



The Secret Of Success

We all want to be successful. The questions are, what is success and how do I achieve it ? Read on and find answers that will delight you and surprise you as taught by our wise and holy sages.

Written by the holy tzaddik

MORAN MOHORO"SH ZT"L

Founding leader of

"HEICHEL HAKODESH BRESLOV"

and **"BRESLOV CITY OF YAVNIEL"**

BASED ON THE TEACHINGS OF

RABBI NACHMAN OF BRESLOV

AND OF HIS STUDENT

RABBI NOSSON OF BRESLOV





הכתובת להשיג את הספר הקדוש הזה וכל ספרי
אדמו"ר מוהר"ן מברסלב זי"ע וספרי תלמידיו הקדושים

To obtain this and other Breslov publications:

היכל הקודש מאנסי
HEICHAL HAKODESH MONSEY
32 Dolson Rd.
347-733-7551

היכל הקודש וויליאמסבורג
HEICHAL HAKODESH WILLIAMSBURG
27 Skillman Street
718-384-1652

היכל הקודש קרית יואל
HEICHAL HAKODESH KIRYAS JOEL
8 Premishlan Way
845-243-0563

היכל הקודש קרית יואל
HEICHAL HAKODESH KIRYAS JOEL
8 Hayes Ct.
845-467-5299

בארץ ישראל:

מוסדות "היכל הקודש" חסידי ברסלב
שע"י עמותת "ישמח צדיק-קהילת ברסלב בגליל"
בהסיתרות ע"י כ"ק מוהרא"ש וצוק"ל
רחוב רבי נחמן מברסלב 1 ת.ד. 421 יבנאל 15225
טלפון רב קווי 04-6708356
פקס: 04-6708359

Visit our website: www.breslevcity.co.il

לשמוע השיעורים: 212-444-9191

Find our entire book selection at:

AMAZON.COM

To donate and/or sponsor one of our books please call: 845-248-1651



The Secret of Success



Introduction: Defining Success

The word tastes so sweet.

It is something we desperately want. To plod forth day after day without achieving anything worthwhile is so depressing. We want to accomplish something important! We want to develop ourselves into better and greater people!

When we think of success, two ideas come to mind. One is that of having achieved a goal. Be

it climbing Mount Everest, accumulating a large amount of money or, more importantly, having learned a book of Torah with its commentaries, when we achieve a goal we consider ourselves to have been successful.

Another form of success is reaching a favorable state of being. Whether we have become famous, rich, physically fit or, more meaningfully, kind, loving and learned, we have achieved success.

This world was designed so that, in order to survive, we must work hard. We are created with an inner drive to realize an objective of value. Society also encourages us to attain its definition of accomplishment by rewarding those who have achieved it with recognition and validation.

There's no denying that, as beings inhabiting a physical body and functioning in a material world, humans need to achieve a measure of earthly success. Physical health and wellbeing is valuable, as is the ability to earn a living. We also crave societal acceptance, so acquiring skills for social success is a valuable goal, as well.

We need these forms of success, and this essay will guide us on how to achieve them. However, we must always remember what true success consists of. We are essentially spiritual beings who have been sent to this world to fulfill a dual mission: to continuously perfect ourselves, and to fill the world with G-dly light. Every person is born with the task of dedicating his life to fulfilling every commandment of the

Torah and immersing himself in the vast waters of its teachings.

When we think of success, we have to be careful not to limit ourselves to the version as defined by our surrounding culture, which includes only the physical, social and financial aspects of success. As we embark upon a journey to collect the tools required to succeed, we have to remain cognizant that true success is the sort which will accompany us forever, into the Afterlife and the World to Come.

Tools for Success

Tool One: Know Who Is The Source of Success

G-d endowed us with a sense of independence and inner feeling that we are in charge of our own fate. This is not by accident.

This feeling is what spurs babies to learn how to walk, children to learn how to read, and adults to build families and businesses. But the real truth is that we are completely dependent upon G-d for every step we take.

The extent of G-d's control over every detail of our lives is absolute. Did you stub your toe on the way out of the elevator today, experiencing a flash of pain? Well, did you know that our Sages teach¹ that, "A person does not even bang his little finger down below until it is first called out from Above?" Can you imagine? We do not experience even this minor form of aggravation unless it was decreed by G-d.

