



# כתב יד קודש

לע"נ הו"ח אי"א נו"נ ר' חיים בן  
הו"ח ר' יעקב ע"ה ומרת דינה בת ר' משה ע"ה  
גרייזמאן

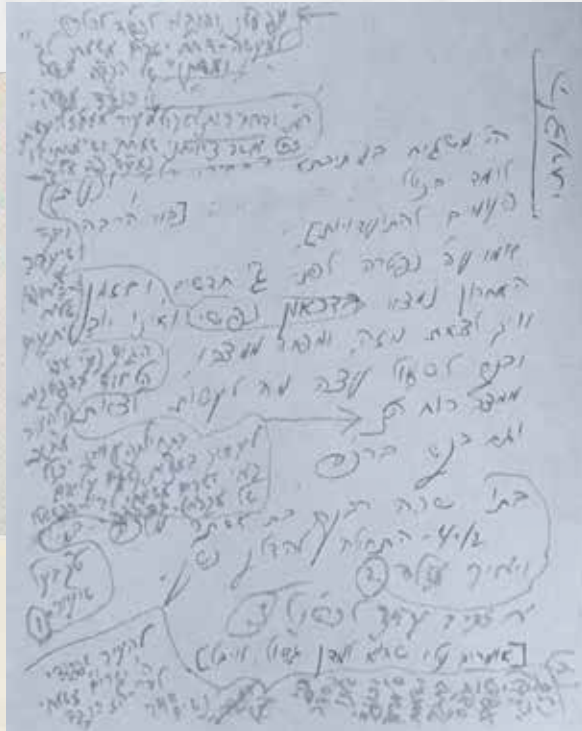
לע"נ הרה"ח הרה"ת משה אליהו בן ר' אברהם יצחק  
ע"ה ומרת חנה עטקא בת ר' נטע זאב ע"ה  
גערליצקי  
ת'נ'צ'ב'ה'

נדפס ע"י ולזכות  
הרה"ת ר' חיים וזוגתו מרת ביילא מינדל בניהם ובנותיהם  
מנחם מענדל, חי' מושקא, לוי יצחק, חנה דינה, משה אליהו שיחיו  
גרייזמאן

# EMERGING WITH JOY

*The following is the Rebbe's response to a note written by the mazkir, Rabbi Leibel Groner.*

*He had written about an individual suffering from deep depression following the passing of his mother three months earlier. He asks for the Rebbe's advice and for a bracha to emerge from his current state<sup>1</sup>:*



According to what is stated [in the *possuk*], and cited as a practical Halachic ruling—that studying Torah “which is upright, gladdens the heart,” and [seeing as how] Hashem reciprocates in kind according to a person’s actions, [the best remedy is to]: study Torah **with a partner**.

(Take note of the words of Chazal [on the *possuk*] “I have done all that You have commanded—I rejoiced, and I brought joy to others with it (Maaser Sheini 5:12).”<sup>2</sup> [Do this] until [the depression] passes, in a manner that won’t exhaust the body (by taking breaks during study (see the beginning of Toras Kohanim<sup>3</sup>)), at which time you can perform mitzvos (about which it was also said that they are “upright, gladden the heart” — as the simple meaning of the *possuk* suggests).

Check his tefillin. [Ensure that his] *tallis katan* is the proper size.

*The note mentions that this individual’s four year old daughter began lighting Shabbos candles weekly. The Rebbe responds:*

May her *mazal* shine.  
I will mention all of the above at the Ohel.

עפמש"ג, והובא לפס"ד להלכה למעשה - דת"ת "ישרים משמחי לב" ומדתו של הקב"ה מדה כנגד מדה: ת"ת **ובחברותא** (ולהעיר ממחז"ל: עשיתי ככל אשר צויתני שמחתי ושימחתי בו (מע"ש פ"ה מי"ב) - ועד שיעבור [דכאון נפשי] - באופן שלא יתעייף הגוף (ע"י שיהי' הלימוד בהפסקות (ולהעיר מתו"כ בתחילתה)) ואז יכול לעסוק במצות (שגם עליהם קאי "ישרים משמחי לב" - כפשוטו של מקרא). בדהת"פ. ט"ק בעל שיעור. (1)

ויאיר מזלה (2)  
אזכיר עה"צ לכהנ"ל (3)

1. Teshura, Tzikashvilli, 5783.  
2. When *Ma'aser Sheini* is brought to Yerushalayim, the Torah instructs the person offering it to recite *Viduy Ma'aser*, which includes the “I have done as you commanded me.” Chazal elaborate on this *possuk*, “I have rejoiced and made others rejoice.” I.e. one is commanded by Hashem to rejoice and bring joy to others when doing a mitzvah. Similarly, the individual in question should learn with, and bring the joy of Torah to, a partner, thereby meriting Hashem’s blessing of joy for himself as well.  
3. That, like Moshe Rabbeinu, a person should take a break in between studying two subjects to allow time for reflection.