

HASHGACHA PRATIS

Inspirational messages and contemporary stories of hashgacha
From the Hashgacha Pratis Hotline



Parshiyos Shemini - Tazria 5782 ■ Issue 86

HEART TO HEART

Based on shiurim in
Duties of the Heart, Shaar Bitachon, given on the Hotline

A Time to Talk, A Time to Beg

There's a rich man who loves Torah and Torah scholars. He also loves doing good things. And, he is a multi-millionaire. Money flows through his hands like water, and if you just pass by him during Shacharis in the middle of Va'yevorech Dovid he'll hand you a hundred-dollar bill. If you pass by him and whisper the words "hard time," he'll add another hundred. If someone says the words hachnassas kallah, he automatically pulls out a thousand. That's just how he is. This heavy donor is coming to your city for a year. Beyond his regular donations, you can get donations on several special occasions -- on his father's *yahrzeit*, on his mother's *yahrzeit*, and on his birthday. On these days, the line to his study stretches down the street and around the block. At the door stands his butler who manages the line and explains how to talk. "If you cry and carry on, singing all the Tisha b'Av *kinos*, he'll give you a couple of hundred dollars max. But if you stand there and sing his praises -- how generous he is, and how much he donates, his donation will take on a whole new level. Prepare well before opening your mouth. Tell him how much good he does for all of Am Yisrael..." On his way out, someone whispered, "I got a hundred and eighty grand!" People in the line turn around and leave. They choose to go and take courses in proper self-expression. They won't try now; his birthday is four months away. If they figure out how to do it, they'll receive double and triple the regular donations then. Better come prepared. This parable is far, very far from the truth it represents. We'd indeed be in a very sorry state if we could only ask Hashem for our needs three times a year. The navi Chaggai tells us: "*Li hakesef v'li hazahav* -- The silver is Mine, and the gold is Mine, says Hashem." (2:8). Hashem has all the gold and silver in the world, and all He wants is to give it to us. However, we have to talk, and we need to find the words to express our needs properly. We, unlike the people in line, don't have to go to school or take courses in self-expression. Chazal make it easy

for us, and printers made the job even easier -- we have Birkas Hamazon, four blessings, a ready-made key to all the plenty in the world.

The Zohar (Parasha Vayakehl) explains the *passuk*, "*Ve'achalta v'savata u'veirachta* -- and you shall eat; and you shall be satiated; and you shall bless." Birkas Hamazon brings much pleasure to Hashem, and much blessing upon those who recite it properly. Since one cannot recite this blessing without eating, one must first eat, then recite the blessing. One who recites it after being satiated brings joy to Hashem, who then provides him with his livelihood and with all the blessings he needs. This is during the weekday. On Shabbos, however, the meals themselves also create heavenly joy. There is great *simcha* in Heaven when a *Yid* eats a meal in order to honor the Shabbos, and the rest of his meals for the remainder of the week are blessed as a result.

"Rabbi Yosi says: 'When reciting Birkas Hamazon one must recite it with joy and *ayin tova* -- a positive attitude. And just as he recites the blessing, he will be blessed -- with joy and a positive attitude.' Who doesn't need a *yeshua*? Who doesn't need blessing or abundance? This is the secret of all *yeshuos*. Concentrate on Birkas Hamazon, thank Hashem with a plentiful spirit and happy attitude and open yourself to all the *yeshuos* that the Zohar promises. Not once, not twice. Not three times a year -- every single day. Sefer Hachinuch and Da'as Zekeinim tell us that there is no end-letter *peiy* in Birkas Hamazon because the blessing cancels all *charon af* -- heavenly wrath. The Shabbos and Yom Tov add-ons also don't contain this letter. The only end-letter *peiy* appears in Al Hanissim for Purim. There, we find the letter in the word *taf* -- children. With that, we 'bless' the wicked Haman with all heavenly *charon af*. We, who are *zoché* to bless Hashem after eating bread, should remind ourselves to recite it joyfully, with pleasure. When we bring joy and pleasure to Hashem, we will merit an abundance of blessing with *ayin Tova* and *simcha*.

