

The Rabbi Daniel Lapin Podcast

Episode: *Bad Idea for Parenting and War: Talk Loudly and Carry a Tiny Stick*

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SPEAKERS

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TRANSCRIPT

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Daniel Lapin 00:00

Welcome to the Rabbi Daniel Lapin show where I your rabbi reveal how the world really works. The internet is filled with different podcasts, and many varied shows. There are shows that really are for drifters, dreamers and derelicts. And yes, there are plenty of shows for clowns and creeps and crooks and cranks. But this is not one of them. This is the show where we speak about the things that really matter in your life. This is a show for happy warriors. That's right. Every happy warrior is welcome in this show, and you may be raising children. Well think of it as raising happy warriors in training. And you know how so many of you have written maybe even you so many have written to me to say, I wish I knew when I was 16 what I now know and understand. Right? Some of you have written that to me, many of you, some of you are feeling it, and many of you are thinking it. That's right. What a difference my life would have made. Had I known when I was 16 the things I know now. Well, your job, if you are a parent, no matter how old your child is, or young, your job is to make sure that you save your child from ever having to have that feeling. You want to save your child from ever saying, Oh, why do I only discover how the world really works? Well, I'm too old to use it. Well, you're never really too old to use it. But let's all agree that had we properly employed our years between 13 and 23, our lives would have been better. And that's true for nearly all of us probably are a few exceptions, never met one, but there probably are. And so as a parent, your job is not to stop your children from whining. It's not to keep them constantly content. And it's not to keep them constantly stimulated with an endless flow of entertaining conversation, or available electronics and gadgets and and devices. No. Your job as a parent is to make sure that your children as quickly as possible, learn how the world really works. So they do not have the regrets that so many in our generation have, which is I wish I knew what I know now, back when I was put in whatever age you want. And so that's who a happy warrior is. A happy warrior is somebody who as a parent is raising happy warriors. And a happy warrior is somebody who deliberately forms friendships and carefully nurtures them. Happy warrior. If you are a happy warrior, then you never dismiss the importance of finance by telling yourself and other people. Oh, not everything is about money, you know? Of course it isn't. But much more is about money than most people suspect. As happy warrior you are devoted to your family, even if there are times that some of them in fury eight to you. You don't neglect caring for your body. By avoiding indulgence and choosing challenge. That's what you do as a happy warrior. You try to make yourself more in touch with faith today than you were yesterday. After all, we are constantly moving. We are not clinging to a rung on the

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ladder or a ledge on the mountain. A happy warrior is constantly climbing upwards. Never in the same place tomorrow as you were yesterday. The activity you engage in today is what makes tomorrow different from yesterday. Onwards and upwards is the credo of the happy warrior. Happy warriors are active, not passive. We Happy warriors never say, oh, a decision will have to be reached - we proclaim, I will make a decision by 11 o'clock this morning. Happy warriors, above all, are not tennis balls floating down the gutter of life.

Daniel Lapin 05:37

You know, happy warriors. I'd like to give you another example of something that enhances your life in the area of fitness, the F having to do with fitness and physical health, which is also at the same time related to faith. And what I'm talking about is the area of eating. Now, for those of you who are Biblically literate, you might be aware that in Genesis chapter two, verse 16, the Lord says to Adam, of all the trees of the garden, [Hebrew spoken] that's what the Hebrew says, the English usually says, You may surely eat. However, the Hebrew itself is a little bit different. And I explained this very, very fully in our online program called Scrolling through Scripture. Wherein I show that there is no poetic redundancy in Scripture, and so although the Hebrew repeats the word eat twice, it does not mean oh, you may surely eat, which is just a poetic construction superimposed upon a translation that is challenging. An accurate translation of Genesis chapter two, verse 16, would be in the Lord said to Adam, you must eat you must eat. That's right. It's actually in the imperative form. And it's repeated twice. What on earth could that possibly mean? And, you know, gosh, this is such an important thing to understand. I think that some people unfortunately have had experience, sometimes with family members of eating disorders, usually afflicting younger women. And what happens there is that a person feels that she's eating too much, and she doesn't want to eat anymore. And she loses weight, and it reaches an unhealthy state. What what's going on there? Well, when you want to cure an eating disorder, do you go to a nutritionist? Or do you go to a psychiatrist?

