

# WORDS OF WISDOM FROM RABBI YITZI

לרפואה שלימה ליוסף יצחק בן ברכה

## PARSHAT VAYEISHEV

### Positive In Any Situation When It's All About Hashem

The way that our Parshas are set up, we always read about Yosef on Chanukah. And being that everything in Torah is exact, even what our great sages enacted, we must ask:

What does Yosef have to do with Chanukah? What lesson can we take from Yosef and Chanukah to help us deal with difficult times?

In the story of Chanukah, there were miraculous victories. Strong in the hands of the weak, many in the hands of few, etc. But when the Talmud tells us what Chanukah is all about, it tells us only about the miracle of finding the pure oil

and that it burned for eight days. When Chanukah was established as a holiday, only one mitzvah was ordained: to light the lamps of the menorah.

Why is there no mention of the

great victories? And why isn't there a mitzvah to have a meal like on Purim?

The question is, what do you choose to focus on? In the story of Chanukah, the Greeks did not want to hurt us, they didn't

want to fight with us. What they wanted was to put ourselves before Hashem. The only mitzvahs they took issue with were the ones that we have no reason for other than because Hashem said so. In other words, be Jewish because you enjoy it, not because Hashem wants you to.

We went to war to put Hashem first, which in essence, is what being a Yid is all about. To focus on the war or on a meal would take away from the message of Chanukah. The most spiritual thing we have in this physical world is light. And lighting the menorah sets our focus on the spiritual and Hashem. It is all about Hashem.

This now brings us to Yosef. Despised by his brothers, sold into slavery, and thrown into jail on false charges. An orphan, alone, in a foreign land. Yet you don't get the feeling that Yosef was depressed or down at all. He seems positive. Able to rise above and succeed in every situation.

How was Yosef able to stay positive? How can we be like Yosef and stay positive?

There are several approaches one can take when knocked down with challenges. You can become a life-long victim, the "woe is to me" mentality. This type of existence is a miserable one. Then there is the guy who can get up after being knocked

**YOSEF SAW HIS CHALLENGES AS A CHANCE TO CONNECT WITH G-D'S PLAN, AND BRING A SENSE OF PURPOSE AND STRENGTH.**



down. Although this sounds admirable, it can be exhausting, and it is very difficult.

Then there is the “Yosef” approach. Yosef’s paradigm was the key to his positive outlook. Yosef saw himself as part of Hashem’s plan, he saw every situation as part of the plan. When you perceive the world from this perspective, every difficulty, hardship, challenge, knockdown, etc., is nothing more than part of the plan and, therefore, positive. You are therefore, never knocked down to begin with. To Yosef, it was all about Hashem.

Our perspective is the key to our happiness. When we only see ourselves, we are stuck with the difficulties, the pain, the hurt, the anguish, the suffering, etc. However, when it is about Hashem, and you see everything as part of Hashem’s plan, every situation is seen as an opportunity. The crazier and stranger the situation, the more meaning could be found in it. Instead of being knocked down by the difficulty, you are uplifted.

We are happiest and strongest when we are the way Yiddin are meant to be, focused on Hashem. It is not easy to get past ourselves, but by doing so, we can see things from Yosef’s perspective. By seeing it all as part of Hashem’s plan, we can overcome life’s challenges.

This idea has kept me positive as well. Ever since I was diagnosed with ALS, I felt that I was chosen by Hashem for a special mission, to strengthen and lift the spirits of Yiddin. Though I daven every day to be healed, as long as I am in this predicament, I will use it to do what Hashem wants.

Through making our lives about Hashem, we will merit the end of all the difficulties and darkness. Like Yosef, who became

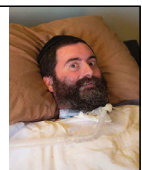
the viceroy of Egypt, we too will be on the top. Like the miracles of Chanukah, we will have the ultimate miracle, the coming of Moshiach. I have so much faith in our ability to be like Yosef. To always see our challenges to be purposeful and to be able to lead with wisdom and grace. Yet we have too many challenges and we have seen too much pain. It is time for Hashem to let us all know how well we have done and send Moshiach. May he come soon.

*“Dear Rabbi Yitzi,  
I am so happy to see you are still posting kiddusha.  
Thank you for your wisdom and inspiration. Your  
messages give me purpose, hope, lifts me up and helps  
guide me. With love to you and your family from a fan.”*

- Rachel S, Toronto

RABBI YITZI WOULD LOVE TO HEAR FROM YOU! SEND YOUR MESSAGE TO:  
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*Despite facing one of life’s most difficult challenges, Rabbi Yitzi Hurwitz continues to spread joy and faith to thousands around the globe. Diagnosed in 2012 with ALS, Rabbi Yitzi is now 95% paralyzed and no longer able to speak or breath on his own. Thanks to the miracle of technology, Rabbi Yitzi continues to spread his wisdom through his eyes, focusing on each and every letter of these Torah articles. Rabbi Yitzi, his wife Dina and their seven children are the Rebbe’s Shluchim to Temecula, California.*



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