

Bitachon Weekly

----- שליט"א By Rabbi Yehudah Mandel -----

פרשת עקב תשפ"ו

It's Almost an Aveira to Do Any Type of Avoda That's Not for Your Level

There is an extremely important Netziv on the Passuk מִה' אֶלְקִיךָ who elaborates how there are 4 types of people, each with his own type of Avoda. Some are businessmen who can't be expected to do what Bnei Torah do. And an Osek in Tzorchei Tzibbur is also a category by himself, and: נָשִׁים וְקטנים women and children are Patur on plenty. He says that it's almost an Aveira to do any type of Avoda that's not for your level!

And the same person may have changes in his life. This makes life much easier, when you always have to see your OWN Matzav, and don't look at others. We aren't all in one box. You can't expect the same learning from a person who doesn't have the Kish'ron (ability) or background as others. Yet, he gets good and jealous when he sees people finishing Shas, etc. He's dead wrong! Relax! You're in a different world, with different expectations.

Or an Osek in Tzorchei Tzibbur; he has all kinds of: פטורים exemptions, sometimes Tefila B'tzibur, and we have to be careful. This person may have to forget his good-old Yeshiva days, when he may have been much more Oisgehalten. He can feel like a Rasha, Chas V'shalom, since he simply can't stick to his former high level.

There is R' Berel "before" a certain trauma, or his sudden severe sleep disorder, or before he left Lakewood to go into business in NY, or Mrs. Gold before she had her triplets (which are driving her crazy), or Chaim Smith before he got Semicha, or became the Rosh HaKahal, etc., and the same person "after" the above.

Don't expect from an American "Harry" or an Israeli or a Russian what you expect from others. Or an older person vs. a younger person. It's worth sitting down with your Rebbe and coming to a clear conclusion at every stage; what you should expect from yourself, and what not to expect.

Imagine! The Netziv says that it's almost an Aveira to go higher than where you belong. How can you expect a person who doesn't sleep well at night, or he just lost a million dollars, or he just moved to a different city, or he was *Chas V'shalom* diagnosed, or he just lost his job, or got divorced, etc. to be the same as before?

Be "Full" And Satisfied in Ruchaniyus

This week's Parsha has the second Parsha of K'riyas Sh'ma, where the Torah promises that if we will keep the Mitzvos, Hashem will reward us that He will give us food and we will eat and feel full. Rashi says that there is an extra blessing here, that even if you eat little, you will feel full as if you ate a lot.

שבע can mean be "full" in Ruchaniyus. Even though you do less, but since you desire more, you get double Schar; for what you DO, and for what you WANT to do. Here we have: שבע feeling full by K'riyas Sh'ma, and earlier we had: שבע feeling full by Birchas HaMazon: ואכלת. A Yid should always be full of: שבע satisfaction, like it says: יאכלו the humble will eat and be satisfied. The Chovos Halvavos in Shaar HaBitachon brings the Passuk of צדיק אכל לשבע נפשו ובטן רשעים תחסר משלי יג כה the Tzadik eats and feels full, whereas the stomach of the Reshaim is always empty. The Gr"a says that if you have Bitachon then you always feel full.

After feeling full, we are commanded to bentch. Chazal say that Hashem gives Klal Yisroel special treatment, since we are only required to bentch after: שבע total fullness, yet we bentch even after just a K'zayis or K'beitza. But the Nusach of bentching is the same, and how can we say the words: ואכלת ושבעת you shall eat and be "full" if you only ate a K'zayis? The answer is that Tzadikim make themselves happy as if they had שבע total fullness since they are Sameach B'chelko, and because they fill their brains with Bitachon for a good future.



However, R' Yisroel Salanter Zatzal said that there are no קללים rules, and sometimes you can be even better despite the change. **But be careful with this last statement!**

I once witnessed a scene that took place with a Bachur who was together with a small Olam (group) in a Kollel. The Rosh Kollel had a super plan of covering two blatt a day. The Bachur was a big Baal Kish'ron (smart) and he screamed at the other boys who were struggling. Needless to say, they hated him like poison. He simply didn't understand "Why can't you knock-off two blatt a day?" "You're crazy!" "You're a moron!"

This is exactly what we all do to ourselves (and to others) when we have to always fit "in the box" and never be our true selves! This is dire cruelty and lack of sensitivity. A heart of stone or a callous person without Sechel. Here is a true Chochom without Daas (sense) who hurts people with the worst Ona'as Devarim (hurtful speech), and we can all be guilty of this behavior when we fail to realize that Yankel the great Askan simply can't be his old self as the previous Masmid.

Just like: נְשִׁים וְקטָנִים women and children have a totally different world of Avodas Hashem than men, and a businessman is not a Ben Torah or an Askan, so must we all adjust to our present Madrega and be happy, without being: מְשֻׁלֵּי כוֹ יָד like a fool who is always looking "elsewhere", which causes all kinds of unnecessary depression and anxiety and all kinds of pain.



Novardok

R' Michoel Tenenbaum Zatzal (27 Av 5763) was a Chashuva Gerrer Chasid who survived the war and he settled in Boro Park. When he was a young bachur, he learned in the Ostrolanka Branch of Novardok. It made a tremendous impression on him. There was much, much more stress of perfecting Middos than any other Yeshiva. He said that his entire Bar Mitzva was getting an Aliyah in shul, and after davening, the gabbai held a tray of cake above his head, and gave everyone a piece. That was the end of the Bar Mitzva. I've heard similar stories of quick and brief Bar Mitzvah's, etc. It's quite possible that they simply didn't have more. But instead of making a shpiel and feeling sorry for themselves, they did the best they could, and didn't care at all. The Alter Zatzal would make a joke out of eating, since they had no food anyway; and he had everyone happy and rolling.

This is a Yesod in many areas, where Novardokers laughed at their problems, and they brainwashed themselves until they were totally happy and they couldn't care less. They were on fire in general. In the concentration camps before Yom Kippur one year, a Jewish doctor was asked to steal a Tallis for a minyan of Yeshiva boys. They were going to have a minyan for Kol Nidrei, and the leader was a Novardoker.

He insisted that since he was the Chazan, it's unthinkable for a Chazan for Kol Nidrei not to have a Tallis. The doctor had (with Mesirus Nefesh) the capability of sneaking into the warehouse, and he came back with a Talis and some Siddurim. The Tallis lifted everyone's spirits.

I was once eating at a Novardoker's house, and the children were acting up at the table. It was Shabbos, and he was saying a Vort on the Parsha in his usual low and soft voice. His response to the acting up: To speak even lower and softer than usual! And as usual, he was always in a state of good humor. He laughed and laughed. He created a happy home, thanks to his hours and hours of learning Shaar HaBitachon, which is where he got his tremendous Simcha from. His tremendous Hachna'a and Eidelkeit came from hours and hours of learning Shaar HaK'niya.

Novardok husbands always blame themselves, since they live by the Chovos Halvavos Shaar HaBitachon who says that when your relatives mistreat you, you should be Mochel them and Davka do lots of Chesed to them; just blame your own sins and do Teshuva. They go with Dovid HaMelech's Shita. When Shim'i ben Gera cursed him, he said: It's not him! Hashem is talking to me via him!



T O S U B S C R I B E

weeklybitachon@gmail.com

Bitachon Hotline: US 732-719-3898 · EY 079-704-0068

Vaadim from Rabbi Mandel: Kol Halashon 718-906-6400 (1, 4, 93) · TorahAnytime 718-298-2077 \$130