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And the answer is the latter. Because everybody understands that there's a connect connection between body and soul. A hugely important connection between body and soul. And eating satisfies both the body and the soul. That's why there are many people who have what they call their favorite comfort foods. When they're unhappy or miserable, or stress, there are certain foods they like going to write. And that's because there is a connection eating is not only about nutrition, eating satisfies not only the for the body's physical requirements, but eating actually also satisfies the body spiritual requirements. That's one of the reasons that with a newborn baby, what goes on when that baby is being nursed is not just the injection of nurturing mother's milk into this new bundle of protoplasm know what's happening is a profound bonding experience is taking place at exactly the same time. And so, eating has a spiritual dimension as much as a physical dimension. Now, what happens with overheating in general, the usual explanation and reason for over eating is that you are not deriving the spiritual satisfaction, which would very quickly reach the point at which the spigot gets turned off. In other words, the point at which an eater says I've had enough I'm full is not just a case of how much food is in your stomach, but it's also a case of how much spiritual nourishment you've absorbed as well, because nine times out of 10. At least, it is your soul that says I've had enough before your body does.

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And so when your soul says I had enough, then your body goes along with us, okay, great time to stop eating. But the reason so many of us eat more than we should, is because we have disconnected from the spiritual energy line. And the result is we're eating and eating and eating, trying to reach a state of satisfaction. But the trouble is that satisfaction is only reached when spiritual satiation takes place. If you are disconnected from the spiritual angle, then you keep on eating physically, in the hope that at some point, your physical body will say enough, but your physical body seldom does. And obesity becomes increasingly prevalent problem. But if your spiritual connectivity is in shape, why then everything's different. And you find that for smaller portions of food are deeply satisfying.

Daniel Lapin 11:08

I explained much more of this in Scrolling through Scripture, the link should be in the description below. And you will, I think, find that extremely helpful, because faith and, and fitness really do go together here. And if there's one prevalent problem in America today, over eating would be it. Obesity is a very, very prevalent problem. And it's very hard to stop eating. No, it isn't not, if you are eating, eating. And that's why the word eating shows up as an imperative, not once, but twice. In Genesis two, verse 16, God is saying very clearly, from all the trees of the garden, you may eat, you must eat physically, for physical nourishment. And you must also eat spiritually for spiritual nourishment. And when you do that, right in the same way that a newborn bonds to its mother through the action of eating, we bond to our Father in heaven through the act of eating, as long as we are doing so from a spiritual angle, as well as from a physical, more of that in scrolling through scripture. But I wanted you to at least just get the the concept there in the hope that that might help you in whatever struggles you might possibly be having in this area. Hopefully you don't at all. Now, as most of you know, I go to great lengths to make sure that all the shows in this series on this podcast are shows that can bring you real life benefit their shows in which I speak about the things that you really care about. And for that reason, I seldom tell you what the date is of the taping, unless I happen to be referring to some contemporary event or perhaps to some historic event. And so ordinarily, the shows are what I call evergreen, you can listen to them next week or next month or next year. And you will still get the same benefit as you would if you listen to them the day I record them. They come out every week, and each one is fresh and ever relevant. But today, I am going to tell you that I am taping it. On the 77th anniversary of the day on which the United States Marines raised the flag on Mt Suribachi on Iwo Jima island in the middle of the Pacific. That happened on the 23rd of February 1945. Well, I am recording this particular show on the 77th anniversary of when the United States Marines raised the United States flag on top of Mount Suribachi during the Battle of Iwo Jima and that took place on the 23rd of February 1945.

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Why? Why was that necessary? Why was that incredibly costly amphibious assault onto the beaches of Iwo Jima that resulted in huge numbers of casualties. Because the Japanese fought to the very last man there were no surrender rings going on there at all, in spite of the fact that their fate was completely hopeless. But it's a different culture. It was a different culture. And that was how they fought and every yard had to be struggled Mount Suribachi is not high, but I mean the whole thing is a sort of Pacific at all. It's about 500 feet high. I think it's volcanic. It used to be volcanic. And the Japanese had honeycombed it with with caves and and tunnels. And it was very, very difficult. And in order to raise

