



Today's Daf In Review is being sent l'zecher nishmas Habachur Yechezkel Shraga A"H ben R' Avrohom Yehuda

Brachos Daf Nun Hey

- **R' Yehuda** said, if one lengthens any of these 3 things, his life is lengthened: 1) his Tefilla, 2) his meals, 3) his time in the bathroom.
 - Although **R' Chiya bar Abba in the name of R' Yochanan** says that one who lengthens tefilla will have heartache, that refers to when he expects an answer. When he doesn't, lengthening the tefilla is a good thing.
 - Lengthening meals gives a chance for poor people to come and share in your food, which is why it lengthens your days (tzedaka).
 - Spending time in the bathroom is very healthy if done while sitting on something, not if you are in a sitting position but not leaning on anything.
- **R' Yehuda** said there are 3 things that shorten a person's life: 1) one who is given a Torah to read and he refuses to do so, 2) one who is offered to lead bentching and does not, 3) one who has a position of leadership (which is why Yosef died before all his brothers).
- **R' Yehuda in the name of Rav** said, 3 things need Hashem's rachamim to happen: 1) a good king, 2) a good year (weather, crops, etc.), 3) a good dream.
- **R' Yochanan** said, 3 things are called out by Hashem Himself: 1) a hunger, 2) abundance, 3) a good leader (we see Hashem Himself called Betzalel into service).
- **R' Yitzchak** said, a leader is not appointed unless the tzibbur is consulted first. We see that Hashem asked Moshe if he was ok with Betzalel and told him to ask the people if they were ok with it as well.
 - **R' Shmuel bar Nachmeini in the name of R' Yonasan** said, Betzalel was called so because of his tremendous wisdom. Hashem told Moshe to build a Mishkan and then the keilim. Moshe reversed this order when he instructed Betzalel. Betzalel told Moshe that it would make more sense to first build the Mishkan, so that there is someplace to put the keilim which will be made afterward. Moshe replied that that is exactly what Hashem had instructed him to do.
 - **R' Yehuda in the name of Rav** said that Betzalel knew how to be "metz'taref" the letters that were used to create Heaven and Earth.
 - **R' Yochanan** said, Hashem only gives wisdom to someone who already has wisdom.

ALL ABOUT DREAMS...

- **R' Chisda** said: dream about anything except fasting (that is a bad sign); a dream that is not interpreted is like a letter that is not read (it has no effect); no dream is fulfilled in its entirety (**R' Brachya** teaches this from Yosef, who didn't have his mother, the moon, bow down to him); a bad dream is better than a good dream (it causes the dreamer to do teshuva); being sad about a bad dream nullifies it, being happy about a good dream nullifies it as well; a bad dream is worse than getting malkus.
- **R' Yochanan in the name of R' Shimon ben Yochai** said, there is no dream that doesn't have some nonsense in it as well.
- **R' Levi** said, one can hope for the realization of what he saw in a good dream for 22 years (that's how long it took for Yosef's dreams to be realized).
- **R' Huna** said, a good person is not shown a good dream (so as not to take away from his reward) and a bad person is not shown a bad dream (so as not to punish him on this world).
 - **Q:** If he doesn't see good dreams, and won't see bad dreams (because he doesn't deserve the tzar) then he won't see any dreams, and **R' Ze'ira** has taught that not seeing a dream for 7 days is a bad sign from Hashem?! **A:** The tzadik sees good dreams, but doesn't remember them when he wakes up, so he doesn't lose the s'char from being happy on account of them.

- In the name of **R' Yochanan** it was said, if one sees a dream that bothers him a lot, he should go have it "made good" by 3 people. They tell him that it is a good dream and thereby nullify any bad meaning.
- **Ameimar, Mar Zutra and R' Ashi** were all sitting together and decided that each one will say something that the other 2 have not yet heard. The 3 things were:
 - If one sees a dream but is unsure if it is good or bad, he should say a tefilla during Birchas Kohanim (like we say).
 - If one is travelling and is afraid of ayin harah, he should put his right thumb in his left hand and his left thumb in his right and say "I come from Yosef who is not subject to ayin hara." If he is afraid of his own ayin harah, he should look at the wall of his left nostril.
 - The first day one is sick, he should not tell anyone (it allows the Satan to harm him although the illness is not yet strong). After that, he should tell people so that they will daven for him.
- **Q: Rava** asked, one pasuk seems to say that dreams have meaning, another seems to say that they do not?! **A:** When a Malach makes the dream it has meaning, when it comes from a "sheid", it does not.
- It was said in the name of **R' Bina'ah**, that he once he took a dream to 24 different dream interpreters and all their interpretations came true, which proves that the meaning of a dream is determined by its interpretation.
 - **Rava** explains that this is only when they interpret it in a way that the visions in the dream could possibly have that meaning.
- In the story of Yosef the pasuk says that the "Sar Ha'ofim" saw that Yosef interpreted the "Sar Hamashkim's" dream well. **R' Elazar** explains that each one dreamt their own dream and the other's explanation. That is how he knew that the dream of the other was interpreted well.
- **R' Yochanan** said, if one thinks of a pasuk as soon as he wakes up, that is a small form of "nevu'ah".
- **R' Yochanan** said, there are 3 dreams that are likely to be fulfilled: a morning dream, a dream dreamt about you by someone else, a dream that had its interpretation in the dream. **Some** say that also a dream that is repeated twice (like by Pharaoh).
- **R' Shmuel bar Nachmeini in the name of R' Yonasan** said, a person dreams about what he thinks about by day. **Rava** says, this can be seen from the fact that people don't dream about totally irrational things.
 - The king asked **R' Yehoshua the son of R' Chananya** in once instance and **Shmuel** in another instance, to predict what the king would dream that night. Using this principle of **R' Yonasan, R' Yehoshua the son of R' Chananya and Shmuel** were able to predict the dreams that a king would have.