

RABBI MENACHEM M. SCHNEERSON

Lubavitch
770 Eastern Parkway
Brooklyn 13, N. Y.

HYacinth 3-9250

מנחם מענדל שניאורסאהן
ליובאוויטש

770 איסטערן פארקוויי
ברוקלין, נ. י.

By the Grace of G-d
21st of Adar II, 5719
Brooklyn, N.Y.

Mr. Elie Cohen
5873 rue Saint Urbain
Montreal, Que.

Sholom uBrocho:

I received your letter of the 3rd of Adar II.

I believe I have already written to you that the way to ascend on the ladder of Avoidas Hashem is step by step, as was also the case in the conquest of the physical Eretz Yisroel, as it is written: "Little by little shall I expell him." So has to be the spiritual conquest, by a gradual ascent rather than by leaps and bounds. And if there is a slip, or if it seems to be a slow process, it is no cause for discouragement. The important thing is to have faith and persevere, and to advance steadily in a way that will not affect one's physical health. That is why the Alter Rebbe discouraged fasting and self-mortification, etc. (Of course, this does not refer to the Four Fasts required by the Shulchan Aruch to be observed). Therefore, your way of Teshuvo should be - at this time at any rate - by positive action of doing one Mitzvah after another in a steady and calm way. When you will get older, and having firmly entrenched yourself in the above manner, there will be time to see what other steps, if any, may be advisable for you to take.

I am glad to note that you consult with Rabbi Green-glas in the matter of your learning Chassidus. Continue to do so.

As requested, I will remember you in prayer at a propitious time.

As for the matter of what kind of Tefillin to put on, and what custom to follow, you should ask a Rov, giving him all pertinent details.

In regard to your brother, of whom you write that he still refuses a Mezuzah in his room, you should have someone speak to him, for it is often easier to influence a near person through the agency of a non-relative.

Hoping to hear good news from you,
With blessing