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morale, a group of Marines took an American flag and went all the way to the top. They found some old plumbing pipe that the Japanese had been using to bring water down the mountainside. And they use that as a flagpole and the iconic picture, which has become a monument that you can see that you didn't even see next time you visit Washington, DC. And it's it's all really rather remarkable. Why was it necessary to a for us to attack Iwo Jima? I say us. I wasn't born in Iowa. I certainly wasn't an American at that point. But why did the United States have to attack Iwo Jima even though it was so heavily defended? And while the fact that it was so heavily defended gives you a clue was very important to the Japanese. The United States had main air bases in Guam, and bypass Mariana Islands, and those were going to be the basis from which B 29 bombing runs. to Tokyo, we're taking place we're talking about early 1945. As you know, the atomic bombs ended Japan in August of that year. But before that point, military planners did not yet know that they were going to use the atomic bomb. And all the planning revolved around a land borne invasion of the Japanese islands, which everybody knew, given the Japan propensity that they saw on Iwo Jima of not surrendering. They estimated that it could run to about a million American casualties, but there was no alternative in the final analysis. I don't think there has ever been in the history of warfare on this planet. I don't think there's ever been a situation where a war has been decisively won and the issue settled without putting boots on the ground as they say. In other words, you can certainly use the airpower to soften up the the the the target, but in the final analysis, you're going to have to invade you're going to have to go in and get it. So the idea was that the B 29. bombing runs were being disrupted by a huge flee the Japanese fighters based on the island of Iwo Jima, it was Iwo Jima you might ask well, I am your rabbi, that's what I'm here for. Right? If you drew a horizontal line of latitude directly out from Taiwan eastwards into the Pacific Ocean, and then you dropped a vertical line, a line of longitude down from Tokyo vertically down, where those two lines cross would be pretty much where Iwo Jima is located in the Pacific. So you know, strategically located and then Guam and Saipan, south of that. So for American bombers to get from Guam and Saipan to Tokyo, which was what was needed, they had to fly literally over Iwo Jima, which made them ready targets for the fighters, Japanese fighters based on Iwo Jima. So Iwo Jima had to fall, it had to be taken by American forces. It was an incredibly difficult fight. The US Marines came through with splendor and great valor and huge casualties. And the raising of that flag has become iconic. And that happened 77 years ago today, you might say a glorious moment in American warfare. At a time when America still followed President Teddy Roosevelt's admonition from 1901, where he said that America should always talk softly, but carry a big stick.

Daniel Lapin 19:41

It's also the day on which we can anticipate the Russian land invasion of Ukraine. That's that's certainly coming but you knew that right because I told you that in my new year's prediction show of a couple of months ago So I said we'd be seeing that happening. And again, as I said, a land invasion is always necessary. If you actually want to do anything militarily, you absolutely have to go in. That is something that America discovered with with Iraq, discovered with Afghanistan, obviously. And it's something that obviously, Mr. Putin of Russia knows that if he wants to bring Ukraine back under the Russian umbrella, he is going to have to have boots on the ground. So at some point or another, it is going to actually take place sooner rather than later, because you can't keep your armed forces on urgent and ready standby indefinitely. And they've been that way for a little while. I don't know exactly how long, but I think, weeks

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rather than days. And so clearly, the timing is, is becoming quite imminent. And this is going to be done. Today, America, unfortunately. Karis will show, shall we say, talks very loudly, and carries no stick at all. That's the sad reality. I've explained on the show earlier, what's going on in this sense, and it's very simple. Just ask yourself, if you are President Biden, or you are one of the ambitious staffers that have a wonderful life working for him in the White House? Do you want to talk about inflation, crime, the unrestrained southern border with people of unknown condition pouring in? Do you want to speak about any of these things? Do you want to speak about COVID? Do you want to speak about the regulations and the oppressive regulatory regime? Do you want to talk about our northern neighbor? What's been going on in Canada? And that non-serious You know, the with me, the opposite of serious is silly. So I'll say this silly Canadian Prime Minister Justin Trudeau. If you working in the White House, do you want to talk about these things? Or would you rather say we are going to bring the wrath of the the family of nations down on Russia, we're not going to tolerate this. This is the first violation of borders and the first act of war since the end of World War Two. That's of course, not counting Bill Clinton's bombing of Belgrade, which he did for exactly the same reason that President Biden is obsessing over Russia and the Ukraine, because that was a time when America was very focused on Monica Lewinsky and the impeachment hearings. And so you you do something dramatic in order to get the the foolish media of the topic that makes you feel uncomfortable, and onto the things that you'd much rather have them talk about. And that's what's going on. Obviously, if America was serious, if America really did speak softly and carry a big stick,

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then it would have been very different. Mr. Putin would not have invaded, would not invade Afghanistan very, very clearly. But the reality is that military power, I think it's a function of capability and willpower. In other words, if you've got a lot of capability, you got a developed military with the right equipment and the right training, and you also have to be steel-willed, that, you know, we haven't seen in American leadership for many, many years. If Well, I think President Trump probably did, but I won't. I won't stopping on that right now. But if you have that, if you ever America certainly used to I mean, under President Eisenhower under President Kennedy, America had great military capability, and a very strong will. And for that reason, Mr. Khrushchev back down on Cuba.

