

# CHITAS

## InRealLife

**The Evolution  
of Chitas**

**Stay on Track**

**Chitas: Anyone,  
Anywhere**



# *Em*Powered by Chitas

**CEOs to busy moms  
tell us how they manage**



*Studying Chitas vitally concerns the soul  
of every single person.*



ב"ה

# CHITAS

(Hebrew **ח"ת"ת** ),  
Is an acronym for CHumash  
(Bible), Tehillim (Psalms), Tanya.

The combination of the word of G-d in the Bible - with Rashi's commentary, - the heartfelt prayers of Psalms, and the life-altering teaching of Tanya create the ultimate guide to a Jew's perspective, soul nourishment and daily enrichment, and create a channel for divine blessing.

In 1943, the Previous Lubavitcher Rebbe, Rabbi Yosef Yitzchak Schneerson, of righteous memory, established the daily Chitas learning, declaring it essential for a Chasid and appropriate for every Jew.

Yossi Pels | *Chayenu Executive Director*  
Michael Goldman | *Chayenu Editor-in-Chief*  
Itzick Yarmush | *Chayenu Content Editor*  
Rochie Pinson | *Design and Layout*  
Mendy Angyalfi | *Chayenu Design*

# Contents

**FROM THE EDITOR** . . . . . 5

**POWERED BY CHITAS.** . . . . . 6

*Six ways that your life is built around Chitas*

**THE EVOLUTION** . . . . . 8

*The Evolution of Chitas:  
From a teaching of the Alter  
Rebbe to the Rebbe's teaching*

**ANYONE, ANYWHERE** . . . . . 11

*From CEOs to busy moms, we  
asked Chitas-learners why and  
how they make the time*

**STORY: CHITAS EVERYWHERE.** 14

*On the eve of a dangerous  
mission, the Tzemach Tzedek  
reveals the power of Chitas*

**SAID. STUDIED. DONE** . . . . . 15

*Must I understand what I'm  
saying—and what if I just can't get  
it done?*

**MAKE WAY FOR BLESSINGS** . . . 16

**STAY ON TRACK.** . . . . . 18

*When should I say Chitas? In what  
order? What if I can't do it all at  
once, and, oops... what if I missed  
a day?*

**A CHITAS FOR EVERYONE.** . . . . 19

*We look at five popular  
"Ways to Chitas" so  
you can find the one  
that's best for you*



8

The Evolution  
of Chitas



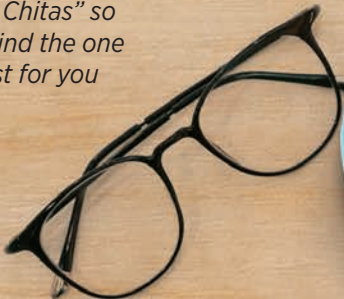
14

Chitas  
Everywhere



19

CHITAS FOR EVERYONE!  
All the "Ways to Chitas"



**FROM THE LUBAVITCHER REBBE:**

I would like to use this opportunity to encourage you to observe the three well-known study schedules of Chumash, Tehillim and Tanya, which my esteemed father-in-law, the Rebbe, told us about on numerous occasions. These schedules apply equally to all, and they are a *segulah* [spiritual remedy] for a great many matters.

—*Igros Kodesh, vol. 16, p. 261*



# From the Editor

**I**f you run in Chabad circles, you've run into "Chitas." 'Saying Chitas'—i.e., studying a portion of Chumash, Tehillim and Tanya daily—is code for being a proactive follower of the Lubavitcher Rebbe.

Human beings are not identical. Each person beats to his or her own rhythm. Life is not always static. It can often feel frenetic and running at a feverish pace. But how can you make the study of Chitas important in your life, whether you are a busy CEO, a working mom, a student or a soldier, whether you are at home or traveling on vacation?

What makes this daily study so integral to successful Jewish life in the twenty-first century? And how do people "in the real world" find the time to make it a priority?