When a colleague is given a position which we had our heart set on, we tend to feel bad and

¹Chulin 7:

find all sorts of reasons and people to blame for the slight. We are forgetting that even the most insignificant appointment of power is decreed by G-d.² We have no reason to fear any competitor in any area of life because, “A person cannot touch that which was prepared for his friend. This is true on a larger scale as well. Even an aggressive, powerful army is powerless to conquer even an inch of territory from a weaker government unless G-d wills it.”³

When we take these ideas to heart and clearly understand that G-d is in total control, and that no force, person or object can help or harm us in any way, we are ready for success of every kind. People succeed in life when they draw

²Berachos 58:

³ Yuma 38:

nearer to G-d, and they fail when they drift away from Him. To be distant from G-d is a sad existence. We become small-minded and petty, depressed and full of fear. Because we see others as “stealing” our success, so we become jealous. There is no way anybody can succeed at anything in such a state of being.

As we develop and mature, we are expected to begin developing a balance between our natural sense of independence and the knowledge that, ultimately, we have no control. Ironically, when a person acknowledges that Hashem is fully in control, and it is not his own efforts which determine his fate, he merits an abundance of Divine assistance which enables him to truly succeed in achieving valuable goals.

Tool Two: Be In Charge of Your Mouth

Another very important key to success is the ability to control what we say. So many of us fall victim to our moods and say things without thinking, only to later realize, “Oh no! I just destroyed my _____!” We can destroy our chances at earning a livelihood by blowing up at employers, employees or colleagues. Our most important relationships are weakened or, G-d forbid, severed because we were angry or just bored and said or yelled very hurtful or dumb things. “Before I speak, the word is mine, after I speak, I belong to the word,” a wise man commented. We often regret talking, but do not usually regret being silent.

But, we question, how can I possibly gain control over my mouth? It seems to have a life

of its own! It is only after I speak that I truly realize what it was that I said. How can I possibly prevent myself from saying harmful words?

The method for developing the ability to refrain from speaking words which are harmful is to practice the art of silence. Silence is not a very developed art in Western countries, but it is a very valuable one. In our culture, people feel uncomfortable when they are not talking, even though it is perfectly fine to sit in a car with another person and pass the time in pleasant silence and contemplation. It is so beneficial for us to spend time alone, reading, thinking and developing our inner worlds. Stop talking and texting so much! This is very difficult to do in a society where people become very agitated if they have to go five minutes without their

phones or someone for company, but it is something we must learn to do if we are to have successful lives.

The benefit of being silent for any length of time is that we develop a healthy respect for the power of speech, enabling us to pause for a moment after an impulse to speak arises. In that moment we will be able to determine if what we are about to say is helpful or harmful.

This is critical to achieving success in every single way, but it is *absolutely crucial* for spiritual development. We are able to avoid committing serious sins against the Torah if we are able to refrain from gossiping or insulting others. Additionally, when we are silent, we are able to listen for a change! Listening to words

of Torah will increase our wisdom and knowledge.

In addition, if we are able to be silent when appropriate, we can avoid so much emotional heartache. Instead of responding to irritating people and creating escalating conflicts, we can be silent until they get tired of bothering us. Imagine if a husband is silent when his wife lambasts him, and a wife is silent when her husband loses his temper. Instead of responding immediately, each one remains quiet and waits until they have each calmed down and can deal with the situation effectively. Many marriages would be saved or made happier.

Another area where the ability to control one's mouth comes to fore is in protecting privacy. The notion of privacy has become

obsolete in our era of cell-phone conversations on buses and one-click-social-media-sharing with hundreds of people. Even so, every person, family, and group, harbors certain information which needs to be kept private. There are certainly situations when we must share information with people who can be of help, but there is no need to have personal or family issues made known to all.

Without self-control we are at risk of spilling our secrets and then have to cower in fear that they will be revealed. As a wise man once said, “It is better to guard your own secret than have others guard your secret for you.” Be careful with your secrets. There is rarely a casual acquaintance who can be trusted with them.