(Excerpt from shiur 235 on Sha'ar Habitachon)

The shiur is aired on Mon. and Thurs. - menu 4 (Yiddish and Hebrew)

FROM THE EDITOR

Dogs

Hashem once sent me to visit a village filled with dogs. I was walking peacefully down the road when a huge dog ran up to me and started barking at me like mad. I know you don't run away from dogs, so I stood there waiting for it to finish. It barked and barked, then turned its head and walked away.

The next thing I knew I was walking past a house, and again I was greeted with wild barking. The poor dog sounded hoarse from barking so much.

What's wrong with these dogs? What had I done to them? Why were they barking at me like that?

I thought about it and realized that the dog's power is in its *chutzpa*. It barks at anyone and everyone without sense, rhyme, or reason.

The Zohar calls the dog the most impudent of beasts. Dogs are not the strongest animals, but because of their *chutzpa*, they are taken as watchdogs. People are afraid of *chutzpa*.

The Midrash compares Amalek to a dog. His name, Amalek, is made up of two words -- *Am* -- nation *lak* -- lap or sip. It is a nation that finds pleasure in lapping up a Jew's blood.

Amalek went to war against Am Yisrael in the desert, in an open display of inherent brazenness. After 900,000,000 Egyptians drowned in the sea (Rabbenu Bachye, Beshalach), the largest catastrophe in history, the whole world stood quaking from the newly freed nation wandering the desert. Despite this, Amalek managed to gather an amalgamation of 1,000,870,000 people to fight the Jews. (Sefer Divrei Hayamim L'Moshe)

How could this have happened?

The Shomrei Emunim (Maamar Hemuna, chapter 2) writes: Amalek has the same numerical value as the word politics.

Amalek is a seasoned politician. He explained to the world that the Egyptians simply hadn't prepared correctly; had they been better prepared they would have won the war. He convinced the nations that he knew how to do it, and therefore, it was worthwhile for them to join him.

Politicians today speak the same language. Will Putin use chemical warfare? And if he will, will the West intervene? And the next step is World War III. And yes, and no, and back and forth. The truth is that Hashem is running the world. He, and no one else. But politics, statistics, and polls blur that truth.

Friends, now we can already talk about it. Two years ago, the word started changing with Covid. There were two kinds of people then: those who were updated with every bit of news, and those who believed in Hashem's protection.

The people who had to stay updated were always listening to this forecast and that prediction, took all the bleak prophecies to heart and lived in fear. Their anxiety skyrocketed: What would be? And how?

But at the same time, the believers lived in another world. They weren't interested in calculations and prophecies. They didn't listen to every doctor or scientist. They worked on learning one single lesson -- that only Hashem does and will do everything. If we'd publish a book of all the bleak predictions the world has seen, we'd see with our own eyes how the world of politics, news, and what's doing, is one big farce.

Friends, for your own health, happiness, peace of mind and soul, get your news only from the Hashgachah Pratis hotline! See your life becoming calmer, more relaxed, hopeful and peaceful. Try it.

Good Shabbos Pinchas Shafer

You can also join the many Jews who have changed their lives, by calling:

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• Kav Hashgacha Pratis for women
(Yiddish and Hebrew) - Menu 4

THE HAND OF HASHEM

Amazing stories of hashgacha pratis, as told on the hotline

Heaven Sent

My name is Eliezer Goldfarb, and I live in Beit Shemesh. I own an electronics store. One day, a man came in and bought a camera. He paid with two checks and left.

A few months later, he came in and informed me that the checks had not been cashed. Surprised, I went to search for the checks. How could I not have cashed them? I needed the cash, this was my parnassah. I searched for the checks, but came up with nothing. Meanwhile, the man asked a Rav if he had to pay me again, and the Rav said he didn't.

I offered to give him a check as security in case the checks would be cashed later, but he refused. He wanted to do what the Rav said, and that was that. I also described the situation to a Rav, and he concurred that it was quite possible that the customer didn't have to pay me.