Chitas In Real Life (IRL) will show YOU how Chitas can help you find certainty in uncertain times, and how the study of Chitas is not only for a select few, or otherworldly people, rather, as the Lubavitcher Rebbe - in hundreds of letters and addresses - brands this unique learning system: "Shaveh Lechol Nefesh" (שווה לכל נפש) - equally relevant, accessible and powerful for every Jewish man or woman in their normal, everyday life, regardless of affiliation, occupation or knowledge.

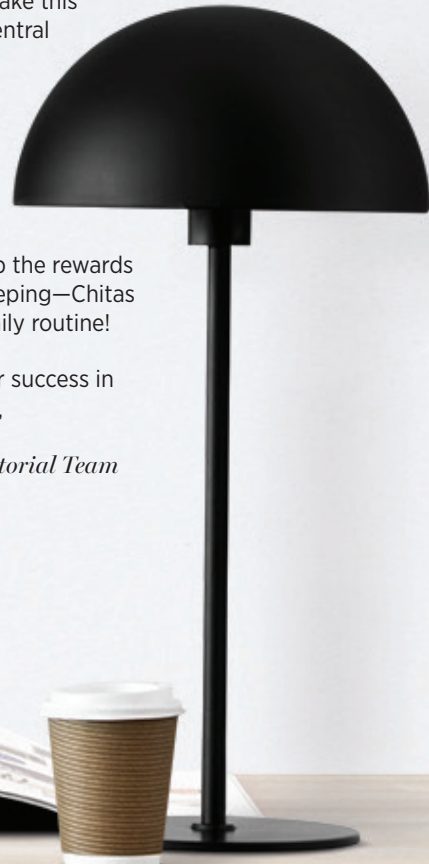
Chitas IRL will draw on authentic and informative sources, offering a snapshot of the background of Chitas (The Evolution, p. 8) and the blessings associated with Chitas

(Make Way For Blessings, p. 16). These blessings will follow you regardless of where you are in life (Chitas Everywhere, p. 14). After all Chitas is for real people in the real world, so there is A Chitas For Everyone (p. 19). You will learn how Chitas permeates the many areas of your life (Powered by Chitas, p.6), how it is done (Said. Studied. Done, p. 15) and when it is done (Stay on Track, p. 18).

Learn from Chayenu subscribers from across the spectrum, who share why—and how—they make this study system a central part of their daily routine (Anyone, Anywhere, p. 11). Enjoy their perspectives. Draw strength from their experiences. Reap the rewards of making—or keeping—Chitas central to your daily routine!

With blessings for success in your Chitas study,

*The Chayenu Editorial Team*



*"Studying Chitas vitally concerns the soul of every single person."*

—Kovetz Lubavitch, vol. 7. P. 24

**Powered by**

**CHITAS**

**6 Ways  
Your Life is Built  
Around Chitas**



---

**EMPOWERMENT, CLARITY & CONFIDENCE**

*Arming yourself with a timely Torah perspective each day, empowers every aspect of your life, and gives you the clarity to master any challenge, and the confidence to seize every opportunity.*



## 1 **BREAK BARRIERS.**

The word “פֶּחַח” means “fear,” as in the verse: “And the fear of Hashem was upon the cities.” (*Bereishis 35:5*)

By studying Chitas, the Baal Shem Tov said, all obstacles to serving Hashem retreat in fear and submission. (*See Story, p. 14*)

## 3 **TAKE CHARGE.**

- Chumash regulates actions—  
Ma’aseh
- Tehillim purifies expression—  
Dibur
- Tanya clarifies thinking—  
Machshavah

## 4 **MASTER YOUR TIME.**

There are three general ways of dividing time. Daily Chitas combines all of them:

- Chumash is divided by the days of the week
- Tehillim is divided by the days of the month
- Tanya is divided by the days of the year



*Based on Farbrengen Shavuot 5744; Shabbas Parshas Bereishis 5741 (2nd farbrengen); Likutei Sichos vol. 8. P. 249; Igros Kodesh vol. 3 p. 410-11*

## 2 **CLAIM YOUR CROWN.**

The Mishna (*Pirkei Avos 4:13*) describes the honors with which the Jewish people are crowned.

