



Breslov Research Institute



Dvar Torah for Parshat Bo 5766

Based on Likutey Moharan I, Lesson #33

"[Tefillin] must be a sign on your arm and a reminder between your eyes."
(Exodus 13:9)

We all have good days— the days when you feel God's love automatically. We all have bad days—the days when you think it's the opposite of love that He is showing you.

Bad days are like "not putting on tefillin," days when you neglect to bind your actions and thoughts to the awareness that God, Who cared enough to interrupt history and take us out of Egypt to deliver us to a new and holy life, is part of your own personal history and is trying to deliver you from your own Egypt.

When you are mindful to "put on tefillin" in this manner, you start to rise above the limitations of immediate experience and emotion and cut to the chase, the bottom line of love that is the sweet core of you are experiencing.

Copyright © 1997, 2001,2003 Breslov Research Institute