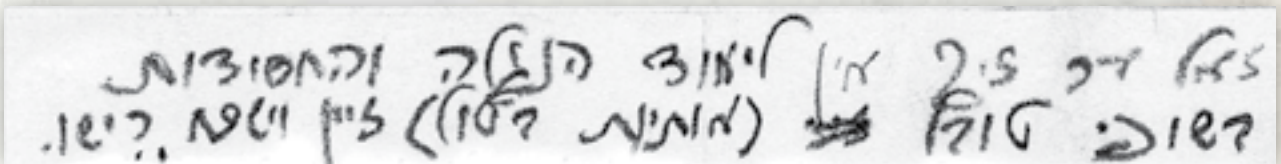




כתב יד קודש

Forget Yourself

This *ksav yad kodesh* is the Rebbe's written response to a *bochur* who wrote that his spiritual situation gives him no rest:



זאל ער זיך אין לימוד הנגלה והחסידות בשופי טובל (אותיות בטול) זיין וישכח רישו

You should immerse [*toivel*] yourself in abundant study of *nigleh* and Chassidus
([טובל] having the same letters as בטול); and forget your [spiritual] poverty.

Teshurah Raichik-Simpson, 5773

EXPLANATION OF THE REBBE'S ANSWER

In Chassidus it is explained that the root of the word טבילה—immersing in the mikvah—has the same letters as the root of the word ביטול—nullifying oneself. (See *Siddur im Dach* p. 159d.)

In order to rid oneself of these negative thoughts, one must totally immerse in the words of Torah, not thinking about anything else, even his own spiritual standing. This is true ביטול.

By doing so, one will forget about all his troubles, as the *possuk* says, “שתה” רישו - “He will drink [wine] and forget his poverty...” (Mishlei 31:7).