- Chumash represents Keser Torah.
- Tehillim represents Keser Malchus (kingship).
- Tanya represents Keser Shem Tov (a good name).



**FEEL CLOSER** “*[The study of] these [daily Shiurim] are all mediums through which we can bond with our Rebbe.*”

## 5 **KEEP IT UP.**

“The world survives on three pillars,” we learn in Pirkei Avos:

- Chumash is the heart of Torah
- Tehillim epitomizes Tefilla/Avodah
- Tanya teaches Gemilus Chassadim

## 6 **GO TO THE TOP.**

- Chumash is the sefer of Moshe Rabbeinu, the first Nasi
- Tehillim is the sefer of Dovid Hamelech, the first Jewish king
- Tanya is the sefer of the Alter Rebbe, the first Rebbe of Chabad

# CHITAS

## THE EVOLUTION

*The story of Chitas is 150 years in the making.*

*Beginning in 1778, in the land of White Russia, and culminating in Brooklyn, 1943... A History in 3 parts.*

1943

DEEPLY PERSONAL ADVICE, NUANCED CONVERSATION and unquantifiable holiness fill volumes of the Lubavitcher Rebbe's letters. Yet, despite an astonishing diversity of requests, the Rebbe responds rather frequently with one question of his own: Are you careful to observe the daily Chitas?

A letter dated 1 Adar, 5712 is one of numerous places the Rebbe writes: *It is simple and self-understood that to receive and retain blessings from Hashem—Who gladly dispenses blessings from the fullness of His hand—a person must make appropriately large vessels. Therefore... you should try to fulfill the three [daily] study schedules that are applicable to all, which my father-in-law enacted...*

—Igros Kodesh, Vol. 21, p. 146.

1926

The Rebbe unwaveringly insisted that in the modern era, the security and success of individual Jews is a daily journey, through a select quota of sacred text recorded by Moshe Rabbeinu with their immortal commentary set by Rashi; the praises and pleas of Dovid HaMelech; and insights into the soul of a Jew and the soul of the Torah as revealed by the Baal HaTanya.

What is it about the origins of these three study portions that bring such richness to so many, regardless of age, gender, outlook or affiliation?

PART I:

### TO LIVE WITH THE TIMES

WHITE RUSSIA, 1778

1778

In the early years of his leadership, the Alter Rebbe declared publicly: "One must live with the times." From his brother, Rabbi Yehudah Leib, the elder Chassidim learned that the Rebbe meant that one must live with the Torah portion of the week and the particular portion of the day. One should not merely study the weekly portion each day but *live* with it.

—*HaYom Yom, Cheshvan 2*

From the dawn of Chabad Chassidus, "living with the times" has been a defining approach in a Chossid's worldview. In addresses and letters, the Rebbe constantly modeled this mindset, extracting lessons from the daily portion of Chumash and Rashi as timely guidance in practical service of Hashem.

PART II:

## TO BREAK ALL BARRIERS

PETERSBURG, RUSSIA, 1926

Despite Soviet efforts to suffocate every trace of religious spirit across its vast territories, the Frierdiker Rebbe, Rabbi Yosef Yitzchak, created and led a breathtaking network of underground Torah schools, synagogues and mikvahs.

For defying the regime, the Frierdiker Rebbe was hounded mercilessly by the Soviet authorities, but he was not intimidated by their ruthless methods.

By late 1926, however, sensing that the regime was poised to strike a deadly blow against the network he'd built, he instructed his followers to recite the daily Psalms:

Repeat in my name to all Chassidim in the world that I have instructed them to recite a portion of Tehillim as divided by the days of the month in all Chassidic synagogues after morning prayers each day, including Shabbos.