I was a little upset about this – the camera was expensive, and the loss was quite large, but I encouraged myself with thoughts of emunah and bitachon. Hashem decrees how much each person will earn on Rosh Hashanah, and He would provide.

Two weeks later, I lost my credit card, and before cancelling it, I turned over the entire house searching for it. Lo and behold, under the mattress in the master bedroom were those two checks, along with seven thousand shekels in cash. How had they gotten there? I had no recollection. But I felt Hashem's caressing Hand encouraging me. I had held on tight to my emunah and Hashem was giving me a smile.

The Other Side of the Story

When I was at a Sheva Brachos I noticed the battery on my Bluetooth headset was low, so I connected it to the plug in the shul hall and left it there for the evening to charge.

When I came to retrieve it after bentching, I found the plug empty. There was no sign of my Bluetooth, cord, or charger.

It is an expensive device and I wanted it back. I looked around and saw there was a security camera facing the plug, so I went over to the manager and asked to look at the pictures to find out who had taken my Bluetooth.

He agreed and we looked at the pictures together. And there he was, right on the screen – the thief. He was a disheveled, elderly man, who must have failed to overcome the temptation and taken the headset for himself! What else could have happened?

The man looked like a *nebach* and I wasn't angry at him, but I did want my device back.

The elderly man didn't have a cell phone, but I knew someone who knew him and I decided to ask him to please intervene and try to help me. I tried calling the friend, but my call went right through to voice mail. The line was disconnected most of the time. I tried and tried but couldn't get through. Just as I was about to give up, he answered and told me that his friend wasn't anywhere nearby, and I should please call back later. Exasperating.

The next day, I receive a call from the Rav of the shul. "I'd like to personally invite you to my son's sheva brachos tonight. Then I will return your device."

When I entered the hall that evening, the Rav told me what had happened.

It seemed there was a mute and hearing-impaired autistic boy walking around the hall during that eventful sheva brachos. The child was gesturing at my headset and the elderly man thought it was his hearing aid (!). He pulled it out of the plug in order to give it to the child, and that was what I had seen on the surveillance camera. The camera didn't catch and record how the child refused to take it from

Waste Disposal Charges

It getting a ticket good or bad? Listen to the following story:

I'm the administrator of a successful non-profit organization with many employees at every level. One of our former workers who was laid off wanted a million shekels as compensation pay, claiming that he hadn't received all kinds of benefits he allegedly deserved. He had obviously been preparing for this for years, and saved every slip and letter he had ever received. His claim was very well documented.

My organization, while functioning pretty well, is the type of place where finding forms from years ago can be difficult, especially since we have files upon files of forms and documents. Thus when his claim reached court, we were in pretty bad shape. We just weren't prepared for this.

The single form which could extricate us from this mess was the original form the employee had signed when he was first hired for the job, where all his rights and benefits were clearly listed. The problem was that the form, from so many years ago, was lost. We couldn't find it anywhere. While I was sure it existed, I had no idea where to look for it.

This court case went on for a couple of years. I tried to prove I was innocent, and that the former employee was trying to get money he didn't really deserve. While the judges also understood his motives, however, without that original form there was no way they could let me go.

The court gave a date for the final verdict, and I didn't know what to do. Where would I find that original contract? Seemingly Hashem Himself was hiding it from me. We turned over the office, searched through every piece of paper, but the original agreement was nowhere to be found.

Early Sunday morning, the day before the final hearing, I got a phone call. On the line was the deep voice of the municipal inspector. "We are registering a complaint against your organization for illegal disposal of construction waste." Construction? We weren't doing any construction. And besides, we always put our garbage in the dumpster. Where was this illegal disposal?

"It is in a building site on the other end of town. We found some folders with your name, and that means you disposed of them illegally. They were found sitting on the street."

It turned out the trash was near a building that housed my organization years ago. I called the inspector and explained that we had left that location long ago, and there was no way the trash was ours.

