

BITACHON WEEKLY

BY: RABBI YEHUDAH MANDEL SHLITA

פרשת כי-תצא תשפ"ה

Don't Be Afraid of Your Unending Spiritual Issues

Give Yourself a Positive Label

The *Torah* says not to be afraid of our enemies who are "greater than" us, since Hashem is on our side. This can be an allusion to the *Milchemes HaYetzer*; don't be afraid of your unending spiritual issues. Those impossible addictions! If you keep trying and davening, Hashem will help you. The *Ikar* is just to keep trying as best you can. For example, just write down your weaknesses, and write a possible solution after each one.

This is more powerful than you realize! Somebody told me that he needs to face a difficult environment which gets him upset and depressed. Imagine a messy home or work place, where things aren't going your way. I told

him to label himself a *Gibbor* "I'm a strong soldier, and nothing hurts me." Always call yourself a *Tzaddik* or a *Chochom* or *Gibbor* etc. It can change your life like magic. The power of a positive *Shtempel* label can make a big difference. Feeling weak can cause all your problems.

Always call yourself a *Gibbor*. As soon as we left *Mitzrayim*, we were called *Tz'vaos* army men. Keeping *Shemita* isn't easy, so the *Torah* calls the farmers: *Gibborei Koach*. Indeed, a *Baal Bitachon* is called a *Gibbor*: בְּרוּךְ "הַגִּבּוֹר" אֲשֶׁר יִבְטַח בֵּה' יְרֵמִיָּה יִזְה. The true great people are those who struggle and fall again and again; yet they continue to work on themselves, and daven for Yeshuos in Ruchaniyus.

Start Appreciating Hashem's Extreme Love for Us

Rashi says that if you dropped a coin, and a poor person found it and had benefit from it, you get a *Bracha*. You may be the lowest and most sadistic miser who never gives a penny to *Tzedaka*, and by mistake, a pauper had benefit from you. Poof! You become an instant winner? And a *Tzaddik*? Does this make sense???

This is a sample of Hashem's love for us. The love is extreme, and the more you are aware of it and appreciate it, the more Hashem will shower you with more and more goodness! Get away from *Kvetcher'itis*; it's a waste of

energy! Come join the positive world of appreciating Hashem non-stop: אֲנִי לְדוֹדִי וְדוֹדִי לִי!

Many, many times, the *Torah* warns us not to eat blood. The *Torah* gives you loads of *Mitzvos* for not doing something that you hate and you will never do anyway!! Does this make sense? "What a *Tzaddik* I am! I never ate a cockroach, or a centipede, or so many various disgusting *Shratzim*! What a *Tzidkus* on my part! I'm so proud of myself!"

Whoever eats overtime on *Erev Yom Kippur*, gets *Schar* for every bit of eating as if he fasted! So us holy Jews "fast" two days in a row! Does this make sense? How thankful we must be, and how we should grow in *Bitachon*

Laughing at Your Problems Bring *Bracha*

I have many authentic stories of people who didn't get along with relatives, and after a little *Bitachon* and a *Bracha* they mysteriously became reconciled. I am thinking of at least three cases of children of divorced parents, who were angry and hadn't been talking to a parent for **years**, and suddenly changed their minds with a surprise telephone call: "I want to be friends".

It depends only on *Bitachon*. If you truly laugh off relationship issues and have *Bitachon* that they'll change, you can have sudden *Nisei Nissim Mamash*. **The hearts and minds of people are in Hashem's hands, and He can change them instantly.** Like by *Yetzias Mitzrayim* it says¹ that the *Mitzri'im* suddenly loved the *Yidden*. [Of course, we all need to improve ourselves either way].

The same is true with so many older "impossible" singles. **I've seen many "crazy" singles who were never going to get married, and suddenly they're engaged and are super happy.** אֵין דְּבַר עוֹמֵד בְּפְנֵי הַבְּטָחוֹן. Nothing can stand in the way of *Bitachon*!

and expect all kinds of weird miracles. Like the *Alter of Novardok Zatzal* says, there's nothing "weird", "strange" or "ridiculous" that Hashem cannot do.

