



Breslov Research Institute



Dvar Torah for Shavuot

Based on Likutey Halakhot, Eruvei Techumin 4:11

"We will do and we will listen" (Exodus 24:7).

That was the pledge we gave when we were asked if we wanted to accept God's Torah. One of the meanings of this pledge, Rebbe Nachman teaches, is that we constantly try to advance and enhance our Jewishness; doing more, focusing more, being more sincere and honest.

A crucial element to the "more, more, more" is laughing a little. Life in the Big Exile is not always so easy: somebody's hurting, somebody's a little short this month, someone's doing some serious sinning. Could be you, could be the next Jew—in many ways its all of us, the body Jewish.

This exile business is all so taxing and tiring. Who can think straight and make "improving Jewishness" a priority?

That's why you have to laugh. The Talmud (Menachot 99b) teaches that sometimes you need to take a break, a recess, so that you don't break. To get further up Mount Sinai, to get that "do and listen" to the next level, you've got to climb down once in awhile and recharge.