

Last week we suggested a technique to help us have *bitachon* despite any *hishtadlus* we may have to do. The example we used was where you have a critical business meeting in twenty-four hours from now. We suggested setting up the proper goal in your mind and not losing focus of it. Since the only way your business meeting will succeed is if its written in Heaven that it will, your only goal should be making your best effort at getting it written above.

In addition, you must fulfill your obligation of *hishtadlus* in whose absence you open the possibility of losing the good that has already been decreed upon you. Though this thought process may not result in a drastic change in your actions, being that you still must do your *hishtadlus*, it will drastically change your emotions and thoughts as you prepare for your meeting knowing that your fate isn't in the hands of someone you barely know, rather it is in the hands of your Father in Heaven, who created the entire universe just for you, is constantly overflowing with infinite love, and desires your success more than you yourself do. During the next twenty-four hours, instead of obsessing over your business meeting, you'll obsess over the only three meetings that can get your success written in heaven, *Shacharis*, *Mincha* and *Maariv*! During those *tefillos* you'll do what you can't do in a business meeting, you'll beg the One you're meeting, your Father, to just write it in heaven already! When you finish your prayers, you'll think: *I hope it worked already, I hope it's written above*. If you find out that the meeting may be canceled, you'll think: *That's great! If it's written above that my business will improve, then it will improve without the hassle of this meeting and I don't need to worry that I may lose the good that has already been decreed because I'm not the one canceling so I'm not being negligent*. During the business meeting and following it you won't be worrying if you were convincing, you'll just be happy with the knowledge that you weren't negligent, so if your success was written above you will not have lost it.

This process will in turn change your obsession from the individual you will be meeting to your beloved Father in Heaven, which is in fact the very purpose of Creation!

Established By:



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