

# It's a BIG Mitzvah to be Happy! | Likutey Moharan Tinyana #24

written by Shaya Sussman

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<https://www.youtube.com/watch?v=0KhCSHfz9pE>

In this class we learn It's a BIG Mitzvah to be HAPPY! Rebbe Nachman explains how all sickness comes from lack of happiness. And how healing and faith is available to all. Additionally we learn about how it's fun to act silly.

Sources:

Likutey Moharan Tinyana Lesson #24

The wings of the sun By Rav Avraham Greenbaum

The Divided Mind by Dr. Jon Sarno

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\*If you're interested in other class on Rebbe Nachman click here: [https://soundcloud.com/shaya-sussman/...](https://soundcloud.com/shaya-sussman/)

\*Click here for my YouTube Channel: Shaya Sussman Counseling <https://www.youtube.com/channel/UCsr2...>

\*Click here for Instagram: [www.instagram.com/shaya\\_sussman\\_lcsw/](http://www.instagram.com/shaya_sussman_lcsw/)

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