

BITACHON WEEKLY

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פרשת לך לך תשפ"ו

Seeing Only Good Is the Greatest Chesed You Can Do for a Person

Avraham was famous for the *Midda* of *Chesed*. Why do *Chazal* pick *Ayin Tova* as the *Midda* that we should take from *Avraham Avinu*? For sure we have to copy all kinds of *Chasadim* in being like *Avraham Avinu*, but *Ayin Tova* seems to stand out as the #1 *Chesed* that you can do for others. Seeing only good is a *Shoresh* (basis) to all kinds of goodness. Certainly, if you don't have a good eye and a high opinion of a person, yet you do him a favor, it's also good.

However, when you see only his good side and you appreciate what he stands for, he likes it much more. There were nations like India who were poor, and they received lots of help and money from the USA; yet they could hate the US anyway because they don't feel respected. They feel like a low down nebach when they get favors from others.

More Than Anything, A Human Needs Respect and *Ayin Tova*

More than anything, a human needs respect and *Ayin Tova*! To become an *Ayin Tova* needs lots of work and *Tefila*. We all need to have much more appreciation for our family and friends and teachers and spouses, etc. And this can be a lifetime job! We also need to respect and appreciate ourselves. (see *Chazon Ish*).

Notice how when Hashem created the world, it says: וַיֵּרָא אֱלֹהִים כִּי טוֹב "He saw it was good" about 8 times. Look how Hashem appreciates His own work! *Dovid HaMelech* learned ½ a night and the other ½ he sang to thank Hashem for the *Zechus* of learning so much *Torah* (R' Zundel of Salant *Zatzal*). *Doeg* and *Achitofel* were super giants in *Torah*, and were maybe even greater than *Dovid*, yet they lost their *Olam HaBah*.

Not appreciating your own *Avodas Hashem* and your accomplishments makes a person bitter and angry and far from Hashem. Not having *Ayin Tova* on yourself and on others is a subtle form of utter cruelty. Imagine saying to someone: "I don't hold from you". "I think you are a bad person". This is a *Bilam* mentality, and was the source of all his evil.

You're Not Going Anywhere Without Basic Self-Esteem

The names of *Avraham* ("Rom" high) and *Sara* (*Sar*, a princess) are total *Romemus* (so don't be so worried about *Ga'ava*!); the **first** (and basis) of our *Avos* & *Imahos*. Message: You're not going anywhere without basic self-esteem.

When something goes wrong in your life, or you do an *Aveira*, or you recognize your shortcomings and your mistakes, the *Yetzer Hara* will be on your case to focus mainly in that direction. All day long, your thoughts are: "I need *Parnasa*!", "I need a new house!", "A good chavrusa!", "A *Shidduch*!", "Having children!", "To overcome my short temper, or my addictive *Ta'avos*!" It hampers your progress in a big way, until you barely know your *Maalos*, since you don't focus on them.

We Boost Our Self-Esteem Not Just for Our Mental Health but Because It Is *Ratzon Hashem*

When Hashem told *Avraham*: לֵךְ לְךָ to forsake his country and family, He explained that it was: לְהַנְאִיךָ וּלְטוֹבְתָךְ for his benefit (*Rashi*) since He would give him loads of money, children, *Kavod*, and a good name. What is the greatness of doing *Ratzon Hashem* when Hashem is saying that he will get so many benefits? The answer is that *Avraham Avinu* does everything only: כְּאִשֵּׁר דִּבֶּר אֱלֹהֵי because Hashem wants to make him great and rich, etc.

When you work on self-esteem, **the point isn't *Davka* that you need self-esteem in life in order to manage, etc. The main point is that Hashem wants us to have self-esteem**, besides it being a healthy way to live. Such a person can suddenly be a big *Anav* when need be, since he is an *Eved Hashem* and he follows Hashem.

עין רעה מתלמידיו של בלעם הרשע *Ayin Hara* is learned from the school of *Bilam HaRasha*.

The *Ayin Tova* Person Sees Only Good

Avraham Avinu even cared for *Sedom*!? In *Slabodka* they explained that an *Ayin Tova* person sees only good. His very glasses see only good, and as a result, he does *Chesed* and respects everyone. He loves *Torah*, like *Dovid* who recognized the greatness and utter goodness of *Torah*, and this made him sing so much.

An *Ayin Tova* person loves and respects everyone. He enjoys Hashem's world and its people. In his eyes, everyone is a *Tzaddik* until proven otherwise. And even then, he tries to defend even the worst people. An *Ayin Hara* though, looks down at everyone until proven innocent; and even then, he insists that deep-down the person is bad.

Ayin Tova on **yourself** is #1. If a *Rebbe* has an *Ayin Tova* on his class but not on himself, then the kids will detect his weakness and step all over him. But if he is full of self-aggrandizement, and he believes in himself, then they will respect him. When you appreciate yourself, then you thank Hashem, and you are a true *Baal Hoda'ah*.

Novardok

Toras Avigdor (R' Avigdor Miller *Zatzal*) in this week's *Parsha* discusses the importance of being alone with Hashem; this is what *Avraham Avinu* was always doing. He mentions how the holy *Baal Shem Tov* was alone in the forest for weeks. Also, R' *Yoizel*, the *Alter* of *Novardok Zatzal* had two huts in the forest; one that only his wife knew about (and no one else could get to him), the other, only his *Talmid*, R' Yoel Baranchik *Zatzal* knew about. I can't agree more than to the greatness of being alone with Hashem.

The *Alter* of *Novardok Zatzal* says that Hashem is the *Shoresh* (source) of all your *Hatzlachos*. This turned me on big time! **You want to be successful? Keep going back again and again to the Source of all goodness Who controls everything, and is stronger and more powerful than Hamas** and your issues and crazy problems and relationships, your health, your learning *Torah* and *Shviras HaMiddos*, your very life! Every time you run to Him, you are demonstrating that by you, *אין עוד מלבדו* (there exists no power other than Hashem) is real, and as a result Hashem will give you much more than other people. When I'm alone in the car, or taking a walk, I'd much rather chat a schmooze with Hashem than learning or listening to tapes, etc. The more you're with Hashem, the better! And for sure, Hashem appreciates your preferring His company than to all your friends and relatives! (Of course, use your *Sechel* as always.)

R' Yerucham Levovitz *Zatzal* said that *Mussar* is a "goldgrube" (goldmine), since learning *Mussar* saves a person from judgement in *Olam HaBah*. R' Chatzkel Levenstein *Zatzal* said that an *Oved Hashem* has a different *Cheshbon* than others. R' Mordechai Schwab *Zatzal* said that to be considered an *Oved*, you have to serve Hashem beyond the way one normally serves him. Even if he makes an effort that goes a **little** beyond one's natural inclinations.

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I double-checked this story: An old *Novardoker* who used to give out *Sifrei Mussar*, came in a dream to someone (who is still alive) who is doing the same thing, and he told him that because he spread *Mussar*, he was *Zoche* to come to his place in *Gan Eden* in only ½ hour after his *Petira*!