



מצוות  
עשה  
#95

 This mitzvah is hinted to in the Torah,  
but the main place we learn it from  
is Torah Shebaal Peh.

This *mitzvah* is the same as yesterday's — that if a Yid makes a promise and changes his mind, he needs to go to a Rav or *Beis Din* to do that.

This is called *Haforas Nedarim*.

 The details of this mitzvah are explained in Mishnayos & Gemara:  
**Mesechta Nedarim**

מצוות  
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 We learn this mitzvah from Parshas Naso: (במדבר וה')

גִּידֹל פְּרַע שֵׁעַר רֵאשׁוֹ

A *Nazir* has a *mitzvah* to let his hair grow.

Like we will see in the next *mitzvah*, it is *asur* for a *Nazir* to cut his hair.

In this *Mitzvas Asei*, we learn that it's not enough for him not to cut it, the *Nazir* needs to make sure he is LETTING his hair grow. So, for example, he isn't allowed to rub cream on his head that keeps hair from growing.


 The details of this mitzvah are explained in Mishnayos & Gemara:  
**Mesechta Nezirus**

מִצְוַת  
לֹא תַעֲשֶׂה  
#209

📌 We learn this mitzvah from Parshas Naso: (במדבר הג)

## תֵּעָר לֹא יַעֲבֹר עַל רֵאשׁוֹ

A *Nazir* is not allowed to cut off his hair — not even one single hair!

 The details of this mitzvah are explained in Mishnayos & Gemara:  
Mesechta Nezirus

## Rambam: Hilchos Nedarim, Hilchos Nezirus

### PEREK YUD-GIMMEL

We learn about HOW we take away a promise. At the end of the *perek*, the Rambam tells us when it's a GOOD thing to make a *neder*. A *neder* can actually help us in our *Avodas Hashem*!

For example, if someone eats way too much or not in an *aidel* way, he can make a promise not to eat any meat for a year or two. If he drinks too much wine, he can make a *neder* to only drink wine on Shabbos and *Yom Tov* for a few years, or he can promise never to get drunk.

Still, we should be careful not to make too many *nedarim*, so that we don't forget how serious a *neder* is in *halacha*. Nowadays, when we make a *hachlata*, we should always say that it is "*bli neder*." Even though we are very serious about keeping our *hachlata*, we want to be extra careful to not ever end up *chas veshalom* not keeping a *neder*.

### PEREK ALEF

Now we start the next set of *halachos*, about a SPECIFIC kind of promise — if someone promises to become a *Nazir*!

There are things that are *asur* if someone becomes a *Nazir* — cutting his hair or eating things made with grapes. A person doesn't have to say "I will become a *nazir*" to become one — he can say things like "I will grow my hair" while thinking that he wants to be a *Nazir*.

### PEREK BEIS

We learn more about a *Nazir*'s promise: What happens if he takes it by mistake, or because someone forces him, or because of a reason that ends up not being true? In many cases, he is not a *Nazir*.

One interesting *halacha* is that a person STAYS a *Nazir* until they bring their *korbanos*, and that a *Nazir* needs to be in Eretz Yisroel. So if someone makes a promise to be a *Nazir* nowadays, he has to move to Eretz Yisroel and stay a *Nazir* until the *Beis Hamikdash* is built and he can bring his *korbanos*.