—Excerpt of a 1926 handwritten directive discovered on his desk on the day of his arrest<sup>1</sup>

Rabbi Yosef Yitzchok was arrested, imprisoned and beaten, and then, swiftly sentenced to death. Miraculously, and with intervention of an enormous outcry, the decree was reversed. Shortly afterwards, the Rebbe, with his family and possessions, was escorted out of the USSR's iron borders, to freedom.

<sup>1</sup> Cited in Sefer Haminhagim p. 20.



WHITE RUSSIA, 1778

What did he fear most during his ordeal, and what quieted his fears?

The Frierdiker Rebbe later shared:

“I did not speculate what my own fate would be, for I never imagined what I would have to endure. Rather, my fear was for the Chassidim. Before I instructed them to begin saying Tehillim, it was terribly difficult for me.”

Under unbearably harsh circumstances, Chassidim gave their Rebbe peace and comfort by reciting the daily portion of Tehillim.

Delivered from danger, the Frierdiker Rebbe did not call off the practice. On the contrary, he instructed that it be spread to all of Jewry for their lasting benefit and protection.



PETERSBURG  
RUSSIA, 1926

*The book of TANYA removes all spiritual calamities, removes all challenges and concealments; it transforms a curse into a blessing. With it the Jews will greet Moshiach. A chapter of Tanya brings an abundance of blessings and success.*

—Igros Kodesh Rayatz, vol. 4, p. 269

PART III:

## TO KNOW YOUR STRENGTH

BROOKLYN, NY 1943

More than 150 years after the Alter Rebbe agreed to publish the Tanya, the systematic life manual for Chassidim, it was still only studied informally. A chapter a day in preparation for davening was one common way to learn Tanya.

In 1943, the Frieddiker Rebbe completed the meticulous task of apportioning Tanya for daily study, such that every Chossid could incorporate its teachings into daily life.

At the same time, he charged his son-in-law, the future Rebbe, with creating HaYom Yom, the future Rebbe, with creating HaYom Yom, a spiritual “day calendar” with various Chabad customs, teachings and anecdotes on each day’s entry.



## CHITAS AS WE KNOW IT

EVERYWHERE, EVERY DAY...

It was in Hayom Yom that Chassidim were introduced to a newly-minted enactment, the daily study of Chitas.

*From the Frieddiker Rebbe’s instructions:*

You should specifically include a set schedule of daily study that is appropriate for every person... that includes:

- 1) Chumash with Rashi’s explanation.
- 2) Tehillim, after morning prayers, as it is divided according to the days of the month.
- 3) A lesson in Tanya, as I have divided it according to the days of the year.  
—*Igros Kodesh Rayatz, vol. 7 p. 30*

Accordingly, each entry in HaYom Yom begins with a list of the precise portions to be studied that day. With this, Chitas became not simply a suggestion, but a *takanah*—an enactment of a Rebbe.

In the decades of voluminous correspondence that followed, the Rebbe called upon Jews from across the spectrum of observance to take up “the three well-known daily Shiurim instituted by my father-in-law, the [previous] Rebbe.”

Being meticulous with Chitas, the Rebbe repeatedly assured, would benefit them tremendously in both spiritual and material aspects of life.

2000+



1943

*The Alter Rebbe once said:  
“The commentary of Rashi on the CHUMASH is ‘the wine of the Torah.’ It unlocks the heart and reveals one’s essential love and fear for G-d.*

—*HaYom Yom, Shevat 30*

1926

*Rabbeinu Efraim said:  
Whoever says PSALMS every day, it is as if he has fulfilled (his obligation of) the entire Torah and he merits to be (positioned) by G-d’s glorious throne.*

—*Chida, Midbar K’demos*

1778



# Anyone, Anywhere

We asked some of the busiest people we know—CEOs, Shluchim, moms and community leaders—why and how they make Chitas a daily priority.

