

## Nourishment for the Neshama

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### Notes from a portion of Rav Moshe Weinberger's Menuchas Hanefesh shiur 11 on what judging means

*"What does judging mean? It means a Jew begins to judge his own behavior. We are experts at judging other people for everything that they do....we are evaluating and judging. Reb Nachum says about judging, a person should begin to judge, to evaluate all that he does, that is yiras shemayim. When a person begins to live this way, where he thinks with a cheshbon, where he judges himself, am I acting the right way, would the Chofetz Chaim be happy with me, would the Creator be happy with what I just thought, when you live this way in a healthy way, with that type of thought, judging yourself, you are able to remove all the other fears of your life. You will remove from yourself all the destructive anxieties worries and fears of your life and you will live with a fear of Hashem that is clean. And the only one you will be afraid of is Hashem Himself, what He is thinking, not nervous about the boss, the friends, on Wall Street, there is one fear that I have and that fear is whether what I am doing, thinking and saying is the right thing. There will be no other fear in your life. Reb Nachman says if you don't do this, sit in judgment on your own life, constantly judge yourself, either you sit in judgment of yourself then in Shemayim they judge you. Who should sit on the bais din, yourself evaluating and questioning your behavior – if you don't make the din, Hashem looks he judges others but he doesn't think twice about what he said or did, it is rachmanas, he doesn't bring denim into his life so I will judge him, Hashem is very honest. And when a person is being judged in shemayim, in heaven, then the din of shemayim*

*In heaven that what happens the din of Hashem is en clothed in anxiety worry and fear. You begin to become nervous. If you are nervous about this one says what is really happening is that it is Din HaShemayim. But if a person judges himself and not other people, then fearfulness and anxiety does not become en clothed in anything else in your life, only you judging and worrying about your own actions but it doesn't become en clothed in anything else, to frighten you or upset you, because you yourself judge yourself. All the other anxieties that are making you afraid the only reason that is happening is because Hashem is judging you above and Hashem brings dinim into your life and when you are afraid of someone it is because that is supposed to get you thinking about what you have to do, to do teshuva and see where you have to change. Reb Nachman says if you judge yourself then it is not necessary to scare you and shake you up or to frighten you into teshuva. And that is what Shlomo HaMelech says at the end of koheles, you are going to be afraid in this world. You have a choice, fear Gd. You are able to lift up the midda of yira from the other side, from the kelipa, from the beginning fear was en clothed from the other side. A person is afraid of thunder, heights, etc. A person is afraid of everything, like a choshev judge or thieves or all kinds of things. No shortage of things to be afraid of. If you would be afraid, fearful of your thoughts words and actions and judge them you would not be afraid of anything else. The fear is en clothed in this person or that thing. If the din would not descend into that judge or other thing you are afraid of it would not have the ability to frighten you. A person with that daas has that seichel. You live with that cheshbon.*

*Reb Nachman tells us to live this way. A Yirai Shemayim, a person who is Gdfearing, a person who is only concerned with what Gd thinks, only concerned with what Gd wants and therefore he judges and evaluates his actions, that person is liberated from fallen fear that has fallen onto the other side. He is liberated from distorted and perverted fear that takes the form of worry, anxiousness and terror. That is from Koheles."*

When a person forgets Hashem Yisborach, and he becomes distanced from the Place, Praise is the person who trusts in Gd. If you are a person who fears Gd, and you are only thinking about what Hashem thinks, then your life will be changed, instead of being a person blown around, you become a tree that is firmly

rooted by the water. When the famine comes, you are not worried, you are firmly planted and rooted on the water and even if it comes to a famine or a draught. A person who is yiras shemayim, and that place that he has is Hashem and that is what a person feels, especially on Shabbos, because Shabbos is even a simple Jew cant help but think of Hashem every moment of Shabbos, can I tear this, move this, open this, every second we are judging yourself, what is Hashem thinking of me?