

# BITACHON WEEKLY

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פרשת תזריע תשפ"ד

## The More You Speak Happy & Positive Words the Longer You Live

Of all places, why does a *Baal Lashon Hara* get punished on his skin? We can suggest that your mouth is a “guard” to your entire being, since: נָצַר לְשׁוֹנְךָ מִרַע תְּהִלִּים לֵד יָגִיד. If a person wants to live, let him guard his tongue from all negative speech, and we see that: לְשׁוֹן מְשַׁלֵּי יָח כָּא. Life and death are in the hands of the tongue.

The skin is the *Shemira* and “protection” of the whole body, and when a person gets *Tzora’as* on his skin, it is a message that his “protection” is in danger. A *Metzora* is indeed similar to a dead person. The more you speak happy and positive words, especially *Divrei Torah*, the longer you live. כִּי חַיִּים הֵם לְמוֹצִיאֵיהֶם בְּפֶה עִירֻבוּן נֹד. The words of Torah are a source of life when you articulate them verbally.

### The Goal of *Bitachon* Is to Transform You into A Happy Person Who Is Closer to Hashem

A two-year-old girl was born unable to see, digest, or move, etc. The doctor described her as “a piece of wood” or “stone”. Her father called me, and I told him that his positive mind can affect her health. After working on *Bitachon* and *Simcha* 10 minutes daily, this girl walks, runs, digests, sees, and smiles, etc. She is gradually talking more and more.

The family loves her and enjoys her. **The main *Yesod* of *Bitachon* is when it changes the person who works at it, and makes him a happy person who is closer to Hashem.** This was a sad, broken family, and because they worked on *Bitachon*, they are super happy people, even though the girl isn’t perfect yet.

### A Person Undergoing Stress in Life Needs to Get More Involved in *Bitachon*

EVEN AT THE EXPENSE OF HIS LEARNING

A *Yungerman* who is a major *Masmid*, *Talmid Chochom*, and *Rosh Chabura*

would come home full of stress, since he had a difficult childhood. He now learns *Shaar HaBitachon* and other *Inyanei Bitachon* for over an hour daily. **As he learns *Mussar*, he gets happier and happier, and his wife and children are overjoyed.** I was asked: מַה תִּזְכֶּה מֵהָא עֲלֵיָהּ. What will be with his learning?? Such a major *Ben*

### A Man Always Needs to Be A “*Gantzer Knocker*”

Although a person may be healed from his *Negga* and is already *Tahor*, it’s meaningless until the *Cohen says* that he’s *Tahor*. And the same with the worst: מְרָאָה טָמָא unhealthy discoloration of the skin; until the *Cohen says* that he’s *Tamei*, he’s not *Tamei*! The *Eibishter* made an *Adam* a major *Koach* in His word. Notice how Man always needs to be a “*Gantzer Knocker*”.

Even אַף עַל פִּי שְׂאֵשׁ יוֹרְדָת מִן הַשָּׁמַיִם מִצְוָה לְהִבְיֵא מִן הַקְּדִיטוֹ יוֹמָא כָּא ב. Although though the fire [on the Mizbeach] descended from Heaven, the *Mitzva* requires that a HUMANLY produced fire be brought as well! In last week’s *Parsha*, we have: וְאֵת אֵלֶּה תִשְׁקָצוּ מִן הָעוֹף יֵא יָג. These types of birds shall be rejected BY YOU, and even by: שְׂרָץ הָעוֹף flying insects it says: שְׂקָץ הוּא לְכֶם יֵא כָּג. they should be rejected BY YOU; i.e. **YOU** have to make them disgusting [as if they weren’t disgusting before you came along]. If you have a problem but you don’t **say** that you have a problem, then you have no problem!

### You Have the Power to Create Problems, And the Power to Make Them Disappear

Either the power of your *Bitachon* or lack of concern makes it disappear, since: מוֹקֵשׁ מְשַׁלֵּי כֵּט כֹּה. those who worry invite problems. [My *Rebbe*, R’ Ozer Schwartz *Zatzal* used this *Passuk*, and it saved him from a 4-year sentence in jail]. Your fear **creates** the issue, and your lack of fear makes the problem **disappear**. And even if the problem remains, you won’t feel it; and it’s as if you have no problems.