---

## Making It Work

Learn how you can make chitas an essential part of your life



### IT'S AN ABSOLUTE PRIORITY FOR ME, BECAUSE...

**It gives me the ability to feel easily inspired**

SIMI, TEACHER

**It is my conduit** for a deeper bond with Hashem on a daily basis.

TOVA HINDA SIEGEL

**It is food for the soul** and it is essential for a healthy life.

LEE,  
LIFE INSURANCE BROKER

As a Chasid, **How can I not** do something which was obviously so dear and important to our Rebbe?

PEARL KRASNJANSKY

**It literally shatters the obstacles that stand before me.** Sometimes I will have my office hold all calls and I study Chitas and Rambam. Then everything starts to flow!

RABBI DOVID, SHLIACH

**The many blessings.**

Seeing how often the Lubavitcher Rebbe spoke and wrote about the many blessings that come from saying Chitas.

SARA, SHLUCHA

**The daily dose of Torah is my anchor in my hectic travels for business. It gets me through the week.**

SETH FELDMAN

### I CREDIT MY DAILY CHITAS WITH...

**Knowledge!**

A few daily tidbits from a few essential places—it's astounding how broad your Torah awareness becomes in a very short time!

CHONI MILECKI,  
MUSICIAN

**Blessings!**

The many blessings I have in life.

SARAH,  
ACADEMIC COACH AND TEACHER MENTOR

**Clarity and direction!**

AVI,  
BRAND POSITIONING WRITER

**Making my day more productive and successful.**

Learning Chitas and Rambam from Chayenu has made a huge impact on my life.

PERETZ,  
CREDIT-CARD PROCESSING EXECUTIVE

## NO PROMISES

*“It’s self-understood that this practice should be undertaken bli neder—as a non-binding commitment. That way, if on occasion, one is forced by circumstance to miss part of this study, he will not have broken a binding commitment. In such cases, you should certainly compensate for the missed portions during the subsequent days.”*

—Igros Kodesh, vol. 8, p. 187

### I MAKE SURE IT HAPPENS DAILY BY...

**Not starting my day** until I have done my Chitas

RABBI ARI SHISHLER

**Making it part** of my morning routine early in the morning.

ROBERTO SZERER,

**Keeping the Chayenu App open** on my phone until I say it.

SIMI, TEACHER

**I get creative.** When waiting in line at banks or supermarkets. When driving or walking. But I make it a priority.

PEARL KRASNJANSKY

**Having a set time to say it.**

SHEVA, GRAPHIC DESIGNER



**I don't have time to learn chitas every day. I make time! I feel that Chitas literally protects my family.**

RIVKY LEVY

## OUR CONTRIBUTORS



**Pearl Krasnjansky**  
Director of Chabad of Hawaii and administrator of the Hebrew day school.



**Tova Hinda Siegel**  
Nurse-Midwife and mother, grandmother and great grandmother of B"H many children and grandchildren.



**Rivky Levy**  
MSed, PCC and Proud mother of seven children, KAH.



**Seth Feldman**  
Television news executive, who flies every week all over the country, with a frenetic working environment



**Roberto Szerer**  
Entrepreneur with a love for business, but his true passion in serving Hashem with joy.



**Rabbi Ari Shishler**  
Director of Chabad of Strathavon, South Africa. Popular teacher who regularly lectures around the globe and hosts a weekly radio show.



**Choni Milecki**  
Famous musician, and host/contributor to PR of many organizations.

# “Chitas Everywhere”

## A 175-YEAR OLD STORY



### CHITAS WHEREVER YOU'LL GO

*clockwise from top left*

Chitas at the top of Kotor

Serpentine Road, Montenegro

Chitas at the Pyramids, Egypt

Chitas at the Matterhorn,

Swiss Alps

Chaplain Stern from the US Army

says Chitas on deployment

### CHITAS WHATEVER MAY BE

Ariella Goldman of Chabad on

Campus in Cape Town, SA learns

Chitas by candlelight in one of

the many power outages.

**I**N 1856, THE TZEMACH TZEDEK SENT HIS SON, THE FUTURE REBBE MAHARASH, to Petersburg on a critical mission to benefit the greater public.

