



## כתב יד קודש

לע"נ  
התינוק ישראל נח ע"ה  
בן יבלחט"א הרה"ת ר' מנחם מענדל  
גלב"ע אדר"ח תמוז ה'תשס"ה  
נדפס ע" הוריו  
הרה"ת ר' מנחם מענדל  
וזוגתו מרת חנה ומשפחתם שיחיו  
קארנפלד



# It's Not About You!

The following is a small section of a long response written by the Rebbe to a girl who was experiencing psychological and emotional challenges during her teen years and turned to the Rebbe for help.

In this section, the Rebbe explains one of the causes for these issues (a recurring theme throughout the Rebbe's *sichos* and letters).

The full *ksav yad kodesh* can be found in *Igros Kodesh* vol. 27, p. 34.

*Courtesy of Kehot Publication Society. Special thanks to  
Rabbi Chaim Shaul Brook of Vaad Hanochos B'Lahak.*



Another reason for your [disturbing] feelings (and this is also evident from your letter):

In all the pages [you sent me], there is not one word mentioned—not even an allusion—about your **sacred obligation** to help others. Especially those who did not merit to have parents that raised and educated them in the ways of Torah and mitzvos, teaching them what Yiddishkeit is, etc. [You seem to have neglected this duty] even though they are **screaming** for help, as discussed at the farbrengen.<sup>1</sup>

This is how far the *yetzer hara's* persuasion has succeeded with you, prevailing that you should only be concerned with yourself and your own feelings!

When you begin to help save those individuals, and with joy and enthusiasm (due to the amazing *zechus* and capabilities you've been given in this regard), your mood will certainly improve.

עוד סיבה להרגשתה וכו' (וג'ז נראה במכתבה עצמה): בכל העמודים לא נזכרה אף תיבה אחת וגם לא ברמז - ע"ד **חובתה קדושה** לעזור להזולת ובפרט לאלה שלא זכו שהוריהם יחנכו בדרך התומ"צ, יודיעום מה זה יהדות וכו' - אף שנכמדובר באריכות קצת בהתועדות) הם **זועקים** לעזר -

עד כ"כ הצליח היצה"ר לפתותה שתתענין אך בעצמה והרגשותי'

וכשתעשה בהצלחת הנ"ל - עכ"פ בדרך המיצוע - ומתוך חיות ושמחה (על **זכותה** הנפלאה ויכולת שניתנה לה בזה)

בודאי שתוטב ההרגשה וכו'.

1. As the manuscript is undated (only bearing the year 5735), we don't know for certain which farbrengen the Rebbe is referring to. However, this was an oft-discussed theme at countless farbrengens in those years. The Rebbe maintained that the youth were in rebellion (hence the "hippie movement" and so on) because they were never offered true, unadulterated Yiddishkeit. In truth, it was their *neshamos* screaming out for help! See sichos Yud-Tes Kislev 5728; Yud Shevat 5733, and others.