Ask people who are always learning *Shaar HaBitachon*, and they’ll tell you how gradually they are in a new problem-free world!

*Torah* should lose so much *Torah* on a regular basis??

Do I need to decide such a *Shayla* dilemma? Take your pick: Do you want to be a bigger *Talmid Chochom* and keep hurting your wife and kids [and yourself] and quite possibly end up in the hospital with physical or mental issues, and be *Nichshal* in either *Kin'ah*, *Ta'ava*, *Kavod*, *Ga'ava*, שְׁפִלוּת הַבְּהֵמָה lowliness of an animal, and all kinds of unhealthy complexes and depressions [or all of the above, *Rachmana Litzlan*]... or not?!

It is obvious that Hashem wants this *Yungerman* to take care of: עִיקָר חַיִּית הָאָדָם שְׁבִירַת הַמִּדּוֹת his main purpose in life; i.e., Shviras HaMiddos. And if a person does *Ratzon Hashem*, there is no doubt that he will come out ahead, even in his learning.

**P.S.** I have many more stories where *Mussar* saved marriages and other relationships, including stories of *Yungerleit* whose anxieties made them stop learning [sometimes more and sometimes less]. After learning lots of *Mussar* for an extended period of time, they can finally learn *Gemara* with *Tosafos* full-time again.

## Novardok

### The Yetzer Hara Of Self-Pity

A friend of mine had tremendous aggravation from his son who wasn't doing well with *Shiduchim*. He went to Rav Galinsky to cry his heart out, since he realized that his son would probably remain a broken *Bachur* for the rest of his life. R' Galinsky *Zatzal* told him that his pain was unfounded. He had plenty of *Nachas* from his other children; so why wasn't he dancing all day about them??

R' Galinsky *Zatzal* explained to him that people have a weird *Geshmak* in being sad, and they feel a certain sick importance about being a nebach. Self-pity is a *Yetzer Hara*! And: עִיקָר חַיִּית הָאָדָם שְׁבִירַת הַמִּדּוֹת וְאֵי לֹא לָמָּה the main point of life is Shviras HaMiddos. Our main purpose in life is breaking our *Middos*! The Orthodox community was always pained by all those anti-Semitic, self-hating Jews [like the N.Y. Times] who love putting themselves down!

*Middos* are tricky. Believe it or not, we all have a predisposition to secretly enjoy being a "*Rachmanus* case"; way before our actual difficult issue came up! You need to fight this all your life, by being happy to the extreme. There is a true *Novardok* story where the *Novardokers* were happy during a terrible time. Working on *Middos* needs *Mesirus Nefesh*.

I know a certain *Yungerman*, that whenever he has any kind of difficulty in life [including physical maladies], he yells at himself and he says: "You get what you secretly enjoy!" "Stop looking for trouble!" בְּדַרְךָ שֶׁאָדָם רוֹצֵה A person is led in the way he wants to go!! He told me that it works like magic! Sometimes he needs to persist until he sees results. All kinds of problems disappear [including blood clots, *Rachmana Litzlan*].

### Why Am I Always So Happy Prematurely?

The *Korban Pesach* is eaten before *Chatzos* midnight, and: עַל הַשּׁוֹבֵעַ on a full stomach. We can suggest that this is a *Remez*, that even though Hashem gave me only "half" [*Chatzos*] of what I asked for [and it's not what I really want] I'm already: עַל הַשּׁוֹבֵעַ feeling full as if I've got it all! **The Yetzer Hara tricks you into being upset when you see only small improvements in health, Parnasa, relationships, etc.**

I've been begging for a good *Shidduch*, and Hashem gives me a so-so. Instead of kvetching, I say that at least I'm getting **something**; whereas in the past I was redd zero. Or a partial *Refua* should be regarded as a *Remez* that the complete *Refua* is on the way. Throughout your life, remember: Although: אֵין אָדָם מֵת וְחָיִי אין אדם מת וחיי A person does not get even half of his desires during his lifetime, you are always in a state of: שְׁבִיעָה satisfaction, meaning that despite your peckel, you are "total" *Sameach B'chelko*