"What's wrong with you, do you think I can't read? I have your forms right here in my hand. If you want, I'll send them over to you right away," he declared. Ten minutes later, a deliveryman knocked on our office bearing a wad of forms.

My secretary checked out the forms and raced into my office hysterical. "Look at this! The missing forms! The original contract we've been looking for all the time. It's all here!"

Dancing, we set out for the old building across town. Turns out, the current tenant was doing some renovations and had to clear out the storage. Together with a pile of building debris was the cherry on top -- a clear plastic filing bag with papers. The papers bore the logo of my organization and caught the eyes of the vigilant city inspectors.

“All the rest of your forms are in boxes, but this file wasn’t in the boxes, so it got thrown on top of the trash the workers threw out. That was what caught the inspector’s attention.”

Exactly on time.

A Chance of a Lifetime

There’s someone who decided to make my life miserable. He misses no opportunity to hurt my feelings and cause me pain. And thanks to him, my life was, indeed, miserable.

One day, I finally had my chance. My golden opportunity came – I could finally take revenge. I could get back at him.

But then I stopped myself – the Torah forbids taking revenge. How could I act against Hashem’s mitzvos? My life would have to go on being what it was. That’s what Hashem wanted me to do, and I let the opportunity pass. That same day, my boss called me in. He told me he had noticed how dedicated I was to the business, and had decided to promote me to a much higher position in the business. With the promotion, I received a much better salary.

Only a blind person could miss the connection. I certainly didn’t. I had withstood the temptation and Hashem had showered me with blessing in return.

A Torah Home

As a Viznitzer chassid, I often read the speeches of the Admor Yeshuos Moshe, *zt”l*. I once read that he used to instruct people to take a sefer along to learn on the way. He said that learning on the bus was a mitzvah of *u’velechtechta baderech* and a protection from dangers, both spiritual and physical. He encouraged his followers to even learn along with their seatmate, if possible.

One day, I was on the bus traveling from Yerushalayim to Bnei Brak and found myself sitting next to a young fellow. “Would you like to learn something with me?” I asked him. He agreed gladly, and I began lecturing him on the Ramban and Mishna L’melech.

The young man listened intently, and I could see he was concentrating on the logical build-up of thought I was presenting. He asked several questions that showed he was seriously trying to grasp the *mahalach*. Towards the end of the ride, he asked me if he could repeat back what I had just taught him. I listened and he seemed to have understood it well.

A few weeks later, I met the man on the street. “Do you recognize me?” I asked, and I reminded him how we had sat together on the bus and learned the Ramban.

“Yes, of course I remember you!” he exclaimed, “You were a *shaliach* from Hashem that day! You see, I was on my way to meet a girl for a shidduch, and I knew I’d have to speak with her father beforehand. I had not prepared anything to say. Just then, you sat down next to me and taught me a whole build-up of thought on the Ramban. I repeated it to the girl’s father, and Baruch Hashem, her father liked what I said. Just recently we got engaged.”

Coming Down From Heaven

A terrible tragedy took place in the London community and as a teacher, my wife was asked to give the girls chizuk. She sat preparing for a long time about “*Ein ra yored milemala* – bad does not come down from Above.” Her speech inspired girls to the emunah that everything Hashem does is for the best and we must thank Him for everything.

The clincher was right after she concluded the lesson and left the room. As soon as she got up and walked out, the ceiling collapsed on her vacant seat.

Indeed, evil does not come down from above.

him (because it wasn’t his,) and how the man placed it in a drawer in shul in order to return to the boy’s parents later on. The device lay there in the shul drawer, waiting for me.

This story really shook me up – imagine how far one has to think in order to judge favorably! Who would have mistaken a Bluetooth headpiece for a hearing aid? Hashem, in His infinite kindness, didn’t allow me to place that call and hurt the elderly man’s feelings. Instead, He sent the Rav to teach me a lesson.

One renowned gadol would often comment that this is why Hashem created warped minds – in order to enable us to think of possible options for judging favorably!

