-between part of the world. In a mitzvah their life-force

goes up and melts into Hashem's light, like a drop in the ocean.

4. Learning and davening are mostly speech. Why do they still count as "doing"?

The halachah is that moving your lips counts as action. The Nefesh Elohis speaks

through the body and the Nefesh HaBahamis.

5. Dovid HaMelech said: "All my **bones** shall speak!" The more strength in your words, the more **energy** becomes holy.

6. Follow your breakfast: how does it end up in holiness?

Food becomes blood, blood becomes energy, and that energy says a bracha and learns a

Mishnah.

7. ★ What does each group of mitzvos do?

365 don'ts: keep the Nefesh HaBahamis away from the three totally impure kelipos

248 do's: fill the body with Hashem's light, until it's a merkavah for Hashem

8. The souls of Israel are 600,000 roots. Each neshomeh has...

- ☐ A. nothing to do with the world
- ☒ B. **its own piece of the world to lift up: its food, home and things**
- ☐ C. the same job as every other neshomeh
- ☐ D. only the job of learning

9. MAISEH The Baal Shem Tov let the horses wander to a hidden brook and made a bracha on its water. Why, as he explained later?

Since creation no one had made a bracha on that water. In a few moments the spring

would dry up, its purpose never fulfilled.

10. HORA'AH The Tzemach Tzedek: "Better to eat for the sake of ___ than to ___ for the sake of eating" (Hayom Yom, 10 Shevat). What's this week's hora'ah?

Davening; daven. Eat breakfast as fuel for Hashem with a clear bracha, then pour that

energy into davening and learning.

Perek 37, Part 2

Tzedakah lifts all of you; Torah calls Hashem close

Name: _____

Date: _____

1. What do Chazal say tzedakah is equal to? What is it called in the Yerushalmi?

It equals all the other mitzvos. In the Yerushalmi it's simply called "the mitzvah."

2. ★ Why does tzedakah lift more of the Nefesh HaBahamis than most mitzvos?

In most mitzvos only one power goes in, only while you do it. Money comes from hours

of work, all its strength, so your whole Nefesh HaBahamis goes up.

3. And if you didn't work for the money?

It could have bought what you need to live, so you're giving your very life to Hashem.

4. Chazal say: tzedakah brings the **Geulah** closer.

5. ★ Chazal also say learning Torah is equal to all the mitzvos. How can both be true?

Torah uses speech and thought, the innermost garments, and with real understanding

even the mind (chochmah, binah, daas) becomes holy.

6. In the mashal of the King:

The mitzvos are like: *the King's limbs*

Torah is like: *the King's mind, whose life is far beyond a hand or a foot*

7. You're learning, and a mitzvah comes up that nobody else can do. What does halachah say?
- ☐ A. Keep learning
 - ☒ B. **Stop learning and go do the mitzvah**
 - ☐ C. Ask someone else to do it
 - ☐ D. Do it later

8. MAISEH Reb Sholom Ber Lifshitz asked if he must give up his own learning for Yad L'achim. What did the Rebbe answer?

"I was astonished at this question!" Hashem gave you the chance to save Jewish

children, and your yetzer hara brings doubts. A mitzvah others can't do comes before

Torah study.

9. Learning Torah is like a child calling his father. What does the child say? Which posuk does this explain?

"Come be with me, don't leave me alone!" "Hashem is close to all who call Him in

truth," and truth means Torah.

10. HORA'AH Why did Rabbi Elazar give a coin before davening (Hayom Yom, 2 Kislev)? What's this week's hora'ah?

Tzedakah before davening adds tremendous life to it. Put a coin in the pushka every

morning before Shacharis, from your own money if you can.

Perek 38, Part 1

Action is the body, kavanah is the soul

Name: _____

Date: _____

1. If you say Shema only in your mind, with all your concentration, are you yotzei? And if you said the words without kavanah?

Only in your mind: not yotzei, say it again out loud. Words without kavanah: yotzei

(except the first posuk of Shema and the first bracha of Shemoneh Esrei).

2. Which two things must be repeated if said without kavanah?

In Shema: *the first posuk*

In Shemoneh Esrei: *the first bracha*

3. ★ Why does saying the words count more than only thinking them?

The neshomeh doesn't need fixing. It came down to fix the body and the Nefesh

HaBahamis, and that happens through the lips and the limbs.

4. The Shelah HaKadosh says: davening without kavanah is like a **body** without a **neshomeh**.

5. Hashem gives life even to a stone, every moment. What would happen without it?

It would go right back to nothing.

6. How is the life in a stone or a body different from the life of a soul?

There's no comparison: the soul's light shines in a far greater way.

7. A mitzvah done WITH kavanah to cling to Hashem brings down...
- ☐ A. the same light as without kavanah
 - ☐ B. a little more light
 - ☒ C. **a light infinitely higher**
 - ☐ D. no light at all

8. ★ Is thinking about Hashem higher than doing the mitzvah? So why does Hashem want kavanah?

No, doing is the main thing. But Hashem wants you to connect with your mind too, so

the mitzvah is alive, not just a box to check off.

