

eitzos for emunah and bitachon

Posted by higher - 24 Oct 2019 17:33

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i would be interested to hear anyone's personal tried and proven eitzos for strengthening their connection with Hashem. The times that ive felt close to Hashem i felt that i didnt want anything else. i think it can help in this struggle.

thanks in advance.

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Re: eitzos for emunah and bitachon

Posted by sleepy - 25 Oct 2019 00:50

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what a great thread, i personally have been trying to work on Emuna and Bitachon as a means of being clean , i cant elaborate now but hatzlacha raba in this promising thread.on one foot ,ive found having a daily reading in the three (as of now)series book called Living Emuna has given me a chizuk ,i hope to elaborate another time on other things.looking foward to what the chevra here have to share!

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Re: eitzos for emunah and bitachon

Posted by higher - 25 Oct 2019 02:08

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i personally feel very drawn to learning seforim on emunah and bitachon. when im really learning them b'iyun and with hispaalus-life is different.

at least my experience of it is different.

but i have a hard time keeping up a long stretch...

also when it comes to something like talking to Hashem. i do that pretty often (i think) but its hard for that to make an impact if i dont feel any response.

just sharing and wondering...

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Re: eitzos for emunah and bitachon  
Posted by bego - 25 Oct 2019 10:36

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I would suggest going back to the rishonim and seeing what they have to say.

I would also suggest that feelings can be notoriously fickle. Feeling close to hashem might be as fake as a joint...

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Re: eitzos for emunah and bitachon  
Posted by sleepy - 25 Oct 2019 14:30

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[bego wrote on 25 Oct 2019 10:36:](#)

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cant agree , i never smoked one

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Re: eitzos for emunah and bitachon  
Posted by sleepy - 25 Oct 2019 14:38

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just curious,

1. is there anyone here who doubts that a person can attain a true sensory feeling that Hashem is watching him and is actualy present?

2.is there any here who is not aware of a Yids **requirement** to reach that level, and its not just

for big Tzadikim?

im not saying i have reached that level , im just asking.

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Re: eitzos for emunah and bitachon

Posted by higher - 25 Oct 2019 16:23

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whats the source for the requirement?

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Re: eitzos for emunah and bitachon

Posted by Dave M - 25 Oct 2019 17:15

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Good thread. Interesting, I found that as I work through the GYE program, My relationship/awareness of Hashem has grown. In the past few months, when I encountered the typical life challenges. I found myself to be calmer and accept that these are from Hashem.

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Re: eitzos for emunah and bitachon

Posted by higher - 25 Oct 2019 17:28

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higher wrote back:

i think in the rav avigdor miller biography it says he reached this sensory feeling once when being misbonen on flowers in slabodka (its in the section that talks about his slabodka days) could be im being medayek wrong, thats what i thought. there are many madreigos though. sensory is a big world.

i believe that the sefer bilvavi mishkan evneh has step by step exercises to gain a sensory awareness of Hashem (chelek aleph). (although Rav soraya deblitzki zt"l a talmid chochom atzum in nigleh and nistar, in the earlier printings of the sefer, cautions that these are very high madreigos of shivisi and not for everybody.)

just passing on the info. i didnt get anywhere near there yet. and many basic madreigos as well.

i was just thinking that when you see how something worked out through clear hashgacha pratis then dont you feel a "pat" on the back from Hashem? even if aint sensory-doesnt the awareness hit you that it as clear as daylight? what about that? maybe we should seize those moments and emphasize on them.

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Re: eitzos for emunah and bitachon  
Posted by sleepy - 25 Oct 2019 19:50

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[higher wrote on 25 Oct 2019 17:28:](#)

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i think thats a great way to feel Hashems presence, thats what im trying to gain from the Sefer Living Emuna.

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Re: eitzos for emunah and bitachon  
Posted by sleepy - 25 Oct 2019 19:51

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as far as the sorce that one is recquired to get Awarness ,ill have to continue sometime after Shabbos, good Shabbos

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Re: eitzos for emunah and bitachon  
Posted by Captain - 28 Oct 2019 01:19