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But think about how multiplication works. When I say a function when I say military ability, and a country's military readiness is a function of capability and willpower. What it means is you have to multiply the capability by the willpower Now, admittedly, you know, we don't easily have the units of capability. We don't have easy units, certainly of willpower. But you can do it conceptually. And here's the thing about multiplication. When you multiply anything by zero, the answer is zero. So 500 times zero is zero. 27 times zero is zero. 17,450,000 times zero is zero. So, if will is perceived by other people as zero, which it is, certainly since Afghanistan's shameful abandonment, but probably before that as well, I think people were reading President Biden very accurately. And so since it's obvious that America's will, is zero, and and by the way, John Kerry, in the Biden administration, he used to be a vice president is is now Secretary of State, John Kerry is now saying that the main danger with the war in Ukraine is it will distract people's attention from the urgency of climate change. And so, really, how,

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how seriously do you think anybody takes the United States of America at the moment? And this is a sad this is a country I immigrated to it with excitement and pride. And and this is where we are today. It's it's a tragic reality. And so, obviously, no matter what the American military capability is, end, we will let us say that other countries, intelligence services may not have an accurate picture. They certainly know that we abandoned equipment enough to to arm a middle sized nation back in Afghanistan, abandoned and left to our enemies. They certainly know that. And they certainly know that the American military seems to have been more obsessed with equity, diversity and inclusion, then they are with military readiness. They they know all of that. But none of that matters because they rightly estimate the willpower to fight in America at about zero. And therefore, it just doesn't matter what the military capability is because multiplied by zero, well, it's going to be zero. And so Mr. Putin, knew and understands full well, that there is absolutely no possibility whatsoever, that America actually means to do anything about the invasion of Afghanistan. And so, obviously, it is the time for him to act and take care of this. And it'll be on the front pages for a few days, and then things will settle down as normal.

Daniel Lapin 28:18

You know, look, the, the the provocation, you should know that there is no legally binding treaty between America and Ukraine. There isn't such a thing. Ukraine is not a part of NATO. One of the things that is binding is an agreement back in 1991, with Russia that Ukraine would not be made a part of NATO. And now Mr. Putin has been hearing for months and months and months already, the talk that Ukraine is going to be invited into NATO, obviously, I mean, I understand this is a problem for him. And I don't want to draw parallels, you know, what would happen if let us say, let's say America, decided that the return of Panama the country, to the country of Panama, and the return of the giving of the canal to Panama, and President Jimmy Carter, we've had quite a few really bad presidents in these years, right. I mean, Jimmy Carter and Barack Obama and now Joe Biden, this is really not very good. And by the way, I'm I've got to say that George W. Bush, you know, wasting a huge amount of money doing that war, not in order to conquer terrorist bases, but in order to bring democracy to the Middle East. These are bad bad ideas, and they were bad ideas then as well. But the The point, however, remains that if America today were to say you know It's Panama is out of control. And they're blocking ships going through the Panama Canal America, America says, You know what we have to retake control of the canal used to be ours. We built it, we retain control, we magnanimously gave it to Panama, which has become Panama's main source of revenue. But we have to go back and get it. Let's imagine we did that. And

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Mr. Putin and Russia said, Oh, no, you don't? You're not going to do that. We're going to do all kinds of things to stop you. How would How would America feel about that? You'd say stay out of our business, nothing to do with you. And I caught up thinking that that's how many Russian people see it as well. Ukraine was part of a rich part of Russia for a very long time. There's been a turbulence over the last 30 years. And, and for whatever reason, maybe it's just to ensure access to proper access to the Crimea, proper access to see ports, you know, who knows, but for whatever reason, the the head of the government of Russia has decided to reabsorb Ukraine into his country, it's very hard to see why this should be America's problem, particularly since the administration plans on blaming further deprivations