Prepare to Daven

I went into a shul in Batei Ungarin for Minchah. As we approached the sink to wash our hands, we turned the handle, but the faucet was dry – there was no water. I knocked on a few other doors to ask for water, but it seemed there was a sudden water outage in the area. What could I do?

I stood there asking Hashem to please send us water to wash our hands. Suddenly – a well appeared! Well, not quite a well, but a truck belonging to the municipal water company. I asked the driver, “Do you think you might have some water for us to wash for Minchah?” The driver agreed and pulled out water bottles for everyone.

Mincha With a Minyan

R’ Yaakov from Yerushalayim tells the following story:

I was sitting on a bus in the city. While I had intended to reach my destination long before sunset, the work on the roads caused traffic to snarl up for miles. With fifteen minutes to sunset, I knew I needed a miracle to be able to daven with a minyan. The bus was stuck in standstill traffic right outside a shul, so I asked the driver to let me off, but he insisted he couldn’t let passengers off the bus without a bus stop. “If I’m caught letting you off, I’ll be fined. It’s just not worth it.”

I stood there looking at the shul and at the setting sun. The sky was ablaze with breathtaking colors, and I needed to daven! I turned to Hashem and begged, “Hashem, please! I want to pray to You with a minyan. Please, You can do anything. Help me be able to daven to You.”

A minute went by, and suddenly the driver of my bus noticed his colleague sitting on a bus on his right. Since both were stuck in traffic, my driver opened the front door to talk to his friend. I quickly hopped off the standing bus and raced over to the shul, and there was a minyan there just about to start.

(Daily Bitachon, Sunday, Parasha Vayikra, 5782)

Heavenly Treat

The following is a story about a spoiled boy. People told me it isn’t a story to publicize, but I’m telling it anyway.

I am a picky eater who will only eat bread with chummus for breakfast. While chummus is not bad, and even pretty healthy, one has to learn to be flexible and eat whatever he has. But I have a hard time being flexible, and for breakfast, I eat only bread with chummus.

I decided to tell my story so people understand that Hashem helps everyone with whatever they need, even if they are spoiled and picky.

Every day I bring chummus to Yeshiva. One beautiful Sunday morning, I forgot to bring my container of chummus for breakfast. Where would I get breakfast? I davened to Hashem and said, “Master of the World! I want to be able to concentrate on my learning. Please send me some chummus.”

I put away my tefillin and walked into the dining room, and there on my table, I saw a container of chummus. How did it get there? My friend told me that by mistake they had bought two containers for Shabbos, so instead of letting it go bad in their refrigerator, his father told him to bring it to Yeshiva. Perhaps someone there would enjoy it?

(Daily Bitachon, Sunday, Parasha Vayikra, 5782)

Q's & A's

Q's & A's about emunah and bitachon

The Chovos Halevavos says that if someone places his trust in things other than Hashem, Hashem removes his care from him and abandons him to the hands of the person or thing in whom he placed his trust. I would like to know - in a partnership where one party trusts Hashem and the other does not, will Hashem remove His protection from their joint enterprise?

Q #38

A. D., Bnei Brak

Disclaimer: All opinions mentioned here are presented for discussion only. For practical ruling, please consult with your Rav.

Chessed Hashem

Rabbi Yehuda Gweirtzman from Beit Shemesh; Rabbi Shimon Rotman from Beit Shemesh; Rabbi Yair Chaim Cohen from Beit Shemesh: You are under the assumption that if your partner does not trust Hashem, Hashem will remove His protection from both of you, but in truth Hashem is so good to us – the positive middah is a thousandfold greater than the negative! You, as a ba'al bitachon, bring blessing to your joint business. You could say that the passuk, "Haboteiach B'Hashem chessed yesoveveanu – one who trusts in Hashem is surrounded with chessed" (Tehilim 32:9) refers to this case – chessed surrounds those who are near the person with bitachon. The Gemara in Ta'anis tells of Rav and Shmuel who walked in a roundabout way because there was a shaky wall on the way. But when Rav Ada Bar Ahava was with them, they weren't afraid to pass under the wall, because Rav Ada's merits protected them too. This teaches us that one who has merits protects all his surroundings. **Rav Aharon Biefuss from Rechasim adds:** I heard that Rav Elyah Lopian used to recommend that people befriend tzaddikim before the Yamim Noraim, so their merits protect them as well. The same is true here – one who is connected to a ba'al bitachon is protected in his merit.

