



unfazed

Lessons of
RESILIENCE & SELF EMPOWERMENT
from the life & teachings of the Lubavitcher Rebbe OBM

PROGRAM COMPANION



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CONTAINS SACRED
CONTENT. PLEASE
TREAT IT WITH RESPECT.*



YOU CAN OVERCOME!

A Letter From The Rebbe

By the Grace of G-d

21 Cheshvan, 5737

Greetings and Blessings!

I have received your letter, and I will mention you in a Prayer that G-d, blessed be He, Who watches over everyone and Who sustains and provides for the entire world with his Goodness and Kindness, will find your livelihood and will improve your situation with everything that you and your family need.

It is certainly unnecessary to explain at length that daily behavior according to G-d's will is the way to receive G-d's blessing, and it is understood that it is not proper to give conditions to G-d.

However, it is important to emphasize that every single Jew was given the strength to live according to G-d's will. It is also self-understood, that just as a human does not demand from his handiwork (for example, a machine or the like, that he built) more than the ability he has given it, how much more so does this apply to the Creator, blessed be He, to no comparison.

As our Sages, may their memory be blessed, say that "G-d only demands according to the strength

of the person."

Unlike a human who, when delegating a job to someone or something, can err in his calculation, it is not possible for G-d to err, G-d forbid, and to demand the impossible.

It is only that something can be easy for one person to achieve, while the other person has to overcome difficulties and challenges in order to achieve that same thing, but it's clear that everyone receives the strength to fulfil G-d's Mitzvot in their totality.

Even more so, when one person is given extra difficulties and challenges, it is a sign that he was given more strength, and with patience and a firm resolve to withstand the challenges, and with faith in G-d, blessed be He, he will see that the obstacles were not as great as he had imagined, and that, "G-d's salvation can come in the blink of an eye."

May it be G-d's will that you will very soon be able to report good news regarding everything mentioned.

With blessing,

(Translated from Igrot Kodesh, Vol. 32, p.48)



THE REBBE'S CHAPTER OF TEHILLIM

Whenever you feel you've lost your way in life, or that you've reached a fork in the road and have to make a decision, or that you're staring down a massive canyon that lies between your current place and the place you need to be in life... say a Psalm. Psalm 120 is connected with the Rebbe's soul this year; It is 119 years since the Rebbe's birth in 1902.

א שִׁיר הַמַּעֲלוֹת אֶל יְהוָה בְּצָרָתָהּ לִי קָרָאתִי וַיַּעֲנֵנִי:
ב יְהוָה חֲצִילָה נַפְשִׁי מִשִּׁפְּת שָׂקֵר מִלְּשׁוֹן רַמְיָה:
ג מִתֵּן יָתֵן לִּי וּמִתֵּן יִסְרֵף לִּי לְשׁוֹן רַמְיָה: ד הֲצִי גְבוּר
שְׁנוּנִים עִם גְּחֹלֵי רְתָמוֹם: ה אֲזִיחָה לִּי כִּי גִרְתִּי מִשָּׂדֶה
שְׁכַנְתִּי עִם אֲחֵלֵי קֶדֶר: ו רַבַּת שְׁכָנָה לִּי נַפְשִׁי עִם
שׁוֹנְא שְׁלוֹם: ז אֲנִי שְׁלוֹם וְכִי אֲדַבֵּר הַמָּוֶה לְמַלְחָמָה:

1. *A song of ascents. I have called out to the Lord in my distress, and He answered me.*
2. *O Lord, rescue my soul from the lips of falsehood, from a deceitful tongue.*
3. *What can He give you, and what [further restraint] can He add to you, O deceitful tongue?*
4. *[You resemble] the sharp arrows of a mighty one, and the coals of broom-wood*
5. *Woe unto me that I sojourned among Meshech, that I dwelt beside the tents of Kedar.*
6. *Too long has my soul dwelt among those who hate peace.*
7. *I am for peace, but when I speak, they are for war.*



POINTS TO PONDER

1
What does
G-d want
specifically and
uniquely from
me in this life?

2
If I had to make
a report on what
I've accomplished
so far in life, what
would I report?

3
If I asked the Rebbe
what to do about my
current challenges in
life, what would be
his advice?

4
Find an
instance in your
life when a
challenge took
you higher.



CONNECT WITH THE REBBE

During his lifetime, thousands would stream to the Rebbe's door to receive a dollar and a blessing each week. Thousands more would write him letters, requesting his sage advice and blessing.

Since the Rebbe's passing on 3 Tammuz, 4754 (1994), people have come to the Rebbe's resting place in Queens, New York. Known as the Ohel, it is a place to find solace, direction, inspiration and spiritual fulfillment. Those unable to make the trip in person write confidential letters that Ohel staff place at the gravesite.

To learn more:

OhelChabad.org

ALL OF TORAH. ALL OF US.

Every year, across the globe, thousands of Jews unite each day by studying a portion of Maimonides' Mishneh Torah.

During the course of their studies, students gain an in-depth insight and clarity into each of the Torah's laws and their myriad applications.

With three tracks, suitable for all ages and levels, this is the perfect study program for every Jew.

On Sunday, the 3rd of Tammuz (June 13, 2021) people across the globe completed the 40th cycle of annual study, and today, Monday, we begin our studies anew.

Ready to join? Start at
[Chabad.org/AllofUs](https://www.chabad.org/AllofUs)





THE POSSIBLE MISSION

A core teaching of the Rebbe

You must know that you are in this world with a divine mission.

That all that exists and ever existed depends upon your fulfillment of that mission.

And that if any mountain should stand in your way,

Or any ocean block your path,

Or any quagmire detain you from reaching your goal—

Know that you are on a mission from the Creator of heaven and earth.

And if so, it is absurd that any of His creations should stand in the way of the mission for which He has created you.

It could only be that these are not obstacles. Rather, they are a vital element of your mission, designed to lift you higher, and yet higher.

THE 10 MITZVOT

Here's a list of 10 mitzvahs hand-picked by the Rebbe.
Pick one. Get into it. Share it with others.
It just takes just one mitzvah to transform your world,
and to transform someone else's world.



Tefillin:
Jewish wrap.



Study Torah:
Eternalize your mind.



Tzedakah:
A coin a day keeps the world spinnin' round.



Jewish Education:
Invest in futures.



Shabbat Candles:
This little girl's gonna light up the world!



A House Full of Torah Books:
Create a lofty environment.



Mezuzah:
The ultimate in home-security systems.



Kosher Food:
For spiritual fitness.



Love Your Fellow Jew:
Because we're all one.



The Mikvah:
Purifying waters.

***“The world says that if you
cannot crawl under an obstacle,
try to leap over it. However,
I say, just leap over!”***

The Rebbe Maharash, fifth Chabad Rebbe