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of America on this event instead of upon their own mishandling of things. So rising fuel prices, be ready to see this, by the way, you're going to hear about it all the time, rising prices for fuel. Yeah, you know, because Russia and Ukraine, nothing to do with canceling the pipeline on the first day of his administration almost. Now, you're going to hear about supply chain problems. That's because the Russian Ukraine, you're going to hear about inflation. That's because Russia and Ukraine, this is this is really a very natural and obvious strategy for the American White House and the administration at the present time. And this is what you're going to be hearing every single problem now is going to be because of Russia and Ukraine. I really think that President Biden goes to sleep smiling every night, this could not have worked out better. And he certainly did everything in his power. And this is the country that was paying his family more than a million dollars a year more than through His Son. This is a country that has been corrupt since since it emerged as a country after 1989. And, and Russia's now going to absorb it. I you know, I'm not even sure do. I think it's good to I think I don't even waste a minute thinking about that, because there's none of my business. It's truly not on my business. I am I wish the American administration would be as concerned about the territorial integrity of the United States, as they seem to be about the territorial integrity of a little country on another continent that most people never even heard about recently. So all I'm saying is that from now on, whenever you hear the United States Government talking about Russia and Ukraine, it's because they don't want you to think or talk about uncontrolled immigration, a porous southern border. They don't want you to talk about inflation. They don't want you to talk about crime, the mushrooming crime statistics, people becoming more and more fearful in more and more American cities. No, it's always going to be about Russia and Ukraine, that's what's going to be causing the problem. And if we can count on that other silly person, John Kerry, well, it will also turn out to be the cause for global warming and climate change and the melting of the icebergs and the distress of the polar bears all of that. Coming from this. It's it's really quite wonderful from their point of view.

Daniel Lapin 34:17

Many of you have asked me about obtaining some of the weekly emails that I put out. The easiest way to do that is make a note of this website. W h w mail .com. Not mailman mail as an email. So the letters are W H W stands for we happy warriors w h W mail m a i l.com. And if you go to whwmail.com you'll have an easy opportunity should you wish to subscribe, so as you will receive Susan's Musings, that's my wife's weekly commentary. And she's much more audacious than I am. She's much less diplomatic than I am. She says exactly what she thinks. And, and that's a wonderful thing. So she writes a weekly column, I do the weekly Thought Tools. We also have the many, many questions that people send in to us. We pick one every week to answer with the permission of the person who sends it into answer publicly. And so that's an Ask the Rabbi. Anyway, all of these things are detailed out on the website, w h, w. mail.com. Right. And wh W stands for we happy warriors, because as you all know, we have a website we have a warrior's dot com. And the idea is to provide community. Look, when I speak about the challenges of being a happy warrior, I'm pretty serious about it. I know it's difficult. I know that many of the people around you are not properly raising their children. I know that many people around you are not properly devoted to their finances. I know that many people around you dismiss family as unimportant. And so being a happy warrior means being like a salmon, that magnificent fish that swims upstream. That's right, a we being a happy warrior means that you are not a tennis ball floating down

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the gutter of life. And it means you are swimming upstream. And when you swim, swimming upstream, it is enormously valuable to feel that you have friends that you are part of a community doing the same thing. And to be a lonely, happy warrior is truly difficult. And I know they are some of you who are in that situation for no fault of your own. But the very least that you can do is connect up with the other happy warriors that even now at this very moment are listening to these words, just as you are. And so you can get connected with that community by simply subscribing to any of these things you'd like to know about. And you'll be able to look at them and make up your mind at the website, w h w mail.com, whwmail.com. And that way we will connect and the more happy warriors they are there, the more encouraged I am. And the more certain I am, that eventually, civilization will triumph.

