

DISCOVERING LIFE'S TREASURES

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A MINDFUL MORNING

The following story illustrates how one can put kavanah b'mitzvos into practice to capitalize on the many mitzvos that we do each day, as well as gain a multitude of mitzvos from the acts we already do. In this manner, one can transform their day from ordinary to holy.

Although the story is written from a man's perspective, its lesson is just as applicable to a woman in her personal avodas hayom.

3:00 AM:

Dovid blearily shook himself awake. Was that the baby crying? He held his breath, hoping that it was not. But a second later, his hopes were dashed. The baby began to wail now, louder. Dovid glanced at his wife, but her eyes remained shut. He wanted to ask her to help the baby, but he knew how hard that would be for her. Suddenly, Dovid realized that putting the baby back to sleep would be a mitzvah d'Oraysa of gemilus chassadim to both his wife and the baby. Dovid's mind cleared; he sat up and thought, l'shem mitzvas chessed ka'asher tziva Hashem. Then he got up, settled the baby and went back to bed, happy that he had done the mitzvah.

6:15 AM:

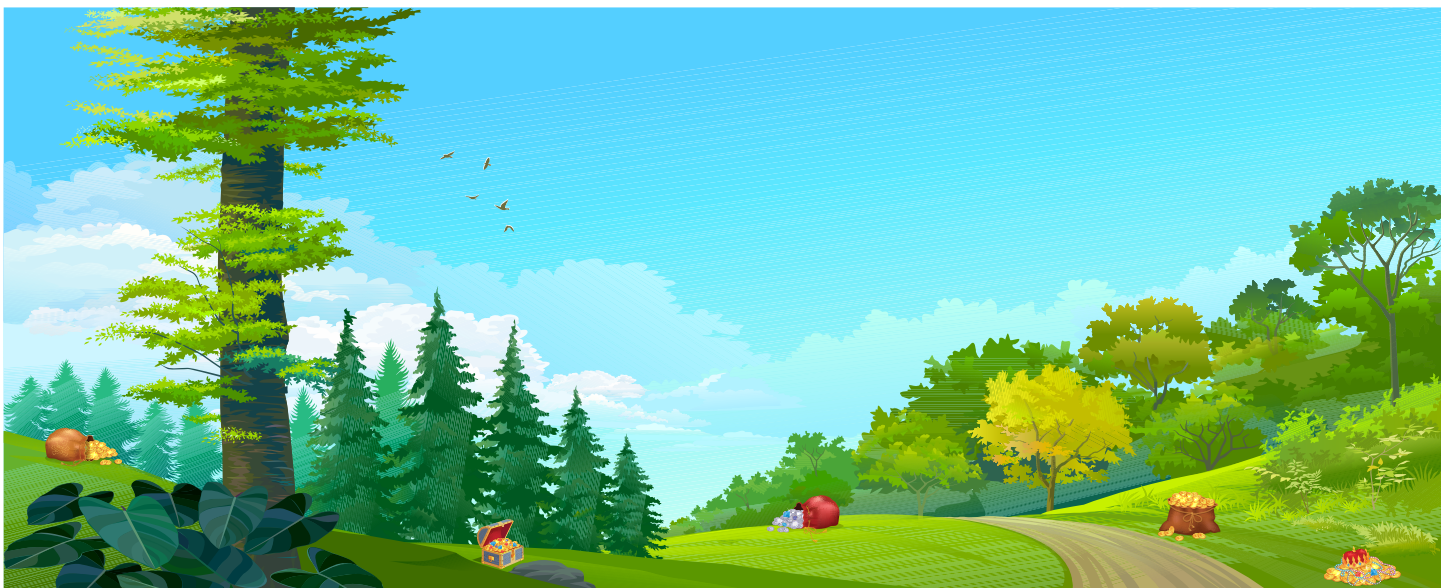
Dovid stuck his hand out of bed and silenced his alarm. He sat up, stretched and said

Modeh ani while having in mind the mitzvah d'Oraysa of zichron chasdei Hashem — the mitzvah of remembering Hashem's kindnesses to us.

Before washing negel vasser, Dovid had in mind the mitzvah of netillas yadayim. After getting up, he put on his tallis katan, having the appropriate kavanos. Those momentary thoughts ensured that Dovid would now be fulfilling the mitzvah of tzitzis lechatchilah every second that day — a staggering 43,200 mitzvos! "At the end of this year, I will have amassed over 15 million mitzvos lechatchilah!" he thought, shaking his head in amazement.

