

# BITACHON WEEKLY

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## Ignore Those Who Highlight Your Chesronos, and Keep Focusing on Your Maalos

Rashi says that the *Shevotim* were *M'vazeh Pinchos*. They said: "Someone who descended from *Yisro*, a person who fattened calves for *Avoda Zara*, now has the *Chutzpa* to kill a *Nasi B'yisroel*?" Imagine if **all the *Shevotim*** are *M'vazeh* you, causing you to feel that you aren't on a high enough *Madrega* to do the lofty things you do or plan to do. [We don't need the *Shevotim* for this. Our own *Yetzer Hara* is loaded with **unending negative self-talk telling us how no-good we are, and how so many people are better than us!**].

Rashi says that *Putiel* also refers to *Yosef*: בְּיָרָוּ וְשָׁפְטָטּוּ who made a joke out of his *Yetzer Hara*. *Pinchos* came from *Yosef HaTzaddik* who made fun of his *Yetzer Hara* when he avoided the wife of *Potiphar*. Notice how people are always involved in the negative! They mentioned only his [unflattering] *Putiel* association to *Yisro*, while ignoring his illustrious *Putiel* lineage from *Yosef*. [Parenthetically, it's better not to believe that people are negative about you. And even **if they are, don't be Gores them!** You only know about your positive side or positive roots]. There will always be two sides to you; positive and negative:

- You learn, but you also *Battel*
- You smile, but you frown plenty also
- You can be nice, but you have a mean streak
- You can be calm, but there is still plenty of *Ka'as* in your system
- *Simcha* and *Atzvus*
- *Z'rizus* and *Atzlus*
- saying smart things, and making a fool out of yourself
- your *Frum* side and your many *Kulos*

Keep aiming at the positive! And have the *Velt* "**Farpocked**"! [Actually, the *Velt* may think of you much more than you realize. Watch what they say at your *Levaya* or *Sheva Brachos*. You may hear *Maalos* that you don't even know about. **But your *Dimyon* loves negatives so much, that you think they are lying or**

### Two Ways of Bitachon

Those who are involved in *Middas HaBitachon* realize that there are two areas of *Bitachon*. One area of *Bitachon* is to get what you want, and the other is to be satisfied with what you have. A person needs to have a *Rebbe* to guide him on which route to take. I know two *Yungerleit* who have had tragic lives, because as much as I pleaded with them that they are entitled to daven and get exactly what they wanted, they insisted that maybe they aren't worthy. On the other hand, I know many people who keep pushing with *Middas HaBitachon* to get what they want, and they are very frustrated.

They don't realize that **the bad *Midda* of "having to get whatever you want" is dominating them, and if they would have *Menucha*, humility, and more acceptance, then they'd accomplish more.**

### The Power of Accepting Your Matzav

A certain couple were married a bunch of years, and despite trying many different treatments, nothing worked. Finally, the doctors gave up hope on them ever having children, and even the most optimistic doctor had just given up hope. Finished. The day she found out that she isn't capable of having children, the wife went home and put on her *Shabbos* clothing, and cooked up a whole meal for her and her husband. When her husband came home, he asked her: What's this all about? She said: I am giving up on having kids. I don't need kids. They keep you up at night. I'm so excited just to have you! I am being *M'kabel* everything with *Simcha*.

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exaggerating].

R' Yerucham Levovitz says that the first *Mussar* a person must learn is to constantly be aware of his *Maalos*. People can change drastically if they are persistent in realizing their greatness. *Avrohom* was first a *Ram* high person, and **only then** was he able to say: אֲנִי עָפָר וָאֵשׁ וְיָרָא יי' כִּי since he realized that he owed all his greatness to Hashem. There is usually no hope for people who think they are worthless.

Many, many of us, have to live by a principle:

אפילו כל העולם אומרים רשע אתה, ה'ה בְּעֵינֶיךָ כְּצַדִּיק

Even if the whole world says: You are a Rasha, look at yourself like a Tzaddik! This is exactly what *Pinchos* did, and he was *Zoche* to become one of the greatest men in our history. Those who aren't impressed by their own negative nature, move on to greatness!

The VERY NEXT DAY she received a phone call from her doctor, the one who had just given up hope, that they found a new approach to help them, and 9 months later they had their first child! She sincerely accepted her situation, it wasn't fake, she threw in the towel, and made a party with real *Simcha* over her *Matzav*. That has the biggest power. עיקר חיות האדם שבירת המדות ואי לא למה לו חיים The main point of life is *Shviras HaMiddos*, and without it, what is the point of living? (*Gr"a*). **Being satisfied even when not getting what you want**, and the *Zechus* of going against your nature, is *Kodesh Kodoshim* and can give the biggest *Yeshuos*.

## Novardok

When R' Yisroel Meyer *Zatzal* would meet a child, he would get excited with *Simcha* like he was meeting a very *Chashuva* person. They asked him about this, and he explained that he was beholding yet another *Tzelem Elokim* besides the people that he knew, and he was overwhelmed! People are impressed by cute kids, but they forget Hashem, who Created them cute in order to make life easier for those who have to deal with them.

A person with depth realizes this, and he grows in *Emuna*; instead of just being infatuated with a "cutey-pie". What a beautiful *Chinuch* they gave you in *Novardok*! R' Yisroel Meyer *Zatzal* was once at a *Bris*, and he started to collect *Tzedaka* from the people in shul. I would assume that this was a "*Prat*" to break his fear of people.

R' Yisroel Meyer and R' Chaim Mordechai Wainkranz both told me that the main *Avoda* should be to fight *Redifas HaKavod*. How much poison to your *Neshama* is *Kavod*! Of course, we can't jump and do things that we aren't ready for.

R' Yitzchok Gurwitz was a *Talmid* of R' Gershon during the war. After the war, he came to America, and was learning in *Novardok Bais Yosef* of Boro Park. One day, the news came that a certain famous *Novardoker* was coming, a real "*Shem Davar*" (celebrity). The *Bais Medrash* was abuzz with excitement. Finally, this *Novardoker* arrived at the *Yeshiva*. Noticeably sticking out of his jacket pocket was a newspaper, in English (which to him was like Chinese, and he obviously couldn't read it). He was aware of all the "hype" around him, and he wanted to downplay all the *Kavod* he was getting.

Reb Shmuel Birnbaum *Zatzal* was unusually *Lebedik* at *Chasuna's*. When asked about this, he said that he was copying his *Rebbe*, Reb Yisrael Yaakov Lubchansky *Zatzal*, son-in-law of the *Alter* of *Novardok*. Reb Yisrael Yaakov was known to fall on the floor during *Chasuna's*. They say that he would lay by the feet of Reb Elchonon Wasserman *Zatzal*, in order to be *M'kayem*: וְהוּ' מְתַאֲבֵק בְּעַפְרֵי רַגְלֵיהֶם אֲבוֹת אֲדָדִּי Cling to the dust of their feet [of the sages].

R' Yisroel Yaakov Lubchansky would say: Do you know why are there are so few people in this world who seem to "have it all"? Because before a *Neshama* is born, it is shown the *Neshamos* of these "lucky ones" as they are dying and coming back to *Shamayim*. The incoming *Neshama* sees how ugly these "lucky" people's *Neshamos* look, and he begs: Please! Don't give me that person's "good" *Mazal*!