Rabbi Dovid Leifer from Yerushalayim: Perhaps you may have reached this position in order to teach your friend about bitachon? Who knows. Teach him that Hashem is the One Who feeds and gives sustenance to all and there is nothing worth trusting but Hashem. Perhaps it would have originally been better to look for a different partner, but once this is the situation, you should try to suggest he trust in Hashem.

Is There Anything Hashem Cannot Do?!

Rabbi Shimon Biron from Yerushalayim; Rabbi Dovid Boker from Tzefas; Rabbi Yishai Levi from Kiryat Sanz, Netanya: Sometimes it is difficult to see how Hashem can do two contradicting things at the same time -- how in the same business one partner can profit and the other lose. Nobody gets a hold of something he doesn't deserve. How is this possible? **Rabbi Gamliel Rabinowitz from Bnei Brak** explains that the Gemara mentions many discussions that involve partners (Bave Metzia 96a, for example). They don't always reach a conclusion. Some things are just unexplainable

in earthly terms. And **Rabbi Aharon Beifuss from Rechasim** writes: This is what we learned in Maseches Ta'anis (9b) if only one blade of grass needs rain, it can rain only on that blade and not on the rest of the field.

Rabbi Chaim Moshe Klein from Haifa; Rabbi Meir Lowenstein from Yerushalayim; Rabbi Chaim Wiessenstern from Beitar Ilit; Rabbi Yehoshua Levy from Yerushalayim: You seem to think that the success or failure of your business is an expression of the success or failure of your approach to bitachon, but the truth is that whether or not your business succeeds is determined by Hashem. One's income can be blessed, whether from this business or another. Hashem will remove His protection from one who does not trust Him so even if he earns a lot from his business, he loses his money elsewhere. Everyone knows that even after you have the money in your pocket, you need special help from Above not to lose it.

Rabbi Shmuel Zanvil Davidovich from Beit Shemesh: We believe Hashem feeds and sustains every living thing – from large to small, men or beast, Jew or gentile. Everyone is sustained by Hashem. Hashem's protection pertains to a person, not necessarily to his business. While there is certainly special Hashgacha Pratis for your business, it serves as a pipeline to give you your sustenance. If you place your trust in your pipeline, you are believing in something besides Hashem, and one who has faith in something other than Hashem, Hashem removes His protection from him.

So, a business can succeed, but its owners can lose their income. And a business can fail, but its owners can earn their livelihood.

Question for Issue #88

There are people who have permanent struggles in their lives, be it an ill child, chronic disease, difficult tempered children, or difficulty in parnassah. Should one try to improve his life and change the situation through davening and working towards it, or should he make peace with it – this is the portion Hashem has given me, and that's it?

A. P. Modiin Ilit

To send in questions or answers: Leave a message on the Hotline at 02-301-1300 menu 3 ext. 5 (Yiddish or Hebrew)
Email: s023011300@gmail.com | Fax: 02-659-9189 - Until Sunday Parashat Metzora

Replies must include your full name and city Names of questioners are printed with initials and city

A Thought on Bitachon

From the shiurim on Kav Hashgacha Pratis

Some people suffer through life. Some even suffer a lot. But usually, the key to their yeshua is dangling right there in their hearts. And what's worse is that they usually have only themselves to thank for it.

A lady called me up. Her life was hard; everything seems to be working against her. Now, she told me, there was a court case going on -- someone had terrible claims against her, and he seemed to have all the money and time in the world to ruin her life. He had the best attorneys working for him. All the cards were stacked against her.

