

Last week we undertook to explain how merely refocusing on the truths that we already know; that Hashem runs the world with *hashgacha pratis* and everything is controlled by Him, will already improve our lot in life, besides for our happiness and stress level, immensely. Here's why...

The Chovos HaLevavos writes: *When one places his trust in something other than Him, Hashem removes his Divine Providence, so to speak, from upon him, placing him under the natural ability of that which he has placed his trust in.* (Introduction to Shar HaBitachon)

One may think to say: Who says I don't want Hashem to place me under the natural ability of that which I have placed my trust in. Perhaps I trust in my clever business mind, or a wealthy relative, or one whose natural abilities are indeed significant? However, we see from the Chovos HaLevavos that no matter what you have going for you under the natural order of the world, what Hashem has planned for you, His beloved son, that He loves endlessly, is significantly better.

How does one practically live this life of bliss? He must simply stop relying on anything other than Hashem, including himself. He should continue performing *hishtadlus* but with the proper intent, i.e. to fulfill his obligation of: *With the sweat of your brow you shall eat bread* (Bereshis 3:19). By doing this he can be assured his lot in life will improve immensely now that he will be, *kaviyachol*, allowing Hashem to give His dear son the lot in life that He had always planned for him.

Many people are discouraged from working on their *bitachon* because it's too hard for them to attain the higher level of bitachon, i.e. trusting that Hashem will grant them their specific desire. However, it is important to remember that there is a lower level, as we mentioned above, that is much easier to attain, while still providing us with priceless benefits in every area of our lives.

Additionally, this level of *bitachon* is also the steppingstone to reach higher levels of *bitachon* about which the *pasuk* (Tehilim 37:3-4) states: *“Trust Hashem and do good, dwell in the land and attain sustenance through your belief [in Hashem]. And take pleasure from Hashem and He will grant your hearts desires.”*

*Established By:*