

BITACHON WEEKLY

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Bitachon Is All About Learning How to Be “Held Up” From Your Plans and Wishes

All the: *מסעות* (travels of the *Yidden* in the *Midbar*) were moving forward, and suddenly, we have them going backwards to: *פי החירות*. Going back when you are travelling forward is very difficult; it slows down the process, and people hate this. It annoys them tremendously.

We must say that it was a big *Zechus* for them to do this, and especially that they did it with *Achdus*. RSRH points out that it says: *וַיִּשָׁב* (singular form) instead of: *וַיִּשְׁבוּ* (plural). Just as prior to *Matan Torah* it says: *וַיִּתְּנוּ* (singular) and their *Achdus* caused the *Zechus* of *Matan Torah*, so can we say over here.

פי החירות was the place where the most spectacular *Ness* in history took place; i.e. *K'riyas Yam Suf!* Perhaps the power of *Achdus* has to do with *K'riyas Yam Suf*. Or maybe it was the fact that they had just conquered their *Middos* by going backwards. For good reason did R' Zundel of Salant *Zatzal* say: *כל עִכּוּבָה לְטוֹבָה* Every setback is *L'tovah*.

Every: *עיכוב* delay is a *Tova*. **There is no happenstance in this world. And when Hashem slows you down, it can be a tremendous *Zechus*, since you are accepting something that you dislike, and you are going against your *Tevah*. Indeed, every time a person accepts a situation that he dislikes, it is a miniature form of *K'riyas Yam Suf*.**

Achdus is also a form of giving in, since you are letting go in favor of other people. When you “unite” and fuse with other people, then you are a versatile *Anav* like a piece of clay. Having *Achdus* means that you don't insist on having your way. You tolerate others and their opinions. The true *Anav* is indeed “mush”. Like the sweet smelling *Ketores* which was a “crushed” combination of many kinds of spices.

Just like when before you take a big jump you

bend down low; so you first stop and are happy without getting your wishes, and only then do you jump and do big things; i.e. your *K'riyas Yam Suf*. ***Avraham Avinu* didn't have children 100 years, and he never complained. In the end, he “laughs” with *Yitzchok*. This is the reward for patience.**

As Long as You Try, You Are *Zoche* to Everything

If a person has a *Ka'as* problem, he should learn those *Seforim* that are: *מְעוּרָה* (motivate) him to stop getting in *Ka'as*. (There are special *Seforim* only about *Ka'as*). If he is full of *Da'agas HaParnasa*, then he needs *Seforim* on *Bitachon*. And he needs those *Chazal's* and *Pesukim* that calm him down. The same with *Kin'ah* and *Sin'ah*, *Atzlus*, *Atzvus*, and *Bittul Torah*, etc. A *Mussar Seder* should cause you to calm down, and change you somewhat in the area that is hurting today.

Someone yelled at you today? Your *Mussar* should be something like: *כָּל הַמְעַבִּיר עַל מְדוּתוֹ, מְעַבִּיר בְּמַמְנוֹתָיִךְ כָּל פְּשָׁעֶיךָ רַחֵם*.
Whoever forgoes his “rights”, they forgo of all his sins in Heaven. When you can't handle all those *Chovos* (bills) and you can't sleep, you need: *בְּרוּךְ הַגֹּבֵר אֲשֶׁר יִבְטַח בְּה' יְרֵמִיָּה יִז' ז'*
Blessed is the person who has *Bitachon* in Hashem. You pick the *Passuk* or *Chazal* that calms you down.

I heard in the name of the *Chofetz Chaim* that if a person goes to a *Shiur* in learning *Sefer Chofetz Chaim*, then he's already not part of the: *לִשְׁוֹן הַרְעָה* “*Lashon Hara Club*”, even if he's not perfect with his *Shmiras HaLashon*. As long as you're trying and aiming to improve in the important issues, you are already *Kodesh Kodashim!* R' Chatzkel Levenstein said that every tiny move you make is priceless in *Olam HaEmes*. Every single positive *Mach'shava* to improve is a gold mine! *Ashreichem!*

So next time a “nudge” bothers you, realize that he is a test from *Shamayim*, and if you relax and accept, then you will be *Zoche* to greatness like *K'riyas Yam Suf* and *Matan Torah*. The same with those big buses who block the traffic, and when people keep you waiting, or your lofty dreams (whether in *Ruchaniyus* or *Gashmiyus*) aren't happening so fast.