We are so careful to spend our money wisely. We have to be equally careful to “spend” our words wisely! When we speak, we should ask ourselves if what we are about to “spend” our words on is something of value. As we become wiser we will find ourselves speaking less and listening more, and our words will have a greater and more positive impact.

Tool Three: Patience

Patience is both an essential tool for the attainment of any valuable goal, as well as an extremely important virtue in and of itself. These two aspects of patience may well be related; it is so important to G-d that we acquire the ability to bear unpleasantness calmly that He designs our lives in such a way that we can barely take two steps forward without bumping

into frustration. Becoming a spiritually successful person requires us to develop the ability to carry on calmly even when things don't go the way we want or expect. Because every day brings with it a fresh batch of challenges, there is no way we can achieve even the most minimal measure of any form of success without having developed this trait.

Our Sages teach,⁴ “Who is strong? One who overcomes his inclination,” based on the wise observation of King Solomon. “A patient person is better than a strongman; a ruler over his own spirit [is better than] a vanquisher of a city.”⁵ It requires more strength to control ourselves and to bear that which G-d throws at

⁴Mishneh, Avos 4

⁵Mishlei 17:32

us, than to organize and train the troops required to vanquish an entire city.

If we don't work on ourselves, we end up living according to our default, animalistic settings which seek indulgence, gratification and ease. It takes a lot of effort to develop tolerance for frustration, but to fail to do so is a surefire guarantee of misery. The more you can bear to have your impulses pass by ungratified, and the more you can work through aggressive feelings without acting upon them, the more you will be able to achieve your goals.

Without the ability to tolerate annoyance, there is no end to how far a person can fall. A person who has never developed patience, easily falls into the grips of rage. There are people who have allowed their animal side to

reign for so long, and have followed their base instincts to such a degree, they are literally murderers or terribly abusive to their wives, children and employees. If they treat their friends the same way, they end up without any. These people are so full of rage and revenge that they completely forget who they are and what they want out of life. In the heat of rage, all a person wants is to destroy the thing that is currently perceived as the source of aggravation.

To direct all of one's energy towards destroying those who one sees as an irritation, competitor or nuisance is such a sad mistake because this leads to failure in every single area of life. Spiritually, the person lacking forbearance destroys his soul through the many sins to which he inevitable succumbs, and he is

also bound to be a failure materially as well. Because all his energies are directed towards overcoming those seen as a threat to his well-being, there is none left for self-development of any form. Not only will such a person not have a successful life, he will not even be successful in that which he is trying to accomplish, namely, to overpower and do away with others. People will merely distance themselves from him and he will be left alone to languish while others go on to lead lives of success.

The life of a patient person is exactly the opposite. While we can understand how he would succeed spiritually, it is beyond us to understand how he could possibly make it in the material world. He seems so gentle and easygoing. People push him around! However, in reality, letting go of disputes and instead

focusing one's energies on self-development, leads to real, lasting success. Slowly, steadily, the patient person advances toward his goals and, brick by brick, builds his life. He is loved for his even-kilter, non-threatening demeanor and others want to be close to him and help him. Suddenly, he blossoms and succeeds while all wonder what his secret trick is.

We really have only two choices: become a great person who is able to handle difficulties without falling apart and develop the ability to bear annoyance, or live a life of miserable failure in every area.

From missing the bus to stubbing our toe, to having a headache to going through terrible difficulties that can break a person, G-d forbid; we have to work on bearing challenges calmly.

Let's patiently weather our internal and external storms and bear difficulties with composure. Eventually our hardships will be behind us and we will come out stronger. In the long term, where it really counts, we will be truly successful people who have used the difficulties of our lives to grow and accomplish.

Tool Four: Hear No Evil

Your brain is yours. There is no reason for you to store other people's garbage there. What we are suggesting is actually quite simple: Shut off the radio, the TV and the internet. The people who are publishing the content on these sources of media are not the kind you would allow into your house. The information they choose to publish is not important for you to know. Do you really need to hear about every

vulgar piece of news happening in the world? Are the commercials making you happy or are they making you feel like you are missing out? Does your life really have so little meaning to you that you want to be busy warding off the anxiety induced by following the news in real-time?

