



Breslov Research Institute



Dvar Torah for Parshat Pikudei Based on Rabbi Nachman's Wisdom # 27,266,269; #141

Do you sometimes feel overwhelmed by kedushah (holiness)? So many mitzvot, so many valuable, worthwhile ways and means to connect more to God -- which one(s) to choose? Consider, for example, the list of possible topics to write about for this Shabbat:

1. Parshat Pekudei
2. Shabbat Chazak (we conclude the reading of Sefer Shemot [Exodus])
3. Shabbat Rosh Chodesh (the new month)
4. Shabbat Shekalim, the first of...
5. The Four Parshiyot (special Torah readings)
6. This Shabbat we read from three -- count 'em -- THREE! Sifrei Torah (Torah scrolls)
7. It's the month of Adar -- two weeks away from Purim
8. Pesach is not far behind!

So, what do you do? Rebbe Nachman teaches: Don't panic. Deliberate. Think carefully, and consider what is most appropriate to who you are and your current situation. A person in a panic usually makes poor choices. Focus as best you can, pray for some Divine guidance, and make your choice. Worried that you made the wrong choice? Don't worry, says Rebbe Nachman. "Whatever you do, you do; just don't do any evil."

Even in your Torah studies, the Rebbe teaches that you should not let your range of knowledge stifle your mind in coming to get grips with the specific material you are studying. "But it says there" and "How about that other opinion" can wait. Focus on understanding what you're learning now. You'll gain greater clarity and insight this way.

The following story happened on Parshat Shekalim 5570 (1810). Rebbe Nachman had begun to discuss his teaching of the Tikkun Haklali (a set of ten psalms to be said to help remedy one's misused sexuality). The Rebbe had not yet disclosed which specific psalms to say. On Shabbat Parshat Shekalim Reb Noson was in Rebbe Nachman's study and saw that the Rebbe had written which ten to say. Reb Noson writes, "I attempted to memorize [the list], but was prevented by the fear that the Rebbe would mind me entering the room and seeing the manuscript without his permission."

Reb Noson knew much of the Talmud by heart. He was comfortable in all areas of halakhah and in the realms of kabbalah. Yet, he was so awed by his rebbe, his spiritual guide, that he could not memorize the equivalent of a telephone number!

(The ten psalms of Tikkun Haklali are: 16, 32, 41, 42, 59, 77, 90, 105, 137, 150. They should be said in the order that they appear in Psalms. For more information about the Tikkun Haklali, see "Rabbi Nachman's Tikkun," Breslov Research Institute, 1984. (www.breslov.org/ordering/productdetails.php?productID=13).

Shabbat Shalom!

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