Before entering the restroom, Dovid remembered that by washing his face, he would be fulfilling the mitzvah of kiddush Hashem, and by brushing his teeth, he would be fulfilling the mitzvah of v'nishmartem me'od l'nafshoseichem, guarding one's health.

After washing his face and brushing his teeth, Dovid got dressed and picked up his tallis bag. He opened the front door, pausing momentarily to look at the mezuzah and have kavanah for the mitzvos of loving Hashem and thinking about Hashem's Oneness. Then he ran down the steps and headed to shul. As he walked, he took a second to think how each step he was taking was for a dvar mitzvah. By doing this, Dovid knew



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that one day, he would be rewarded for each and every step!

Entering the large beis medrash, Dovid thought about the mitzvah of u'mikdashi tira'u, the mitzvah to have reverence for Hashem's Sanctuary. He resolved to focus on davening to Hashem with concentration and avoid chatting with others or acting lightheartedly, continuing to think about this mitzvah as he turned off his cellphone and put it away.

Dovid found his seat and sat down. A few moments later, he noticed an elderly man walking into shul. As he passed Dovid's seat, the latter quickly stood up, having in mind the mitzvah of mipnei seivah takum, standing up for an elderly person.

Dovid then had kavanah to fulfill the mitzvah d'Oraysa of saying birchos HaTorah, asking Hashem to make the Torah sweet for him.

Afterwards, Dovid put on his tallis and tefillin, taking care to have kavanah and think about the reason for the mitzvah with each one.

After Uva l'tzion," Dovid noticed a tzedakah collector entering the shul. Dovid went over and gave the man a donation, having in mind the mitzvah of giving tzedakah.

Before saying the Shir shel yom, Dovid remembered to have in mind the mitzvah of zechiras Shabbos while saying Hayom yom _____ b'Shabbos. By doing so, he was remembering Shabbos during the week, which the Ramban says is a fundamental aspect of the mitzvah of zechiras Shabbos.

After davening, Dovid sat down to learn his daily seder. Before beginning, he had kavanah to fulfill the mitzvah of talmud Torah. Dovid also took a moment to fill his heart with simchah, rejoicing at the great opportunity to do a mitzvah, while having in mind the mitzvah of la'avod es Hashem b'simchah, serving Hashem with simchah.

As Dovid was preparing to leave shul, his friend Yehuda approached him and asked if he could borrow a dollar to buy a Torah CD that was for sale in the shul's coffee room. Dovid

quickly reached into his pocket and handed Yehuda the money — but not without first thinking to fulfill the mitzvah of halvaah, lending money.

Later, while eating breakfast, Dovid's wife mentioned that she was planning to take their son Moishe to get a haircut at the barber's. "Before you pay him," Dovid advised her, "don't forget to have in mind the mitzvah of b'yomo titain s'charo, paying a worker on time!"

After breakfast, Dovid began the walk to his office, where he worked as a mortgage broker. Along the way, he stopped at the grocery store to pick up some jars of baby food. As Dovid walked in, he remembered to have kavanah for the mitzvah of v'chi simkeru, to give business to a fellow Jew."

While in line to pay, Dovid noticed that the man standing in front of him had dropped his credit card on the floor and had not realized. Dovid had kavanah for the mitzvah of hashavas aveidah and quickly gave it back to him. Dovid paid for his child's food, having in mind the mitzvah of chessed for his child, and left the store. Before crossing the street, he looked both ways, remembering to have kavanah for the mitzvah of v'nishmartem me'od l'nafshoseichem.

Dovid arrived at the office and sat down at his desk, having kavanah to fulfill the mitzvah of hishtadlus, trying to earn a living, as well as the mitzvah of chessed, supporting his family and helping his clients.

A short while later, Dovid received the good news that a deal he had worked very hard on had finally closed. Dovid whispered to himself, "I have in mind to fulfill the mitzvah of zechiras Hashem, as Hashem commanded". Dovid realized that this success was not of his own making, but really came from Hashem.

Note: To find out more about Kavana B'Mitzvos — and how to accumulate many, many mitzvos every day, see sefer Ka'asher Tziva Hashem — now in English — in your local Judaica store.