Cure yourself from FOMO —the Fear of Missing Out. Trust G-d to send you the information you need to succeed in life. The garbage the media produces drains our energy. Even excessive listening or reading of “kosher” news sources can cause damage.

When we disconnect, we are able to finally reconnect. Listen to Torah classes, open the books of G-d, dedicate yourself to Him. You will be trading in a life of anxiety, jealousy and

depression for one of sweetness. You will feel blessedly secure in the knowledge that you are connected to the Source of all true, beneficial wisdom.

Our Sages warn us to guard our ears from listening to that which will harm us.⁶ They draw our attention to the fact that the anatomy of the ear is intended for selective listening. We can stick our fingers into our ears to prevent harmful information from entering our minds, and we can use our earlobes, which are designed to be soft, to block out harmful information.

We have the freedom to choose who and what we will listen to. Be discerning of those whom you will be influenced by. We are under no obligation to listen to every lowlife speaking

⁶Kesubos 5.

evil words against G-d and His holy Torah. It is not a sign of intelligence to be “in the know.” Wise people do not go around listening to that which every peanut gallery member has to offer. If he needs to know something, he goes directly to the correct party and acquires the information he needs. But if there is no need to know, why be in the thick of every new social sensation?

Selective listening is an essential element for living a successful life. Listen to Torah scholars, open your mind to words of Torah, avoid listening to foolishness and crudeness, and you will have acquired another important key to the gates of true, lasting success.

Tool Five: Holy Eyes

The eyes are the gateway to the soul, through which we learn about and absorb the

impressions of the world we live in. By looking at the world with the proper intent, we connect to it the way we were meant to.

When we look up and see only a cloud-spotted sky, when we look down and see only a little pebble, when we look into the distance and see only a tall tree — we have fallen into the trap of superficial vision. We have to train our eyes to see *G-d's* cloud-spotted sky, to look down and marvel at *His* amazing little pebble, look out in the distance and be filled with awe at the wondrous beauty of the *Creator's* tree. Although this world is material, it is an expression of G-d because it exists, moment by moment, only because G-d wills it. The world is full of G-d. He is manifest everywhere if we only allow ourselves to look deeper.

When we train our eyes to see the world as it truly is, and not as it physically appears to be, our eyes become pure and sanctified. This is not easy. Our vision is limited to the external layer which conceals G-d's presence, so we need to search for it carefully if we are to find it.

If we fail, we are vulnerable to a strictly superficial connection with our environment. This, our Sages⁷ teach, is the source of all sin. The eyes are dazzled by what glitters and sparkles, our hearts are drawn after that which glows, and by the time our bodies are drawn to actually commit the sin, we are already intoxicated by the intensity of the desire.

This is a tremendous cause of failure to succeed in life for so many. Instead of focusing

⁷Berachos 12:

on what is real, valuable and long lasting, we wander after that which looks fun and exciting. Instead of developing ourselves into truly spiritual people, we are busy beautifying ourselves externally.

If you have a suspicion that looking in a particular direction will cause you to forget that G-d fills the world, you are probably about to gaze at that which is forbidden. Our Sages have taught us the laws of forbidden sights so we are safeguarded from drifting into the quagmire of sin.

If we can train ourselves to see G-dliness wherever we look, we will have acquired another critical tool for success in life.

Tool Six: Proper Perspective

Are you worried or upset about something now? I hope not, but chances are that there is something in your life which is distressing you. Think for only one minute: Is what you are disturbed about something of permanent value? Usually not.

We get so caught up in our lives! We are eternal spiritual beings having a very fleeting experience in a human body, yet we have such an urgent spiritual mission in this world. Logically, we shouldn't have a moment to spare for agonizing over material problems, but still we worry and fret and obsess about... our weight! Money! Social status!

We Have To Grow Up!

It is not easy to be human. There is so much bitterness, suffering and travail which we must endure. Our lives don't feel fleeting when we are enduring tragedies and hardships, but we have to work on maintaining the proper perspective. Our bodies are only physical garments for our souls. We leave them behind when we no longer need them and go to Heaven for a permanent, everlasting existence. There we merit the sweet satisfaction of basking in the glory of G-d, in the company of the Divine Presence.