Just before the Rebbe Maharash set off, the Tzemach Tzedek shared that in 5603 (1843), he too had been summoned to Petersburg to participate in a rabbinical conference:

“I visited the gravesite of my righteous mother [Rebbetzin Devorah Leah] in Liozna. She told me that because of her self-sacrifice on behalf of Chassidim and Chassidus she merited to enter the [heavenly] chamber of the Baal Shem Tov. She asked the Baal Shem Tov for a segulah that I be able to stand firm, with G-d’s help, against those who oppose the ways of Chassidus.

The Baal Shem Tov answered: Your son is, after all, learned in the Five Books of the Torah, in Tehillim and in Tanya, knowing every single letter by heart. And the verse says, (Bereishis 35:5) ‘And the fear of Hashem was [upon the cities]...’ The Hebrew word for ‘fear’ is ‘Chitas’ (חיתא), which is an acronym for Chumash, Tehillim, Tanya. One who is erudite in their letters eradicates all challenges and concealments.

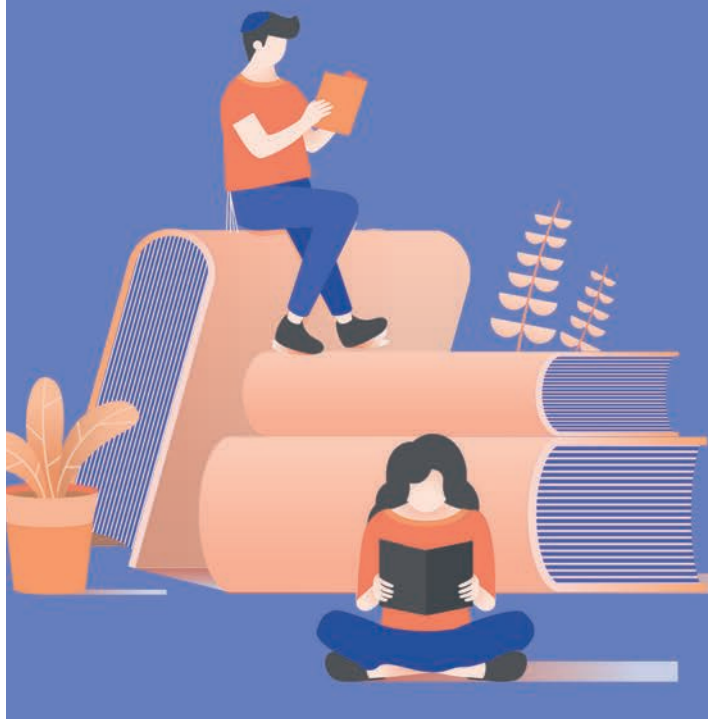
“Wherever you will be,” the Tzemach Tzedek concluded, “whether in government offices or visiting government ministers, you should recite a parshah of Chumash, a chapter of Tehillim and a chapter of Tanya.”

*Adapted from Kitzurim V’Heoros  
L’Sefer Likutei Amarim*

Said. Studied. Done.

---

How thorough does  
my learning have to be?  
Do I have to fully  
“get” Chitas  
to “do” Chitas?



## The Principle:

### WRITTEN TORAH

Merely verbalizing the holy words of the Written Torah is considered Torah study.

### ORAL TORAH

The Oral Torah must be understood to be considered Torah Study.

## The Practical:

### CHUMASH

The daily portion of Chumash should be studied and understood, especially Rashi, which belongs to the Oral Torah. If one cannot understand the Chumash, he should nevertheless read the words.

### TEHILLIM

It is not necessary to understand the words of Tehillim being recited.