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There's a great chapter on Bitachon in Sefer Hamaspik Le'ovdei Hashem by Rabbi Avrohom the son of the Rambam. It's so clear and profound. It is available in Hebrew and English. (English translation is by Feldheim. It is available in most seforim stores or on Amazon: Regular size- [https://www.amazon.com/Serving-Classics-Library-English-Hebrew/dp/1583309810/ref=sr\\_1\\_2?keywords=avraham+ben+harambam&qid=1572225508&sr=8-2](https://www.amazon.com/Serving-Classics-Library-English-Hebrew/dp/1583309810/ref=sr_1_2?keywords=avraham+ben+harambam&qid=1572225508&sr=8-2). Smaller size: [https://www.amazon.com/Guide-Serving-God-compact/dp/1598269658/ref=sr\\_1\\_1?keywords=avraham+ben+harambam&qid=1572225522&sr=8-1](https://www.amazon.com/Guide-Serving-God-compact/dp/1598269658/ref=sr_1_1?keywords=avraham+ben+harambam&qid=1572225522&sr=8-1))

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Re: eitzos for emunah and bitachon  
Posted by sleepy - 29 Oct 2019 03:29

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## #1 THE VILNA GOAN: GALUS IS COMPARED TO A SLEEP

Just like a eagle when it wants to take its young to a faraway place and it finds its young **sleeping** in the nest ,it does things that will **wake** them up slowly, so too when Hashem came to Mitzrayim to take Klal Yisroel to Har Sinai,and from there to Eretz Yisroel,and found them **sleeping** ,Hashem did things to **wake** the Yidden up.(KINESHER YAIR KAYNO etc. DEVARIM 32:11)

The words of the GRA is (just like an eagle wakes up its young)"so too, when Hashem came to take the Yidden out of Mitzrayim,first He woke them up from galus which is compared to a sleep,(like it says in Tehillim 126,BSHUV HASHEM ES SHIVAS TZION, HAYEENU **KICHOLMIM**

WHEN HASHEM BRINGS US OUT OF GALUS TO TZION, WE WILL BE LIKE SOMEONE

**WHO WOKE FROM A DREAM** .Hashem woke us up by sending the makos on Mitzrayim and freeing the Yidden from being slaves.

Next post: In what way is galus compared to a sleep, meaning why are we considered asleep in galus?(Have patience and youll see where Bitachon comes into the picture)

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Re: eitzos for emunah and bitachon  
Posted by higher - 01 Nov 2019 17:02

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[bego wrote on 25 Oct 2019 10:36:](#)

I would suggest going back to the rishonim and seeing what they have to say.

I would also suggest that feelings can be notoriously fickle. Feeling close to hashem might be as fake as a joint...

i would like to comment on this, even though it was posted a while back.

it is def. a good idea, and perhaps even a must, to be solidly based in terms of sources on the rishonim and lmaalah bakodesh, chazal.

that being said the actual mussar and hisorerus should come from a place that the person finds both relevant and that speaks his language to be nispa'el from.

there is much more to say on this topic and i will bl'n elaborate upon request.

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Re: eitzos for emunah and bitachon  
Posted by sleepy - 03 Nov 2019 05:16

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[sleepy wrote on 29 Oct 2019 03:29:](#)

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**Next post: In what way is galus compared to a sleep, meaning why are we considered asleep in galus?**(Have patience and you'll see where Bitachon comes into the picture)

It was mentioned above that in Galus Mitzrayim we Yidden are considered **asleep**. There are two other Galus'es that we are considered **asleep**

1. Galus Bavel" ANI **YESHEYNA**, VILIBI ER" -I AM **ASLEEP** BUT MY HEART IS AWAKE" Says the Villa Goan ,this is Galus Bavel.

2. Our present day Galus like the Villa Goan writes in his Sefer Bi'urei Agados on Bechoros Daf .8 "The **sleep** that we are **sleeping** in Galus etc."

What needs to be explained is why are considered asleep in Galus.

The RAMBAM writes" Even though Tekias Shofer on Rosh Hashana is a Gezeiras Hakasuv (we have to blow shofer for no other reason except for the reason because Hashem said so), nevertheless the Mitzva of Shofar is hinting to something, it's as if telling us "Wake up you sleepers from your sleep! And you slumberers wake up from your slumber! etc. (Who is this that is considered asleep?) **those who forgot the Emes because the vanities of the times** and they waste all their time with vanities and emptiness that won't help them and won't save them."

So it comes out that the RAMBAM says that "**those who forgot the Emes because the vanities of the times**" they are called asleep.

Why?



Because if a person is in a specific place to do a specific duty, and instead of doing his duty, he gets busy with other stuff, he could be compared to a person who goes to the Rabbi's lecture and falls asleep during the whole lecture, can he honestly say he was by the lecture, **he was asleep !**

So too us Yidden, we were sent to this world for a certain purpose and we are getting distracted by the vanities and empty things of this world and not fulfilling our **True** purpose, we are considered asleep.

**Now what leaves to be explained is what is our True purpose in this world?**

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