On the flip side, we do have to take our lives very seriously. It is only during our stay on earth that we are able to make a spiritual success out of ourselves. After we leave this world, we can

no longer do the work we were sent here for; we can no longer struggle to perform mitzvos and study Torah even when it is difficult.

People worry when they lose money, but remain unconcerned when an entire day passes during which they did not fulfill mitzvos, learn Torah, do a kindness for another person or turn to G-d in prayer. A day of having fun for the sake of material enjoyment alone is a tragic waste! There is no greater loss than the loss of time, because time never returns. It is only when we use our time for the good that it is preserved and transformed into a valuable eternal commodity which will enhance the entire Creation, forever.

People do not even have pleasure in this world when they use their time frivolously.

Frittering away our days on pointless pleasures causes our lives to feel meaningless and depressing. If we connect to G-d and focus our energies on fulfilling the mission we have been sent to this world to do, we will feel much happier.

A proper perspective is a critical tool for a successful life. Don't take the pain of life too much to heart, or be so distressed about a world which is not yours. Don't be broken even though it is so hard; don't get so attached to materialism. Instead, focus on the soul, which is eternal. Fill yourself with joy and laughter because G-d loves you and created you for a great purpose.

Tool Seven: Make G-d's Will Your Will

You want to be rich — but you aren't. Why not? Is it because you didn't try hard enough? Is it because you got bad advice or are in the wrong profession? No. Our life circumstances are not dependent upon our energy, intelligence or even extensive efforts. If you are presently of limited financial means it is because that is the will of G-d.

Don't fight G-d's will. Of course, do get up in the morning and give life your best shot, but don't get upset and frustrated if you don't succeed in getting what you want. We have to submit our will to the will of G-d. If G-d wants me not to have much money right now, then we say, "G-d, I accept Your will with love."

When we recognize that our lack of money or whatever problem we are facing is not due to some random reason, but is a direct result of G-d's compassionate and loving will, something wonderful happens. When we tell ourselves, "There is no problem in my life, there is only G-d in my life. G-d is good, so there is only good in my life," then G-d reveals Himself. He says, "You recognized that I am the One Who is behind your pain, and that I am full of compassion and goodness. Good for you! Now I will show you how the difficulty you are experiencing is really good!" What happens next is that our difficulty simply fades away and instead, we experience blessing and joy. This method has been tested and proven again and again by those who serve G-d, and always with positive results. G-d plays hide 'n seek, and

when we find Him, He reveals Himself. Since G-d is good, when He reveals Himself we see that everything we experience is indeed, very, very good!

G-d is always ready to improve the quality of our lives, but He is waiting for us to do critical work. G-d is waiting for us to accept our lot with joy, to accept His will without bitterness, to recognize that it is He who sends us what appears to be troubles and that He loves us. When we do this work, we open ourselves to tremendous Divine blessing. When we feel calm in the knowledge that G-d is completely in control and that everything He does is for the good, we merit to receive the goodness that was destined for us. It is difficult to remain unbroken by the travails of life, but it is precisely by

overcoming this difficulty that we merit relief from troubles.

True fortune is that of being happy with one's lot. A person can have everything they want in life but still feel unsatisfied. On the other hand, a person can be experiencing a lack in many areas by objective standards but still be filled with joy. To be happy is a choice which we must make anew moment by moment.

If you are unhappy when things are difficult, what is the guarantee that you will be joyful when your life improves? Get yourself used to being satisfied with your lot now, even if it appears meager. Then, when G-d's blessing pours into your life, you will be prepared for it with a joyous disposition and grateful attitude.

Appendix: A Guide To Dealing With Money – Or The Lack of It

A Guide For The Poor

Let's not kid ourselves. Poverty is tough. Lacking money is very painful. Our Sages teach that there is nothing in this world more difficult than crushing poverty⁸ and that one who is poor is compared to someone upon whom all the afflictions of the world have gathered upon. They also said that if you could gather all the problems of the world to one side of a scale and the challenge of being poor on the other, poverty would outweigh them all because poverty breaks a person completely. To be destitute can be so stressful, our Sages say⁹, that it can cause

⁸Shemos Rabba 31,11

⁹Eiruven 41:

a person to go crazy and even to speak blasphemously against G-d. They also describe¹⁰ the world of one who is forced to eat at the table of others as dark and his life as not being a life.

