

מוקדש לחיזוק ההתקשרות
לכ"ק אדמו"ר

נדפס ע"י
הרה"ת ר' יצחק מאיר זוגתו מרת
לאה ומשפחתם שיחיו שפאלטר

PRACTICAL HORA'OS

A CLOSER
LOOK AT
SOME OF
THE REBBE'S
HORA'OS

DEALING WITH MACHSHAVOS ZAROS DURING DAVENING

THE REBBE'S HORA'OS ON MAINTAINING
FOCUS AND AVOIDING INTRUSIVE
THOUGHTS DURING TEFILLAH

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In the *ma'amar* Basi Legani, 5730, the Rebbe speaks at length about the cause of *machshavos zaros*—intrusive thoughts—during *davening* and what one can do about them.

“It is specifically during the *avoda* of learning and *davening* or doing a *mitzvah*, that he imagines that there’s something very important to him that he must do at this time. These thoughts come from the *Nefesh Habahamis* in order to confuse the *Nefesh HaElokis*.”

The Rebbe goes on to explain that distractions are a direct result of one’s actions. For example, if you’re busy thinking about your *parnasa*, that’s because you haven’t been focusing on your faith in Hashem, whose *bracha* is what brings success.

“The fact that thoughts about *parnasa* are disturbing him, to the point that he can’t engage in Torah and *avoda*, is caused by his own actions. If he would have properly contemplated the fact that ‘it is Hashem’s blessing that brings wealth,’ then the thoughts about *parnasa* would not have distracted him.”

The same is true, the Rebbe continued, about other types of intrusive thoughts—most are brought upon the person by their own actions.

But there is hope.

Despite the fact that *machshavos zaros* are caused by the person himself, the *avoda* of *davening* gives us the power to overcome them. It takes effort, tremendous effort, but it can be done.

Specifically, one should take time for private *hisbonenus*—contemplation, and before beginning to *daven*, attempt to remove all preoccupations from his consciousness. The Rebbe quotes the Rebbe Rashab in his *Kuntreisim*, and then concludes with an assurance the Rebbe Rashab provides:

“Those who believe that they cannot remove the preoccupations from their hearts should think about the fact that when they go to sleep, these preoccupations and worries are removed—and if they can remove these concerns for the sake of a physical, bodily need, all the more so they can do so for the sake of something that matters to their *neshama*.”¹

In letters and talks, the Rebbe gave numerous hora'os as to how one can prevent and dispel machshavos zaros.

As the Rebbe told one individual, “You are correct that the solution is not always the same, for it depends on the person’s situation, which changes. Nevertheless, there are general points which are always helpful.”² Here are some of those points, as well as additional hora'os the Rebbe gave to various individuals.

TZEDAKAH BEFORE DAVENING

“You should also give before *davening* on weekday mornings several coins to *tzedakah*, from time to time.”³

“You should [try to] give a few coins to *tzedakah* every weekday before *davening*.”⁴

TEVILAS EZRA–MIKVEH BEFORE DAVENING

“As is explained in *seforim*, you should make an effort to be scrupulous about *Tevilas Ezra* [going to *mikveh* before *davening*].”⁵

DAVEN FROM THE SIDDIR

“You must *daven* from the Siddur. Even at the points when you are contemplating something, the Siddur must be open before you, and when you feel your thoughts begin to wander, you should look inside the Siddur. Our sages tell us that the letters illuminate.”⁶

“The solution for this is to *daven* specifically from the Siddur, and in a state of *tahara*.”⁷

“The solution is to learn from the *sefer* and to *daven* from the Siddur. Even when you’re learning *baal peh* or contemplating something in your mind, the *sefer* should be open to what you’re learning.”⁸

LEARN TANYA PEREK 28

“You should learn, with proper depth, chapter 28 in the holy *Sefer Hatanya*, which includes a clear directive for your concerns [about *machshavos zaros*].”⁹

MEMORIZE CHASSIDUS

“You must have some concepts in Chassidus memorized word for word. This should include the *derush* ‘*Vehadarta P’nei Zaken*’ in Likkutei Torah, end of Parshas Kedoshim.”¹⁰

DAVEN WHERE THE MINYAN IS

“You should *daven* in the place where the *minyan* is *davening*, for the air is purer there.”¹¹

LEARN CHITAS

“You should keep the three *shiurim* that are applicable to everyone as established by my father-in-law, the Rebbe, namely Chumash, Tehillim and Tanya.”¹²

CHECK YOUR TEFILLIN

The Rebbe instructed someone who was dealing with *machshavos zaros* that he should check his *tefillin*.¹³



FIX YOUR PAST

“You write that you’re downtrodden by the fact that thoughts and temptations are confusing you during *davening*. *Seforim*, especially *sifrei Chassidus* and *Mussar* explain that these thoughts come mostly from undesirable actions that took place in the past. Therefore, besides the solution of removing your mind from these thoughts by focusing on thoughts of Torah, *mitzvos* and purity ... you also need to remove the effect of the undesirable actions of the past.”

The Rebbe continues by saying that the way to do that, in addition to regretting the past and resolving to improve in the future, is by taking steps to balance out the inequity of the past. If you didn’t fulfill a certain *mitzvah* in the past, resolve to keep it *beiddur*, and influence others not to stumble where you did.¹⁴ **T**

1. Maamar Basi Legani, 5730, seifim 14-16. See also seifim 17-19.

2. Igros Kodesh Vol. 18, p. 121.

3. Igros Kodesh Vol. 7, p. 362.

4. Igros Kodesh Vol. 13, p. 245.

5. Igros Kodesh Vol. 13, p. 245.

6. Igros Kodesh Vol. 7, p. 362.

7. Igros Kodesh Vol. 15, p. 375.

8. Igros Kodesh Vol. 17, p. 331.

9. Igros Kodesh Vol. 13, p. 244.

10. Igros Kodesh Vol. 7, p. 362.

11. Igros Kodesh Vol. 15, p. 88.

12. Igros Kodesh Vol. 13, p. 245.

13. Igros Kodesh Vol. 7, p. 362-363.

14. Igros Kodesh Vol. 15, p. 87-88.