9. MAISEH At the inn, how did the chassid answer the guests' fast, mumbled davening? What did they promise?

He mumbled a question to them: "Where are you going today?" Is this how you talk to

the King of kings? They promised to say every word clearly, with attention.

10. HORA'AH How does the Alter Rebbe's Shulchan Aruch say to read Shema? What is this week's hora'ah?

With awe, like a royal proclamation from the King, as if you'd never heard it before.

Say the first posuk slowly, eyes covered, like hearing the King's message for the

first time.

Perek 38, Part 2

Four levels: give every mitzvah a soul

Name: _____

Date: _____

1. Everything in creation is one of four: **domem** (a stone), **tzomeach** (a plant), chai (an animal) and **medaber** (a person who speaks).
2. What do the four levels match, and how are they different from each other?

The four letters of Hashem's Name. Each gets more of Hashem's life: a stone can't

grow, a plant grows, an animal moves and feels, a person thinks and speaks.

3. ★ The mitzvos have four levels too. Name them.

The body (two levels): *mitzvos of real action; mitzvos of speech (Torah, Shema,*

brachos)

The soul, kavanah (two): *like the soul of an animal; like the soul of a person*

4. What is the highest kavanah, "like the soul of a human being"?

Thinking about Hashem's greatness until real love and awe are born in the heart, and

the soul thirsts to cling to Him through Torah and mitzvos.

5. If you can't feel that yet, what does every Yid have to wake up?

- ☐ A. Nothing
- ☒ B. ***A hidden love, an inheritance from the Avos***
- ☐ C. A love you buy
- ☐ D. Only fear of punishment

6. ★ What do you say to yourself to wake up the hidden love? What awe is inside it?

"I'd give up everything rather than be cut off from Hashem; I want to be one with

Him." The awe: never to rebel against Him.

7. Kavanah from the hidden love is like the soul of an **animal**: natural, not from **understanding**. But it's still a real, living soul!

8. You say a perek of Tehillim for a sick friend from your heart, without understanding every word. Does that count?

Yes! That kavanah is real, and Hashem treasures it.

9. MAISEH The Baal Shem Tov's talmidim put their hands on each other's shoulders. What did they hear, and what did he teach them?

The simple Jews' Tehillim from the depths of the heart ("Tatte!"). They trembled and

cried. Hashem, Who is perfect truth, cherishes such Jews.

10. HORA'AH Hayom Yom, 8 Cheshvan: where does the word "mitzvah" come from? What will you do this week?

From "tzavta," joining: a mitzvah joins you to Hashem. Before one mitzvah each day,

stop two seconds: "I'm joining Hashem right now."

Perek 39, Part 1

Angels stand still; you can climb

Name: _____

Date: _____

1. Why are the angels called Chayos and Behemos, names of animals?

They have no free choice: their love and fear of Hashem are built in, natural, like an animal's instinct.

2. Yechezkel saw the face of a **lion** on the right and the face of an **ox** on the left.

3. In which world do they live?

The angels: Yetzirah, where Hashem's middos shine

The souls of tzaddikim: Beriah, one world higher, where His chochmah, binah and daas shine

4. A person thinks deeply about Hashem's greatness until his heart fills with love. Where does that love reach?

Up to Beriah, the higher Gan Eden.

5. ★ Yidden who serve Hashem with the simple, natural love: when do they visit the higher Gan Eden, and how?

On Shabbos and Rosh Chodesh, through a pillar of light that lifts them up.

6. Why can a person be higher than an angel?

A person can choose: he has a yetzer hara and could choose wrong, but chooses good and turns darkness into light. An angel never has to choose.

7. MAISEH When Moshe went up for the Torah, how did he answer the angels? Give two of his questions.

"Did you go down to Mitzrayim? Do you work all week? Do you have parents? Is there a

yetzer hara among you?" The angels agreed the Torah belongs down here.

8. ★ Where does a mitzvah done with love and fear go up to?

- ☐ A. It stays in this world
- ☒ B. ***It becomes one with the ten Sefiros, in Beriah or Yetzirah***
- ☐ C. Only to the angels
- ☐ D. Nowhere

9. ★ Who lives in Atzilus, and how can YOU touch it?

The greatest tzaddikim, like the Avos, a merkavah every moment. You touch it in

Shemoneh Esrei, especially when you bow and feel like nothing before Hashem.

10. HORA'AH Hayom Yom says angels are "standers" and souls are "walkers." What does it mean, and what's this week's hora'ah?

A soul keeps climbing higher and higher. Every night, pick one small thing to do a

little better tomorrow: walk up one step!

Perek 39, Part 2

Love and fear give your mitzvah wings

Name: _____

Date: _____

1. Where does each kind of avodah reach?

Love and fear from understanding: *Beriah*

Natural love woken up in the mind: *Yetzirah*

2. Tikkunei Zohar: without fear and love, a mitzvah cannot **fly** up and stand before **Hashem**.

3. A boy does mitzvos only out of habit, the way he was trained since he was little. Where do those mitzvos go?

They stay down below and can't go up, even though they weren't done for a bad reason.

4. ★ Why do you need at least a little love or fear to really do something "for Hashem"? Use the example of a friend.

