

Shaar Bitachon

Posted by OTR - 19 Feb 2019 15:44

I was never big into the mussar approach. Yiras ha'onesh never talked to em, and still doesn't. I know there is a hell and I don't care enough to not act out because of it.

However, I want to share what has made a profound impact on my life. It doesn't help me stay clean when I have unrestricted internet access.. that environment is not one I want to be in and not one I think I will ever be able to be in at this time. But learning Shaar bitachon is Chovos halevavos every day (or at least regularly) has made a huge difference in how I see the world. I started with one or two minutes a few times a week, just to 'tune in'. Eventually I wanted to do a little more and got into doing it daily for a few minutes. The sefer does not tell you you have to have bitachin. But basically (as I read it) outlines what the relationship of bitachon looks like- whether that is bitachin in a friend, in god (which is his angle). The point is there are definitions for a trusting relationship. This was really powerful for me. Combined with an external environment that does not incite me, I feel very happy and normal.

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Re: Shaar Bitachon

Posted by Trouble - 20 Feb 2019 15:11

Ironic. I as well. Since the good old days, I'm about to finish shaar habitachon for the first time. Makes a difference in my life and those around me as well.

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Re: Shaar Bitachon

Posted by OTR - 20 Feb 2019 16:55

When you learn it, do you see it as only referring to God? I see it entirely as a blueprint for trust in relationships. Of course his objective is to teach us bitachon in H'AsheM. But I think it was written in a way that we can derive and apply to all . What say you mr trouble?

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Re: Shaar Bitachon

Posted by Trouble - 20 Feb 2019 18:25

[OTR wrote on 20 Feb 2019 16:55:](#)

When you learn it, do you see it as only referring to God? I see it entirely as a blueprint for trust in relationships. Of course his objective it to teach us bitachon in HAsheM. But I think it was written in a way that we can derive and apply to all . What say you mr trouble?

No, I don't/didn't see it that way, but that's fine.

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Re: Shaar Bitachon
Posted by Markz - 20 Feb 2019 21:37

Someone asked me to post????

Sometime I put all my trust in trouble...

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Re: Shaar Bitachon
Posted by OTR - 21 Feb 2019 20:11

Warning: Spoiler!

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Re: Shaar Bitachon
Posted by sleepy - 26 Sep 2019 07:23

[OTR wrote on 19 Feb 2019 15:44:](#)

I was never big into the mussar approach. Yiras ha'onesh never talked to em, and still doesn't. I know there is a hell and I don't care enough to not act out because of it.

oy,otr,if you only would review what you knew,boy would it make a difference its worth it even if you only give a krechtz/sigh

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Re: Shaar Bitachon
Posted by sleepy - 26 Sep 2019 07:27

But I'm happy to see that shear habitachon is helping you I myself have been learning it and also the book living Emunah hatzlacha

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