Daniel Lapin 37:59

So what to do, if you happen to live somewhere, as I do, where the government of the country in which you live, is behaving in a silly fashion instead of in a serious fashion? And the answer is the same as the answer always is that you hear from me. And that is focus on your five F's. Because if your family is in good shape, and your finances are in good shape, and you have a community of friends, your friendships are good. And your health is under control. And you've got faith so that you at least understand the long term role that spiritual values play in this. And I gave you a very strong indication from World War Two and Adolf Hitler. How this works last week in last week's show. But no matter what is going on, if those five F's of yours are in good shape, you have an enormous amount to be grateful for. And you can also withstand a considerable degree of national mishandling. Not everything, you know, as unfortunately, is certainly true for, shall we say people who lived in Warsaw in August 1939. There were certainly people in Warsaw whose five F's were in good shape. And all of a sudden the beginning of September arrives and Germany invades Poland. And things were very, very bad. Now, I would say this, that if your five F's are in shape, and this I know was true for many Jews, In Warsaw, Poland, in 1938, and then in the first half of 1939, and that is that those who had faith, well organized, in other words, faith was a part of their lives, many of those, not by any means all, but many of them by virtue of the advanced vision that faith can give you left Poland in time. And to be sure many of the Jews living in America today are descended, in, descended in, in America today from Jews who were of Polish origin, were these Jews who left Poland before World War Two. And that's a really important thing to understand that of the five deaths, the one that gives you the best insight into the future is faith. The F of faith is what enables you to more accurately anticipate what lies ahead. And that's why you'll find me every now and then emphasizing faith. Because there are so many happy warriors who have said to me, you know, you're absolutely right, I've got to focus more on family, you're right, I've got to focus on raising my children properly, I've got to focus on rebuilding connections with my siblings. And all of these things are true. People say yes, I in the finances, I've been neglecting finances, you know, I've been doing what I enjoy doing instead of what I should be doing, etc, etc. And, but what I don't get is the role of faith. And so please understand that it's not, I'm not trying to in any way, make you religious or, or, or turn you into anything, you're not. I am merely trying to expose you to part of how the world really works. That is a legitimate part of your legacy, and of which you have tragically been deprived. And I'm talking in those words, I'm talking specifically to those many listeners who are uncomfortable with faith, or those of you who feel awkward talking to God, those of you who feel

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uncomfortable even contemplating the existence of God, but it's doing God's actually watching me like all the time.

Daniel Lapin 42:39

I get it. I mean, I understand this is very, very sophisticated thinking it's very advanced, and not everybody has it. And what I'm encouraging is that you acquire it in the same way. Not everybody knows how to read financial statements, not everyone even knows what financial statements to read regularly, but you can learn and you should learn. And so it is that not everybody has a relationship with God. Not everybody knows how to not everybody is even comfortable contemplating a relationship with a being whose very existence they're not sure about. I get all that. But it is kind of a necessary part of a complete life. And particularly in the area of knowing when it might be Warsaw, August 1939, in whatever town you live, and whenever you happen to be listening to these words, because in an uncertain world, yes, there are definitely times where it might become the wise thing to do to really pick yourself up and make a major relocation, it is possible, maybe it requires a major relocation in, in activity in your financial arena. Maybe it's a major relocation geographically, but big changes are uncomfortable and most of us tend to put them off. The important thing is to be able to know when you are being distracted by the appeal of a fresh start. Even though you should not be doing that you should be pushing ahead and staying focused on what you're doing. Alternatively, maybe it's one of those situations. Maybe it is Warsaw, August 1939. And life is about to change in absolutely unimaginable ways. The F of faith is going to be most helpful to you being able to ascertain what is needed. And when. Now, I want to introduce you to something else that is a very disturbing thought. And so I'm going to say at the outset that again, please no, at no point, am I ever trying to sell you an idea or persuade you of something. I'm not trying to do that. A rabbi's job is to make accessible, the information on how the world really works. And what you do with it is entirely up to you. They are those who use it wisely. They are those who ignore it, they are those who allow it to make them angry, and then they calm down, and then they use it wisely. I mean, I really enjoy watching when that happens and knowing about it. And then there are people who just reject it. And then there are people. That's all I'm doing. So I'm going to tell you something now, which depending on your own life, circumstances, and your own life experiences might make you angry, in which case, you've got my apology, I certainly do not want to make you angry. But I do have to tell you the truth, I might find that what I'm about to tell you makes you very sad and unhappy. And you again, have my apology for that. Because I want you to be happy. I want you to make the decision to be happy all the time. I want you to accept into your heart and soul, the fundamental principle that happiness is your moral obligation. But in spite of that, it is possible that what I'm about to say, is going to cause you unhappiness or anger. Not my intention for that to happen. And if it happens is because you allowed it to happen, let's be honest about that. I would agree that I provoked, but without intention.

Daniel Lapin 47:14

In other words, for you to be offended at what I'm about to say is your choice is very important. People often would say to me, what you saying offends me. Alright, that that was your choice. You could have heard it and ignored it. You could have heard it and rejected it. Offend - to be offended is an emotional reaction. And I understand we're human beings, we have emotions, we sometimes have emotional

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reactions, I get that. But it's your decision always. Now, that whole lengthy preamble was, was really interesting, in the way of a caveat to let you know, I am going to be talking about something that is very sensitive for many people. That's not a warning that I think you should turn off. I really don't I think you should hear it, because I'm going to be telling you something true. Although I recognize it will arouse cognitive dissonance in some of you for for good reason. Maybe because of family background or, or experience or life history. But here it is, anyways, I'll be talking about it some more in the future. But this today is the introduction to the idea.