You don't do something for a friend unless you love or respect him. So wake up a

little love or fear, at least in your mind.

5. Is love alone enough?

- ☐ A. Yes, love is everything
☒ B. **No, you also need at least a little fear: simple respect for the King**
☐ C. No, you need only fear
☐ D. Neither is needed

6. What happens to Torah learned to show off, to be called a big scholar? How does it come back?

It goes into galus, into the kelipah, until he does teshuvah. When he does teshuvah,

his Torah comes back with him.

7. Chazal say: keep on learning even **shelo** lishmah, because you will come to learn **lishmah**.
8. ★ You learned something with no special reason. How can that old learning still fly up? Does the same work for davening?

As soon as you learn the same thing again lishmah, the old learning joins it and flies

up too. Yes, the same for davening without kavanah.

9. MAISEH Hillel couldn't pay the guard, so he lay on the roof by the skylight. What happened, and what did Shemaya and Avtalyon say?

Snow fell on him all night (a Friday in Teves). They saw him in the morning, brought

him down, warmed him and said: "For this man it's worth breaking Shabbos!"

10. HORA'AH What does the Shulchan Aruch say to think about before davening? What will you think as you step into Shemoneh Esrei?

Hashem's greatness and how small a person is. On the three steps: "I'm standing before

the King of all kings, and He wants to hear me."

Perek 40, Part 1

Kavanah is the root that lifts your words

Name: _____

Date: _____

1. If you learned with no kavanah at all, where does your Torah go up to?

Not to the ten Sefiros yet; only to the outer palaces (heichalos), where the angels are.

2. Rabbi Chaim Vital: angels are made from...

Torah without kavanah: *angels in Yetzirah*

Mitzvos without kavanah: *angels in Asiyah*

3. What happens to Torah learned for your own honor, to be a big shot?

It doesn't go up at all, not even to the angels. It stays down here in this world.

4. ★ "What profit has a man from all his labor under the **sun**?" The Zohar: even Torah, if it's for his own **glory**, stays under the sun.

5. MAISEH Rav Yosef's neshomeh left him for a moment. What did he see, and what did his father say about it?

An upside-down world: those on top here were on the bottom there, and the bottom ones

on top. His father: "You saw a clear world," the true one.

6. Rav Yosef heard them saying: "Happy is the one who comes here with his **learning** in his **hand**!"

7. ★ The Torah and Hashem are totally one. So why does Torah need kavanah to go up?

Because the worlds are different: higher worlds get more light through fewer screens,

and ours gets the least, through many screens.

8. Holy words said without kavanah are...

- ☐ A. not holy at all
☒ B. **still holy, but the light in them is very tiny**
☐ C. higher than words with kavanah
☐ D. the same as words with kavanah

9. ★ How does kavanah lift the words, and to where?

Kavanah is the root of your words, the reason you say them, so it lifts them with it

to the ten Sefiros of Yetzirah or Beriah, where Hashem's light shines brightly.

10. HORA'AH The Shulchan Aruch says to be very careful with Birchos HaTorah. What is this week's hora'ah?

Say Birchos HaTorah slowly and mean it: "Thank You, Hashem, for giving me Your Torah."

Then all you learn that day has a root and flies.

Perek 40, Part 2

Love and fear are the wings; Torah is the main thing

Name: _____

Date: _____

1. Yeshayahu says: "And with **two** he would fly." So love and fear are called **wings**.
2. The Tikkunim call those who learn Torah and do mitzvos...

With love and fear: *banim, children*

Without them: *efrochim, fledglings that can't fly yet*

3. ★ A bird whose wings were removed is still kosher. What does this teach about Torah and mitzvos?

The bird's life is in its head and body; wings just carry it. Torah and mitzvos are

the main thing, and love and fear are the wings that carry them up.

4. ★ How far down does Hashem's light reach from each kind of learning?

Chumash / Mishnah: *Chumash all the way to Asiyah; Mishnah to Yetzirah*

Gemara: *to Beriah*

5. ★ Love and fear are mitzvos too. So why are they only "wings"?

Because the whole point of love is to serve. Love that only enjoys Hashem without

doing is a "love of delights," like the reward of Olam Haba.

6. Someone is thirsty for Hashem all day but doesn't learn the Torah in front of him. What is he like?

A man standing in a river shouting "Water! Water! I'm thirsty!"

7. The navi says: "Ho, all who are **thirsty**, go to the water!" And the water is **Torah**.

8. Ten bored minutes on the school bus: how do you "drink" instead of shouting in the river?

Open a pocket Mishnayos and learn one Mishnah.

9. **MAISEH** Pappos ben Yehudah asked Rabbi Akiva if he feared the Romans. Tell the mashal of the fox and the fish. What is the lesson?

The fox invited the fish onto dry land. The fish: if we're scared in the water, how

much more on land, where we'd die! Torah is our life; stopping is worse.

10. **HORA'AH** The Gemara says to divide your learning into three. What are they, and what will you do every day this week?

Chumash, Mishnah and Gemara. Every day: a few pesukim of Chumash, one Mishnah and a

few lines of Gemara, and wake up your wings first.