The more you study Hashem's goodness, the more your *Bitachon* grows, and the easier it is to accept your pecklach. Look Who you're dealing with! Just as these wonderful *Mitzvos* don't make sense with their utter goodness to mankind, similarly R' Yisroel Salanter said: Where the *Sechel* stops, *Bitachon* begins.

I advise to always praise Hashem and His holy Torah as much as possible, especially during *Elul*. Hashem will love you more and more, and you will be *Zoche b'Din* and have a *Gevaldige K'siva v'Chasima Tova*.

חודש אלול

Elul was a time that *Yidden* would work on detaching themselves from *Olam HaZeh*. Some would disappear from home for *Elul*. I remember during the 60's when I learned by Rav Sheinberg *Zatzal*, we met such a *Yid*. He was called R' *Binyamin HaTzaddik Zatzal*. He lived in *Bnei Brak*, but he spent his *Elul* at The Diskin Orphanage in *Yerushalayim*. There, he spent his time alone and away from the world. He was: מְתוּבָּד secluded himself, and he was very quiet. He was a big *Talmid Chochom* and was a *Novardoker Talmid*.

Elul means: אֲנִי לְדוּדִי וְדוּדִי לִי. This is a very important message: You have ONE friend in *Shamayim*. You need to develop a *Geshmak* in being alone with Hashem and thanking Him. Learning *Chovos Halvavos* is especially effective in connecting a person with Hashem. He created you, and He is your total life; everything else is total baloney!

We need to be nice to our friends and relatives, but we tend to **rely** on them. בְּרוּךְ הַגִּבּוֹר אֲשֶׁר יִבְטַח בֵּה'! אֲרֹר הַגִּבּוֹר. Our warm and comfortable homes, our jobs and reputations, our *Retzonos* and dreams and goals. Nothing really lasts. It's all fake. We may enjoy a happy life with all the *Geshmake* details. But your only true friend is Hashem. We have *Bitachon* only in Him, not in people.

Chashuva Yidden during *Elul* needed their "space", to be left alone with Hashem. The *Meforshim* say that the main meaning of *Teshuva* means coming back to Hashem and practicing *Emuna* and *Bitachon*. We can do this by thanking Him for such a great year, for all your limbs and your health, and for life itself.

When Hashem sees that you thank Him for what He gives you, He wants to continue giving you. If you spend your *Elul* thanking day and night for the past, you have a much better chance of having a good future and a good year. Thank Him for your *Kishronos*, for your *Torah* and *Mitzvos*; the more you thank the better!

Many *Baalei Mussar* felt that the best *Kabala* pledge a person should take upon himself during *Elul* is to see good in everybody. R' Avraham Yoffen *Zatzal* was told by his wife, that if he would be as good in learning as he was in being *Dan L'kaf Zechus*, he would be a *Gaon* like R' Akiva Eiger. He would fabricate all kinds of weird *Cheshbonos* to explain people's shortcomings.

R' Ahron Belzer *Zatzal* did the same thing. There are phenomenal stories about his extreme in being *Dan L'kaf Zechus*, and this was his *Ikar* in all of his *Avodas Hashem*! He became a giant of giants, a *Tzaddik Yesod Olam*, all starting from being *Dan L'kaf Zechus* to the extreme.

When you see good in others, you arouse *Rachamei Shamayim*. When you have *Rachamim* on **others** and insist on seeing good in them, Hashem will see good in **you**. You will be *Zoche b'Din* on *Rosh Hashanah*, and you will have big *Yeshuos* in your life. Avoid being negative! Not on yourself, and not on others! Your mouth is always a great tool you can use to talk **as if** you love and admire everyone. You automatically become a *Tzaddik*, despite the way you feel inside. Keep talking and talking positive, like a broken record, until it sinks into you!

Don't forget to have *Ayin Tova* on yourself. Sometimes this is more important than anything; it may take a long time until you see yourself as a real *Tzaddik*. A person who thinks he's a *Tzaddik*, actually becomes a *Tzaddik*.