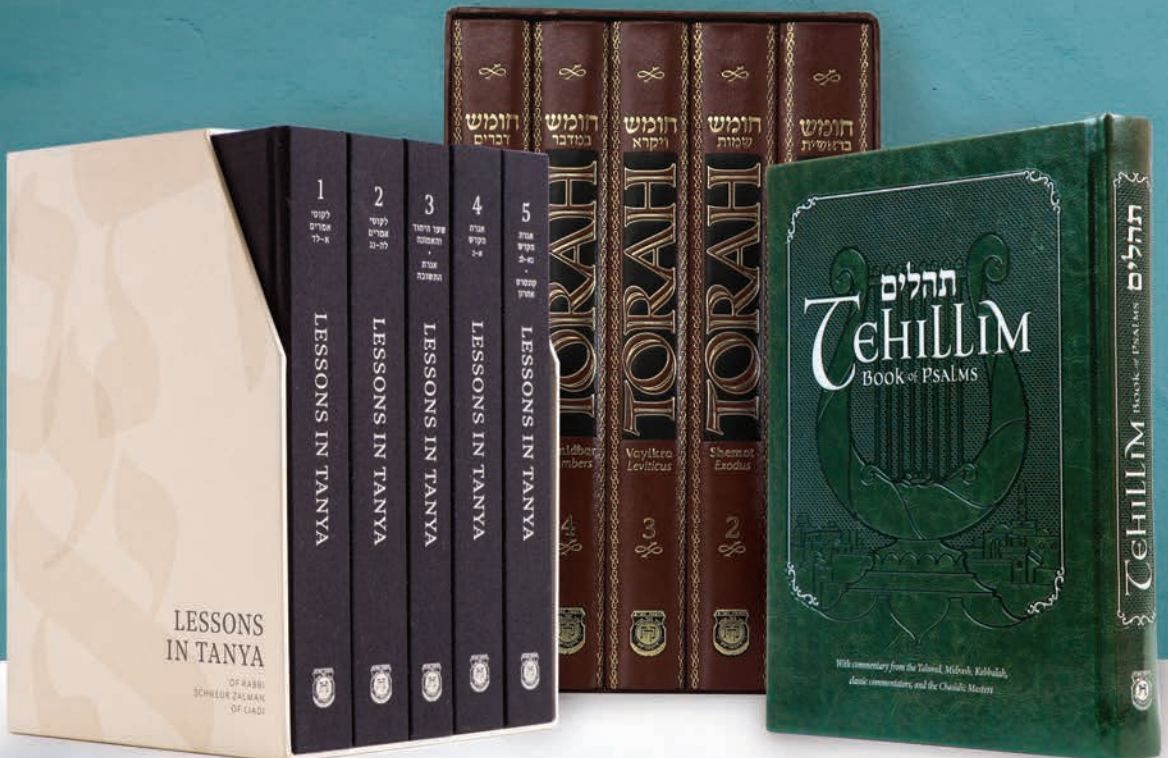
### TANYA

Though Tanya belongs to the Oral Torah, for the sake of Chitas, “It is not necessary that it be understood profoundly, rather that one should simply read and study the text [on a most basic level].”

— *Sefer Haminhagim* p. 19;  
*Toras Menachem* 5746, vol. 4, p. 143 (Matos-Maasei)

# Make Way For Blessings

It's hard to overstate the powers that the Rebbe ascribed to the study of Chitas, mentioning it over and over as our era's unique spiritual key to Hiskashrus, self-fulfillment and countless blessings.





## FINANCIAL SUCCESS

It is astonishing that your entire letter fails to mention a word about that which forms the channels of livelihood for each Chassid, and especially for each Tamim, namely, a fixed schedule for the study of Chassidus... in addition to observing the study schedules that apply to everyone equally, namely, the daily Tehillim, Chumash with the commentary of Rashi, and Tanya.

*Igros Kodesh, Vol. 4 p. 338*



## FAITH AND FOCUS

Concerning that which you write about simple faith... It is explained in seforim that [simple faith] is found, in complete form, by every single Jew... it is only that the evil inclination sometimes bombards the mind and tries to mislead a person into thinking otherwise...