Her entire future depended upon this court case: her children, her life, her freedom. If she'd lose, she'd never be allowed to see her children again, and she'd lose everything.

I told her that although it seemed scary, everything was in her imagination. "Don't be afraid of the court, don't be frightened by lawyers. I'm sure you'll see miracles. Everything will turn out for the best."

The lady calmed down. She took my words to heart and managed to relax.

And that's just what happened. The prosecution made a stupid mistake and the entire case flopped. She lost nothing.

And how did I know that's what would be?

In Novarodok they used to say, "Everything depends upon the person's heart." If you are afraid of the judge – you have what to fear. If you aren't scared – you really have nothing to fear. When one removes fear from his heart, he becomes fearless, and then, there really is nothing to fear at all.

This rule has been proven time and again. The blood pressure of a person who just walked into a hospital, even before anyone approaches him, shoots up. It's called White Coat Hypertension, or WCH. Fear: the thought of, "who knows what's going to happen" is detrimental in and of itself. **Rabbi Moshe Feinstein** would discourage people from taking unnecessary medical tests – if you feel good, why go digging for problems? When doctors once went on strike for two weeks, there was a decrease of thirty percent in the number of reported deaths! My Rabbanim have also taught me, "Don't run to doctors!"

Obviously, when you need it, you go. But a small discomfort here and there shouldn't send you off running. Sometimes, the doctor's office is in itself a reason to raise anxiety and lower

Excerpts from the popular shiur by Harav Yehuda Mandel shlit"a from Lakewood It Depends On You

the immune system.

I'll tell you a personal story. Many years ago, I was diagnosed with heart disease. It was a dangerous disease, which was, according to the doctors, incurable. I just had to learn to live with it. I went to a famous doctor in New Jersey who said the same thing. That doctor happened to be Jewish, so I asked him if he thought I could cure myself with bitachon. "Of course," he said. "That is the only medicine that might work." I was suffering from unbearable pain and was so weak that I couldn't even uncup a bottle of water. But I set to work. The only thing I could do in my state was to believe that Hashem could cure me. I knew – it depended on me. I started listing all the miracles I had ever experienced. Then, I began encouraging myself. I told myself: "Don't make a big deal, everything is in your imagination, this so-called illness never was and won't ever be."

This was how I lowered my anxiety levels, and as a result, I was cured. Against all the doctor's predictions, a month and a half later I was a healthy man, and I haven't suffered from that disease ever since.

Another story: A young man came to me and told me he had been recently diagnosed with cancer. I sat with him trying to analyze how he could have gotten the disease. "Do you have problems in life? Stress? Is there anyone trying to get you? Bothering you?" He mentioned that his boss yelled at him every day. "He embarrasses me all the time, shames me in public." I suggested he study the sefer "B'tzeis Hashemesh Bigvuraso" in which the author expounds on the virtue of being shamed. He followed my suggestion, and through curing his heart, his body was also cured.

Just today, a young man came to me and told me, "Rabbi Mandel, I can't take it anymore. I have a family of kvetchers. They cry and complain all day long – this is no good, and that's not good. The problem is there's no one to talk to. The situation keeps getting worse every day. Everyone is sad, mad, and upset." I suggested he study Chovos Halevavos Sha'ar Habitachon. And indeed, he found hope in the sefer, and a short time later, he saw real improvement.

Indeed, everything depends upon the heart. It is one's own middos that build the person, for better or for worse. When we study bitachon with peace and joy, all the stressors disappear.

Effects on Two Ends

On the receiving end

Your newsletter is very special. I read it from cover to cover and when I finish, I'm sorry it's over. Perhaps you could add more to the newsletters and stories? They give me a lot of chizuk in emunah and bitachon.

A family member had a medical problem, and the doctors prepared us for the worst. I promised to donate newsletters for distribution in 40 shuls. Miraculously, in merit of spreading emunah, everything changed. The medical complication simply disappeared!

On the giving end

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