

BITACHON WEEKLY

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פרשת דברים תשפ"ד

The Way You See Things Affects Everything

There are plenty of *Pesukim* in these *Parshiyos* telling us: “Don’t be afraid” (again and again) and now we have a *Passuk* telling us how Hashem will **make the Goyim be afraid of us**. You may have plenty of fear from a *Basar V’dam*, including fear of certain tough friends and relatives, and important people, etc.

A *Yid* has to have *Bitachon* that Hashem can “melt” all those scary people in your life, and give you *Yeshuos*. A friend of mine was having a court case, with a tough judge whom he feared and hated. He wasn’t getting

anywhere, until **I told him to view the judge as “mush” and “butter”, and as if he is a friend. It worked like magic, and the judge suddenly went out of his way to actually be nice to my friend!**

Don’t have mental arguments and antagonism to people who intimidate you. Often, they can actually feel it, and: כמים הפנים לפנים כן לב האדם

Just as water reflects your facial expression, your friends heart reflects your feelings towards him. R’ Yaakov Galinsky *Zatzal* told me that **a person cannot hide his feelings; so think “positive” and “accepting” thoughts about your enemies, and watch them change!**

This applies even to disease, *Chas V’shalom*. When a person plays down those dangerous growths in his body, they can shrink and disappear! Always be calm and unafraid; and **patient** with *Bitachon* and *Menucha*. It is a *Segula* for all *Yeshuos*. **Even machines work better for calm people!**

Novardokers specialized in ridiculing the *Yetzer Hara* with plenty of laughter. When you play something down, it loses its *Koach*. When you make a joke about a scary person, your fears can diminish. That’s why the *Yidden* called those giants רפאים *Refa’im* (weaklings) while the *Mo’avim* called them: אים בים *Aim’im* (fearsome).

The same person or situation can be looked at in two ways. This is also true about your view of yourself. The way you see yourself, affects your performance.

A Baal Yissurim Ends Up with The Most Goodness

Chazal say: כשם שמשונקנס אב ממעטין בשמחה, כך משונקנס אדר בשמחה תענית כט א in “Av” we decrease our *Simcha* level, and in “Adar” we lift it. Notice how *Simcha* is what life is all about. Just that sometimes we have more *Simcha* and sometimes less. **Our religion is total-positive. All evil in our lives is heading for total good!**

Just like on *Purim* we say: ונהפוך הוא *V’nahapoch Hu*, with all the evil disappearing, and now we have *Mordechai* in *Haman’s* place; the same on *Tisha B’av*; emanating from the pain of *Aveilus Bais Hamikdash* comes a *Simcha*. All the evil and sadness will someday become *Simcha*, like Chazal say: כל המתאבל על ירושלים זוכה ורואה בשמחה תענית לב ב since we mourned over it, we will be *Zoche* to see the *Simcha* of *Yerushalayim*. Similarly, your worst sin will someday become the biggest *Mitzva* (when you do *Teshuva*).

A *Baal Yissurim* ends up with the most goodness. The *Seforim HaKedoshim* say: כל המדוכה בייסורים בעוה"ז זוכה ורואה עוה"ב. The more *Yissurim* a person has on this world, the more pleasures in the next world. Hashem has tremendous *Rachmanus* on all those people who suffer, and He will make sure to be: turn around the curse into a blessing. Chazal say: טוב פעם אחת בצער ממאה שלא בצער It’s worth way more when it’s harder.

Chazal say: והאלקים יבקש את נרדף קהלת ג טו Hashem sticks up for the victim; even if the victim is a *Rasha* who is being persecuted by a *Tzaddik*, yet Hashem will still stick up for this victim, who is a *Rasha!* Look how precious are *Yissurim!* And by *Leah* it says: כי שנואה לאה ויפתח את רחמה ויצא כט לא Hashem saw that Leah was rejected, so He gave her a child. The *Alter of Kelm Zatzal* says that it wasn’t her *Ma’asim Tovim* or *Tefilos* that caused her to be *Zoche* to 6 *Shevotim*; it was her pain of being a: שנואה reject!

R' Gershon Liebman *Zatzal* was always practicing no fear of people. In his formative years in the *Yeshiva in Bialystok* he ran away from *Kavod*, and from receiving recognition from people. He was so seasoned in “fearlessness” during peacetime, that by the time WWII broke out, the Nazis didn’t scare him. He was able to accomplish amazing feats, like building a *Yeshiva* in the ghetto

The More You Believe in Something, The More It Works for You

And when you have faith in a person, he does much more for you. Of course, this is why *Bitachon* in Hashem is so powerful. Those who believe more in Hashem, get much more *Nissim* and *Yeshuos*. As long as you’re **working** on removing depressive, nervous, & fearful thoughts, then Hashem will help you.