Daniel Lapin 48:36

You must be aware that mental health has been deteriorating in the United States of America, particularly over the period of time that as you know, most interests me, and that is from the 19, early 1960s, say 1960 to the present, a huge increase the amount of money that is part of the health budget that goes on mental issues, has become very high indeed, the number of people that you run into who are on medication, various drugs that are prescribed by psychiatrists and people in the mental health industry. I don't know the figure, I've heard the figure batted around, that between one in three and one in four people in the United States of America are have been or are in a treatment for a mental disorder. Okay. And again, I know it's important not to stigmatize it said all of those things. It goes without saying, but none of that should serve as a gag in order to silence information that is important for you to be aware of. So even though this will be difficult to accept, if you don't accept it, it's also fine. But at least you are aware that this is a different way of looking at it. It's different from what your doctor is going to say. It's different from what you're going to hear at the university course you're enrolled in. And it's different from what you're going to read in your daily newspapers. Right now, I'm not going to go into the history, but I am going to show you an arguable trend. So whether you are uncomfortable or not with what I'm speaking about, what I'm about to show you now is an arguable. There is a book called the Diagnostic and Statistical Manual. It's called DSM. And it is the the book, it's the guide of the mental health profession. And what it has become, is also a very important book from a monetary point of view, because reimbursements insurance, government payments, for various mental disorders are all taken from this book. In other words, if your mental disorder is listed in this book, then yes, that's good, then you're officially valid and you can be compensated, if not, then not. And all of this flows through the mental health industry, which has become over the last 60 years, an ever larger proportion of the medical budget for the United States of America. So the DSM, the Diagnostic and Statistical Manual was first published in 1952. Okay, and this was known as DSM one. DSM one in 1952, comprised 130 pages, and it listed 106, mental disorders.

Daniel Lapin 52:09

Time went by and we came to 1968. In 1968, DSM two was published. In other words, they decided that the Diagnostic and Statistical Manual was out of date. And they published a new one DSM two, this one was only 134 pages, the first one was 130. Now 234 by 1968. And the disorders rose to 182. They were 36 years, excuse me, 16 years earlier, they were 106 disorders, and now it is 182 disorders. And then came 1980. And we come to DSM three, the Diagnostic and Statistical Manual third edition. We were at 130 pages, and then 134 pages, 1980 494 pages. That's right. And how many disorders 265. So if you want to just if you're interested, and you just want to write these numbers down, you know,

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you can do a little set of columns or a table 1952 DSM 130 pages, 106 disorders, DSM to 1968, still fairly early in the deterioration. So 134 pages 182 disorders by 1980, were in full blown decline 494 pages 265 disorders, comes 1994 14 years later, and again, time for a new addition DSM for 886 pages and 410 disorders. This obviously means something and you have to think what this means. And then finally 2013 comes DSM five, the fifth edition 947 pages. And about 600 disorders is a little bit harder to count now, because the organization at the psychiatric organization that puts it out is becoming sensitive and aware of the criticism that it's growing and growing and growing. And so they made it very hard to count. And, but roughly speaking, it seems about it About 600 plus minus a little bit more, a little bit less, but the best I could come up with was 600. disorders, it might even be significantly more than that. But I tried to stay fairly conservative in my counting. Now, during the this time from 1952 to 2013, when it went from 130 pages to 947 pages of disorders, and it went from 106 disorders to over 600 disorders. How does this happen? Well, what happens is that psychiatrist at their conventions vote on what should be listed as a disorder. That's right. So if you thought this was all about science, well, it's kind of a little bit more about democracy. If enough people think it's a disorder it is. And if, okay, I'm not saying that there are better ways of doing it, you're in a very, very gray area here. But what's important is that there was an attempt in one of the earlier DSMs, to list racism as a mental disorder, and it was narrowly voted down. I do believe it's up for vote again. And I think we are on fairly safe ground, if we make a prediction that racism will become a disorder. What this means is that you can be committed to a hospital, if you are deemed to have racist tendencies, does this begin to sound a little bit like the Soviet Union, where one of the punishments was to identify dissidents as being mentally ill, and then sending them to confinement in a mental institution?

