

Reb Elimelech of Lizhensk zt"l

Posted by DavidT - 05 Mar 2021 03:17

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The Adraba prayer was composed by Reb Elimelech Weisblum of Lizhensk, **whose Yahrzeit we are marking today, 21 Adar**. Reb Elimelech was one of the great Masters of the Hassidic movement and a leader of Hassidut in Poland. Reb Elimelech asks Hashem to help us see the best in people, to repair our relationships with our peers, eliminate hatred and behave in ways that honor the Almighty.

*Indeed, instill in our hearts the ability to see the positive attributes of our friends and not their shortcomings; let every person speak to his friends in a manner that is honorable and desired by You. Let us not, God forbid, bear hatred toward one another. Strengthen us in our love towards You, as is apparent and known before you. Let everything be pleasing before You.*

Lets try only to see the good in each other and the zechus should bring closer moshiach in our times...

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Reb Elimelech's dance

Posted by DavidT - 05 Mar 2021 15:40

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Back in the days, there were traditional dances created by tzaddikim which brought with them special meaning. One such dance was the Rebbe, Reb Elimelech's Tanze, which originated with the holy Rebbe, Reb Elimelech of Lizhensk zt"l. In it, everyone pairs up and a special niggun is played. The pairs hold hands and go up and under one another across the whole hall. Up and down they would go, dipping low, rising high, singing, holding on to the friend's hand.

The Kedushas Tzion once explained that the dance alludes to the ups and downs that we encounter in our lives. Every person experiences good times and bad times, and **the dance is meant to teach us to pick ourselves up immediately after a low point and not, chas v'shalom, to get mired in depression.**

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