And most vital, is how you view yourself! Your whole success depends how much *Chashivus* you give to yourself, and to the power of your *Torah*, your *Tefila*, and your *Ma'asim Tovim*. The worst kind of sins happen when people think they don’t count, and are unimportant. If a person is a “*Shafel* (lowly) type”, he needs to hold a *Velt* of himself to the extreme, and even his smallest desire to improve has to be respected.

חֹדֶשׁ אָב וְתַשְׁעָה בְּאָב

The Aveilus Of Tisha B'av Is So We Should Come Back to Our Loving “Av” In Shamayim

אָב *Av* means “father”. It is striking that the month of all the *Tzaros* (and when it’s not favorable to have a: מִשְׁפָּט court-case) is called a (loving) “father”.

There is a good reason why this dreadful month is called: אָב “father”. The closing words of *Megilas Eicha* are: הַשִּׁיבֵנוּ ה' אֱלֹהֵינוּ וְנָשׁוּבָה אִיכָה הֵכָא “Bring us back to You, Hashem, and we will return”. Doing *Teshuva* is the final goal of the *Aveilus* of *Tisha B'av*, and indeed, right after *Av* comes *Elul*, which means time for *Teshuva*.

On *Tisha B'av*, the *K'ruvim* were hugging each other. Now, in *Galus* we need to focus on the potential positivism, and the great love and beauty in our lives if we do *Teshuva*. The *Baal HaTurim* says that the *K'ruvim* were like two friends speaking in learning. He also says that *K'ruvim* means children, like it says כִּי נַעַר יִשְׂרָאֵל וְאַהֲבָהוּ הוֹשֵׁעַ יֵאָמֵר I love *Klal Yisroel's* youthfulness.

A young child is full of innocence and *Temimus* and *Bitachon*, as it says: אֲמוֹן תְּהִלִּים קִלְאֵי בִּי I am in the hands of Hashem like a baby in his mother’s arms. Sunday, 5 *Av* will be the *Arizal's Yahrzeit*. It is known that his great *Madregos* were earned through his great *Simcha Shel Mitzva*. I know a certain *Yungerman*, that when he says: אֲמֵן יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ he also thanks Hashem many times for the *Zechus* of saying this awesome *Tefila* (which is: מְבַטֵּל גְּזֵירוֹת cancels harsh decrees, and *M'chaper* on one’s sins).

Some say that it is worth being *M'vatel Torah* and *Tefila*, in order to spend time appreciating the great *Zechusim* we are *Zoche* to, with our *Torah*, *Avoda*, and *Gemilus Chasadim*, *Shviras HaMiddos*, and *Bitachon* etc. Working on *Simcha*, and being *Machshiv* our *Mitzvos* takes time, and may appear to be causing *Bittul Torah* and *Tefila* etc. But it’s all worth it.

Such a person has a higher level of *Simcha* and *Emuna*, and he *Shteigs* way-over all his friends. He becomes much more real. אֲשֶׁרִי חֵלְקוֹ Fortunate is his lot! When we try to do *Teshuva* on the *Sin'as Chinam* and *Ka'as* and *Kin'ah* etc. that caused the *Churban*, we should mainly focus on the beauty of being a warm loving and caring father (*Chodesh “Av”*) and on the greatness of *Ahron* who was a *Rodef Shalom* and everyone loved him, and how glorious it is when Jews love each other and hug each other (and learn *Torah together*) like the *K'ruvim*.

Then we’ll be ready for *Elul*, which means: אֲנִי לְדוֹדֵי וְדוֹדֵי לִי more and more positivism and love.

P.S. Although a person should avoid court cases in *Chodesh Av* (*Shulchan Aruch*), one who is stuck with a court date in *Av* can have *Bitachon* and will surely *Davka* be *Matzliach*, since *Bitachon* is higher than all *Tevah* & all *Halachos*. *Rav Dovid Bleicher* says a *Baal Bitachon* is: מְקוּרָב לְמַלְכוּת a friend of the Boss, & gets special treatment, despite his shortcomings and sins. The *Ramchal* says that he’ll be pulled out of *Gehinom*, and the *Bitachon* he had in his lifetime will work for him even after he is *Niftar*.