However, even if you are poor, don't be completely shattered. There *are* benefits to poverty. When we feel how ephemeral our existence is, we feel very vulnerable. We then realize how completely dependent we are upon G-d. This causes us to be filled with awe of Him, to work on ourselves to live up to His standards, to become kinder people and to study more Torah.

But even more comforting is to realize that true poverty is not the financial sort. It is

¹⁰Beitza 32:

poverty of the mind that is the most devastating. To be unaware of the truth and to be lacking the guidance of G-d is most tragic of all. If you are reading this essay then you have embarked upon a journey of accumulating true, valuable knowledge. You have begun the process of acquiring real riches, so you are not truly poor at all!

While some of us are destined to have to deal with the rigors of destitution our entire lives, we can all feel confident that G-d will never forsake us. Even a poor person is cared for by G-d in the midst of his crushing poverty. Somehow, we find the money for what we absolutely must have because G-d provides for everyone, even the very poor.

A person of limited financial means should never feel inferior to or dependent upon any created being. You are never less than anyone else just because your clothing is out of date, your food is scarce or your living quarters are simple and small. In G-d's eyes, you are beloved and valuable no matter what.

Be careful not to borrow money without a clear plan as to how you will pay it back or else you will face the terrible pressure of being in serious debt. Live as frugally as you can and turn to Hashem with complete faith that He can help you. Turn to G-d for money. Say, "G-d! Please help me! I need money!" It is painful and demeaning to turn to people for support, but it is pleasurable and comforting to turn to G-d with a trusting heart. The most important, and

critical action we can take to improve our lot is to turn to G-d.

Even if you are very, very poor and have absolutely nothing, strengthen yourself with the deep joy of knowing that everything is from G-d and that G-d is good.

Furthermore, the way of the world is that those who are poor have money tomorrow and vice versa. This world is a turning wheel, as our Sages teach¹¹: “The one who is rich today is not the one who is rich tomorrow, and the one who is poor now will not be poor tomorrow. Rather, this one’s [fortunes] go up and this one’s [fortunes] go down.”

¹¹Shemos Rabbah 31, 2

A Guide to the Wealthy

The most important idea that a person of means has to keep in mind is never to be proud, because our money doesn't actually belong to us. Would you boast about your neighbor's mansion? It is equally as ludicrous to boast about your own. Just as your friend's diamond does not belong to you, neither does your own. Do you remember how insecure you felt when you were poor? You are not more secure now. The same G-d Who was in control of your fate then is still totally in control of every detail of your life at every moment.

If you have been born into wealth, it may be difficult for you to develop this understanding, as having lots of money seems to be a default. But if you have once been middle class, and

especially if you have struggled financially, this should be much more of an instinctive awareness.


G-d gave you your money for a purpose. G-d gives people money so that it can be used to help others. Our Sages taught¹² that when a poor person is standing at your door, G-d is standing at his right side. What a prestigious Escort accompanies the poor man! Treat the poor man with honor. Do not be afraid that giving will decrease your wealth because G-d is the One Who gives you your money. If you help those in need, G-d will consider you a trustworthy investor and give you more financial prosperity.

The merit of providing for the poor is very great. G-d guards this merit and when you need

¹²Vayikra Rabba 34, 10

it, He will use it to your benefit. Our Sages teach,¹³ “The soul of the poor person was on the verge of departing from hunger and you gave him sustenance, you gave him life. By your life! I will return a life for a life. In the future, when your son or daughter will become so ill that they will be at death’s door, I will remember the mitzvah which you performed with the poor person and I will save them.”

¹³Tanchuma Mishpatim 15:



הספר הקדוש הזה נדפס לזכות

משה יחיאל בן ברכה גיטל יוכבד נ"י
וזוגתו
רחל קריינדל בת שרה בריינדל ליבא תחי'
ובניהם
יוסף מרדכי, אברהם.

הקדוש ברוך הוא ימלא את כל משאלות לבם לטובה, ויתברך
מפי אל עליון בבני חיי ומזוני רוויחא, ויזכו לרוות רוב נחת
דקדושה מכל יוצאי חלציהם, אמן כן יהי רצון.