This is what *Bitachon* is all about; learning how to be “held up” from your plans and wishes, and being happy: **בטל רצונך מפני רצונו, כדי שיבטל רצון אחרים מפני רצונך** without limit, since it's Hashem's *Ratzon* to delay. **בד** Nullify your *Ratzon* before His, so that He will nullify the *Ratzon* of others before yours. **Just as you prove yourself to be satisfied in a dismal *Matzav*, so will Hashem satisfy you in a much more desirable situation.**

When you insist that things ARE good (although they really aren't), then in the end they will be totally-good: **כפשוטו** clearly. **Hold on and wait!** Keep waiting and waiting!

So the next time you're waiting-and-waiting for a *Yeshua* (or for a traffic jam to move, or a person is wasting your time) remember that the *Zechus* of accepting long delays caused the greatest *Mofesim* (like *K'riyas Yam Suf*) and expect incredible *Nisei Nissim*, since you have the incredible *Zechus* of waiting overtime while you haven't seen *Yeshuos*, despite all your hard work on *Bitachon*.

I was *M'kabel* from my *Rabbeim* that when things get super difficult, it is actually a sign for an upcoming *Yeshua*; if you continue learning *Shaar HaBitachon* overtime, and you clear your brain from *Yi'ush*.

Novardok

R' Gurwitz used to do the Russian *Kazatske* at all *Chasunas*. This was called a “*Prat*” in *Novardok*, when you are *Mafkir* your *Kavod*; especially when it is *M'sameach* others. He was a very handy person (R' Gershon encouraged: **דעלמא** general know-how, like knowing how to drive a car). The *Alter* held that just as only potential *Chametz* can be *Matza* (*Gemara*) similarly, a person who is street-wise, can also be *G'ribben* (shrewd) to conquer his *Yetzer*. R' Gurwitz could build a house from scratch; but when he was a *Menahel*, and some handyman work was necessary in the *Yeshiva*, he asked his children to bring the tool box inside, since it wasn't fitting for a *Menahel*.

Novardokers knew when to “let down their hair” and do a *Prat*, and when it wasn't appropriate. They didn't “*Stam*” act *Meshuga*, *Chas V'shalom*. But when something important was needed, and the whole world hesitated to put their *Kavod* or their comfort zone in *Sakana* (danger), *Novardokers* were always available. When R' Gurwitz was not well, he had a choice between a regular doctor and going all out for a top doctor. He had a successful operation with the regular doctor.

This is what happens when you have a *Mussar Chinuch* in *Emuna* and *Bitachon*, and realize that the only True Doctor is Hashem. I knew a woman from U. K. who was married to a super-critical husband, who always ignored her, while always being nice to others. **She davened super hard for many years, and in the end she loved all his criticism. When he went to a *Chasuna* alone, she insisted on coming along with him, to enjoy all that criticism!**

You can't imagine the power of your mind! Those who learn loads of *Mussar* about the greatness of *Bizyonos* learn how to laugh when others cry! Once, a woman screamed at her husband for doing an evil which SHE had actually done, and not him. He didn't say a word, and slept that night without any anxiety!

Mussar Gives You a Sweet Life

This is what *Mussar* and loads of *Tefila* can do for you. You don't like learning *Mussar*? It's your problem. You are missing out on a life of truth and sweetness and physical health, in this world and the next. **When I make a beautiful speech, and then someone tells me that my friend made a much better speech, I'm overjoyed! Now I can become an *Ahron*!** **A:** **לב ששמח בגדולת אחיו** heart that rejoices with his brother's greatness!