To combat this... observe the well-known three [daily] study schedules of Chumash, Tehillim and Tanya.

*Igros Kodesh, vol. 20 p. 69*



## HEALTHY CHILDREN

In general, I see no reason for worry, and may G-d bless you with healthy children... And you should strengthen yourself in the three daily study schedules, which are appropriate for everyone, of Chumash, Tehillim and Tanya.

*Igros Kodesh, vol. 6 p. 266*



## SUCCESSFUL SHIDDUCH

I received your letter, dated 8 Adar, in which you write concerning finding a shidduch, and you write that in a natural manner it is not possible (for you to find one)...

Since everything has to have a natural way (of accomplishment)... it is self-understood that you need to observe every day the three well-known study schedules of my father-in-law, the (Previous) Rebbe.

*Igros Kodesh, vol. 7 p. 190*

## FOR EVERYONE...CHITAS

“...and you should strengthen yourself in the three daily study schedules, which is appropriate for everyone, of Chumash, Tehillim and Tanya.”





### ANY WAY TO SAY IT

One may study the various sections of Chitas in any order. **However, it is important to study all sections on the scheduled day.**



### FIRST THINGS FIRST

#### Chumash

It is preferable [to study it] in close proximity to the morning service.

#### Tehillim

After morning prayers.

#### Tanya

In close proximity to the morning service - and even better in immediate proximity.



# How to Start On Time



### BREAK IT DOWN

Regarding studying the daily Chumash ... you needn't study it all at once. Rather, you can split the daily portion into [smaller] sections and learn it throughout the course of the day. Understandably, this can be done at your place of business.

## AND STAY ON TRACK

When should I say Chitas? In what order? What if I can't do it all at once? And oops... what if I missed a day?



### STEP BY STEP

When compensating for missed portions of Chitas, it is obvious that yesterday's [missed] portion should be studied first, for it is appropriate to maintain the correct order and to avoid studying Chapter Two before Chapter One.



### MAKE IT UP

It is possible to make up for missed portions of the previous day's Chitas during the night [that immediately follows], the next day, during the subsequent days, or the remainder of that week.

*Based on Likutei Sichos, vol. 8 p. 199; Igros Kodesh, 4:283, 5:304, 8:200, 9:244, 13:330, 17:146, 18:31; Introduction to Hayom Yom; A yechidus (private audience with the Rebbe), as recorded in A Chassidisher Derher, Issue 36.*

A CASUAL COMPARISON  
OF POPULAR WAYS TO CHITAS

# A CHITAS FOR EVERYONE

With the plethora of options available today to deliver the chitas experience, it can get confusing, and feel like yet another challenge. Here we've broken it down for you so you can find your own most convenient way to make Chitas a part of your life!

RESOURCE	CHABAD.ORG	CHAYENU	DVAR MALCHUS	SEFER CHITAS	CHITAS FOR KIDS
Original Hebrew Text	Y	Y	Y	Y	N
Print Version	N	Y	Y	Y	N
App	Y	Y*	Y	N	Y
Fee or Free	FREE	\$ PRINT VERSION FREEMIUM APP	\$ PRINT VERSION FREE PDF & APP	\$	FREE
Global Distribution	Y	Y	Y	Y	Y
Geared to Children	N	N	N	N	Y
Audio/Video	Y	N	N	N	Y

\* NATIVE. DOES NOT REQUIRE CONSTANT CONNECTION

For Chayenu subscription options visit:  
[chayenu.org](http://chayenu.org)

For Chabad.org visit: [chabad.org/dailystudy](http://chabad.org/dailystudy)

For Dvar Malchus visit: [dvarmalchus.org](http://dvarmalchus.org)

For Chitas for Kids visit: [kidschitas.org](http://kidschitas.org)

To purchase a Chitas visit: [store.kehotonline.com](http://store.kehotonline.com)

To **customize** this booklet  
in print — with a personal  
dedication — for your  
community, Simcha or an  
event, please email  
**Mendy@Chayenu.org**

