

More Gain, More Benefits

**“More Torah -
more life...
More overeating,
more worms...?”**

Avos 2:8

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Preface

The Torah teaches us how to avoid overeating, by looking ahead to the consequences - "More food = more worms." Avos 2:8.

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This teaching is taught as a daily saying because we eat daily and we need to train ourselves to do so in a healthy mitzva way.

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We need to focus on our purpose in this world, to appreciate the true approach to increase our life by learning this equation,

"More Torah, more life,
More food, more worms."

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When we change our focus, our lives change!

## 1. Three Goals of Life

We know our three primary goals:

- Torah,
- Service, and
- Kindness, Avos 1:2.

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The Maharal explains that these three goals correspond to avoiding the three worst crimes,

- Idol worship, the opposite of serving Hashem,
- Murder, the opposite of kindness, and
- Immorality, the opposite of Torah study.

He explains that Torah trains us to be a person who is spiritual, who thinks and learns and avoids being physical as an animal.

A person is sanctified and elevated by Torah study and performing mitzvos. Physical acts, done with negative intentions, can demean and degrade a person.

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We were created in Hashem's image, and we are instructed, "Be Holy, for I Hashem am Holy!"

## 2. Elevation

Holiness is defined as being elevated above physical temptations. The Hebrew word 'rimoh' which means worms, also means 'that which is elevated above something else.' Thus the Mishna, "The more food, the more worms," also means 'Don't let the worms creep over you.'

The Ramban explains that even a person who is very careful to only eat food that is 100% kosher, but he eats a lot of it to fulfill all of his desires, he may be a '*novol*' (disgusting type) with seeming permission of the Torah. Thus the Torah says, "No, this is wrong. We are obligated to conduct ourselves in ways of Holiness!"

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"More food..." can be a transgression of the mitzva to be 'Holy'.

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We have free will to choose to control our eating by training ourselves to visualize the future - what may develop - and pray for Hashem's help.

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| By stuffing our body, we tend to ignore our soul. |
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### 3. Health Focus

The Rambam, Hilchos Deos 4:15 teaches:

- Overeating for every person is like a deathly poison, the main cause of all illness.

The Rambam continues -

- Most illnesses are caused by:
  - a) unhealthy foods, and
  - b) from filling one's stomach and overeating even healthy foods.

He then quotes Mishlei,

- a) "One who guards his mouth" - from eating the wrong foods and from filling up, and
- b) "his tongue," from excessive words, "is saved from many troubles."

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As a Reminder...

Make your today great,

Say 'No' to an unhealthy increase in your physical weight...

It's not how you bowl, it's how you recognize your soul.

4. The Common Denominator

We need to learn that the real me is not my body!

Who are you?

You can avoid worms by increasing your fitness. It's not hocus-pocus, it takes Torah focus and Prayer.

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Tehillim 27 teaches us, "One goal is what I ask of Hashem, that is what I seek most - to always be close to Hashem to view His sweetness..."

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"More Torah, more life" should be our single, simple, short, soulful goal to maximize our potential.

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To pause in the middle of eating some food to say, "The more one overeats, the more worms," - this will get us to think to eat healthy and avoid worms... [besides the great mitzva value of saying four words of Torah].

## 5. **Satisfaction**

The Vilna Gaon explains -

"What lesson can we learn from the Torah teaching that kosher meat has to be from an animal that has split hooves and chews its cud?"

The greatest definition of true wealth is to rejoice with one's portions," Avos 4:1. Instead of always looking to eat more, the kosher animal eats a little and keeps on chewing it more and more. Train yourself to focus on enjoying more and more, the great gifts Hashem keeps on granting us.

The gift of 2 eyes, with color vision, 32 teeth of many sizes and shapes, 2 arms with hands and 10 fingers and two legs with knees, ankles and 10 toes, etc. !



## 6. Now

Take a piece of meat and chew on it while thinking and thanking Hashem for this delicious food.

The best way to appreciate the now of life is to study Avos 3:1 -

“Focus well on 3 things and you will be saved from sins:

1- Where are you from?

Humble origins...

2- Where are you going?

To a place of earth, small worms and large ones...

3- Before Whom will you be judged?

The King of all kings, the Holy One, blessed is He.

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With the proper perspective, we can focus on Avos 1:14,

“If not now, when?”

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## 7. **Be Humble...**

...so that you don't stumble.

Avos 4:4 also mentions worms - "Be very, very humble, for a person's anticipated end is worms"!

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8. The Preface!

Mishna 2:8 begins with

"The more food, the more worms,"

The introduction to this concept is the previous Mishna 2:7 -

The same Sage, saw a skull floating on water and he said to it, "Because you drowned someone else, you got the same... and those who drowned you will also get the same."

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This is Hashem's system of measure for measure. Thus, the more you increase it, whatever that is - you can choose food or Torah, and you will receive worms or life.

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- What goes around, comes around,
- What you put in, is what you will receive.
- You choose the results that will be sent your way, by Hashem.

9. **Ask Hashem**

Hashem encourages us, "Throw your burdens upon Hashem and He will sustain you," Tehillim 55:23.

Similarly, in Tehillim 81, "I brought you up out of Mitzrayim, open your mouth wide and I will fill it up."

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Any load we have, all of our needs are not difficult for Hashem. He is waiting eagerly to assist us.

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You can use your mouth to eat some more extra food, or to ask Hashem for help. Every word of prayer to Hashem is the opportunity of a lifetime!

10. **Review, Review**

The secret is-

“He used to say...”

Our ongoing review is the method that brings the message in to penetrate deep into our senses. It takes 101 times of review, to absorb a lesson to the point that we become servants of Hashem to connect and change ourselves.