



# נחת רוח

At the Yud Shevat Farbrengen of 5721, the Rebbe seemed to be quite despondent.

In light of this, Reb Zev Greenglass, the Mashpia of Tomchei Tmimim in Montreal, wrote a letter to the Rebbe (dated 21 Shevat), mentioning that the Bochorim were concerned by what they had witnessed at the Yud Shevat Farbrengen, and wished to know how they can bring Nachas to the Rebbe.

In response, the Rebbe replied:

*(Free translation)*

...I must say that I would not have imagined that one would need to ask from another country, across the border, while in fact, this is the very idea of Torah and Mitzvos...

. . . And particularly regarding the Talmidim of Tomchei Tmimim, first and foremost they must keep the sedarim of yeshiva **meticulously**, and add on [time for learning] of their own free time.

It is self understood that this must be done without affecting one's health, for having a healthy body is included in

“the ways of Hashem”. Also, one will surely have enough time after this to engage in ‘*Hafatzos Hamayonos Chutzah*’, not only one’s own *Chutzah* but also *Chutzah* in the literal sense of the word.

May Hashem help that you should explain, effect, and impact all of those mentioned above [i.e. all the Bochorim] who asked in this regard and to all those who will ask you in the future, and even to those who need to ask – but their “*Balebatishe-Hanochos*” (worldly outlook) prevents them from asking...

*(Igros Kodesh vol. 20 pg. 161)*

From the Rebbe’s words one can clearly discern that this question is one that every Bochor is expected to ask of himself constantly: “How can I bring Nachas to the Rebbe?”

With such vivid instructions from the Rebbe, it remains up to us to actually do what is anticipated of us.

A resident of Kfar Chabad while in yechidus during the month of Tishrei 5721, heard from the Rebbe: regarding those who don't want to write in to me דברים בלתי רצויים: Shutsim, Shtusim, everything should be written in. (*Hiskashrus* # 199)