**Smile**

**to**

**Sanctify**

**Hashem’s Name**

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**Preface**

We can choose to smile today and achieve a great Mitzva for it. Let’s say we do it to fulfill the Mitzva to make others feel good... that is a super reason and well worth our while.

There is another reason to smile which can be equally good, maybe even better. The best would be to utilize both reasons. For now, we will focus on choosing to act our best in every situation. Try to excel and exceed expectations so that people will say, “Wow, this is how a religious Jew behaves,” and we will create a Kidush Hashem - sanctification of Hashem’s name!

1. **The Rambam**

 The Rambam says this in the laws of Torah fundamentals 5:11, “When a person is careful to:

* Speak gently,
* Get along with others,
* Smile pleasantly,
* Ignore insults,
* Give respect to all,
* Always act with honesty,
* Avoid hanging out in the wrong places,
* Always be into Torah and Mitzvos,
* Go above and beyond the Halacha requirements,
* Avoid going to crazy extremes...

...until everyone will

* Praise you,
* Love you and
* Desire to emulate your ways...

...thus you perform a Kidush Hashem and Hashem is proud of you!”

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**2. So Remarkable**

You can be so remarkable to do things in a quiet, smooth and wonderful way with a positive gleam and twinkle in your eyes. You can adjust to fulfill even unusual requests with a sense of humor so that others will be in a good mood from interacting with the positive you.

You can be in a state of flow with your focus on living with Hashem’s Torah as your guidebook your prayers to Him for ongoing inspiration and your constant eagerness to help and assist His creations in so many ways.

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Rav Miller explains this Rambam that one should also add this thought to why you are so nice - to create a Kidush Hashem. This is a form of doing the Mitzva with the proper thoughts.

3.  **You will also benefit...**

You will always benefit because of Avos 2:4, “When you do Hashem’s will as your own, He will do what you desire…”

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It’s in your best interest. You can have a great time having fun doing it, with brains and creativity to take challenges and elevate them to their maximum value.

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Hashem will help you get what you want, when you help others.

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Stop screaming and start saying it’s all for the best!

Do that which is truly meaningful, fun, amazing and inspiring. Follow Hashem’s instructions even when you feel you may not be at that level yet.

The Talmud, Yoma 72b, teaches that we should always strive to elevate our insides to be like our outsides. By behaving properly, even before we feel like it, we will develop and generate the proper feelings. As the Mesilas Yesharim teaches in chapter seven, “The external inspires the internal.”

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To cause a Kidush Hashem is always in place.

4. **You can choose fun**

Mishlei 15:15 teaches us that a person with the right attitude always has a party! You can guarantee that you will have fun by choosing to have fun no matter what happens. Be flexible. Don’t let small details ruin your day. Keep on saying, “This also is good!”

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You can choose, “To say less and do more,” Avos 1:15.

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You can choose, “To rejoice with your portions,” Avos 4:1.

Let go of thinking you have to be somewhere else. Accept where you are now with the realization that Hashem wants you to be right here now.

The reason you are here may be to learn a special lesson from where you are now, and then you can grow on up to the next level.

You can change things this moment by looking carefully at what’s blocking your growth in life and ask Hashem to help you let go of it right now.

5. **Count on you?**

Why does the Rambam seem to have such a long list of about 10 points that we need to focus on in order to make Hashem proud of us?

Included in honesty, do what you say you will do...and do it every time. Deliver the goods.

Consistent delivery is part of integrity.

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We need to stop talking about doing things and just do them. Take action rather than hesitating.

“Do it now,” as Hillel would always say in Avos 1:14, “If not now, when?”

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The outside of every person is a better form of that person, which shows us how to improve our insides to be on a higher level. We can become better every day and learn to have more fun and joy.

6. **Most Important**

The most important goal we should have daily is to become even better than the day before.

There is always another way to looking at whatever we think we are seeing - the smiling way.

You can open the door to opportunity, innovative solutions and more joy.

You can change your world by changing your mind.

When you choose the lens of ‘This too is for good,’ you discover that setbacks are actually opportunities for greater success.

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It’s not the weather that makes it a good day or not... it’s your attitude in thanking Hashem and appreciating that Hashem is keeping you alive!

Hashem is always trying to help you and me!

Hashem puts you in charge with free will to choose your attitude and how you react to what happens to you.

7. **Time to Change**

Can this one booklet change your life forever?

It happens that one lesson can be truly inspiring to bring one to smile, laugh, and dance for joy.

It can also change you and cause you to live differently.

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Avos says that a wise person can learn from every person. One person at the right time and place, can light your fuse to embrace your life and become fully engaged in your Torah Study, Prayer Service and kindness to others. We need to get turned on to go for it with Hashem holding our hands.

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We need to learn to see, with Torah and Mitzva eyes.

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How do you run to help others with what you do?

How do you show others that they are most important to you?

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8. **Improve your Smile**

Some people find it easy to smile. Thus they tend to take it for granted and do not try to improve it. You can connect more with your smile if you think about why the person you are smiling at deserves your full, engaging smile.

You can make a profound difference if you think you are about to smile at this special, great person!

Make a meaningful connection. Add a small prayer in a whisper that Hashem should help this person succeed. Pay attention and use your intentions to help this person achieve their goals.

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To connect properly, you need to think about and prepare to meet the individual and their needs.

9. **Going All the Way**

There is a concept of putting yourself into a smile with all of your energy… to smile and show you really mean it with sincere depth and commitment.

People can claim some goals are truly important to them, but then we see their words don’t match their actions.

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When the Torah speaks about loving Hashem in the Shma, we are instructed to be completely and totally committed to it wholeheartedly.

The same applies to the Mitzva to love others, where the Torah says, “Love them as yourself!”

Rabeinu Yonah sums up in S.T. 3:148, “It is well known that of the ways of honoring Hashem’s name, to let it be known with every expression of our lips, with every wink of our eyes, with every movement of our hands, that the foundation and primary goal of everything in life is to serve Hashem…”

10. **Honoring Hashem**

Rabeinu Yonah continues:

“Everything in this world is to serve to honor Hashem. Thus we are obligated to focus at all times to honor and sanctify Hashem with all of our words, to elevate and thank Him...to be careful with our words, to praise Him and His servants… thus we will gain tremendous merit that will reach the Heavens…”

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“All of the results of life come from your thoughts,” Mishlei 4:23.

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Smile…

* The sooner the better. Be quick, do it now.
* You are surrounded by amazing, inspiring, incredible, usable ideas that Hashem is granting you everywhere to grow. Your next best idea is right inside of your smile!**😀**
* Smile to sanctify Hashem’s name.