Daniel Lapin 56:54

Here's another interesting thing in one of the DSM, homosexuality was considered a mental disorder. That's right. But there's something wrong with you spiritually. And mentally, if you are a trait, if you are a man attracted to men, there's something wrong with you. And needless to say, in the next DSM, they voted that out. And so it is no longer a disorder. However, anybody who is uncomfortable with homosexuality suffers from a disorder, according to that new DSM, a disorder known as Homophobia. And so all of these things change. And why do more and more get added? Well follow the money. That's why it's important to understand the F of finances follow the money. And the the amount of money flowing to mental health practitioners has been climbing consistently from 1952 to 2030. Or to the present actually, last figures I looked like we're at, we're 2019. And the figures have been climbing in proportion to the climb in the number of pages in the DSM, which makes perfect sense, obviously, because that is exactly how it works. And what is when I when I said earlier, I didn't mean to cause you consternation or unhappiness in any way. But I do want to tell you the truth. And I also know that many of you will reject what I'm about to say, which is fine. But if you at least think about it, well, that would be good. And contemplate the possibilities of this. It is something that is so disturbing, and so shocking. And undoubtedly will cause so much cognitive dissonance, that it's not something that anybody can easily absorb in just one hearing. And so I want to today only introduce you to the notion, knowing that as a happy warrior, you will think about it as time goes by mental health is very much a spiritual factor. And it's also not an accident, that there is more mental disorder in big cities, then in small rural areas. And in general, it would appear that there is more focus on mental disorder in the areas of the United

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States that are more secularly oriented. Why? Well, what's this got to do with anything? Well, I'll tell you, and that is that the good Lord created human beings to have certain needs. We need oxygen. And we need food. We need our body temperature and we maintained we need water to drink. And if you provide human beings with water, and oxygen and food, they will pretty much survive physically. But will they survive mentally, emotionally and spiritually? Not? Not at all because we have needs that our spiritual needs every bit as urgent, as our needs for oxygen, food and water. Some of those needs our connection with other human beings, friends and family. We need that it is not an accident. That much of American policy today is being designed by people who are single and childless. It's not an accident.

Daniel Lapin 1:01:07

Being single and childless, is not a healthy state of living in his in the same way that eating dreadful food and drinking soda is not a healthy way to live physically. Living, single and childless is not a healthy way to live mentally and spiritually. And so, when you take a look at the the most identifiable demographic of the mentally disturbed, which are namely America's so called homeless people, and you know, am I hobo phobic? Am I fearful of homeless people? Am I fearful of vagrants? Am I fearful of hobos? Yeah, I am hobo- phobic, no question about it. Because there are people there are many people who have been attacked, assaulted and murdered by homeless people who are plainly have out of their minds, people who are mentally incapacitated, this is a reality. And, and again, the the single most significant characteristic of homeless people in the United States of America, apart from drug and alcohol usage, which I see as an effect rather than the cause, is that they are alone, they are disconnected from people. That's right. Homeless people are absolutely disconnected from family and from friends, and the friendships they make among themselves. As anybody who has spent any time at all in homeless encampments knows. Those friendships are sadly rather fragile, to say the least. Yes, to be alone and disconnected is a very high risk factor for mental disorder. Sorry, but I have to tell you the reality. A very large number of boys in GICs, a very large number of boys in schools are under the treatment of psychiatrists. A very high number of them are being treated with drugs like adderall or ritalin. And there are several other brands as well. This is a big problem. It's a big problem, because what gives them the symptoms that make the mental health industry drug them is the fault of the geeks in the first place. Because boys need to be doing more than sitting quietly at tables in non competitive environments for eight hours a day. Anybody who knows anything at all about how to raise boys knows that boys need competitive environments. They need physical challenges. They need to be able to see themselves as having achieved real things, not necessarily exclusively in the academic arena. But if you rebuild boys in a secular fundamentalist image, the next thing you end up doing is putting them under psychiatric care. And so yes, many of the boys who are in these situations could be cured instantly by being taken out of school, and by being put to work on a farm.

Daniel Lapin 1:05:01

This is the reality. And I said, I know that there are many of you are going to be uncomfortable with what I'm saying. And and I get that. And I understand that. I'm not saying everybody and exclusively, I'm not saying that every single person who is under psychiatric care, and is is, is easily cured by reintroduction to how the world really works. I understand that there's Post Traumatic Stress Disorder, that's one of the newer items on the DSM. But I am introducing the notion that the destruction of

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traditional lifestyle has produced a consequence. And instead of trying to cure the problem, we're curing the symptoms with psychotropic drugs. When people take refuge in alcohol and drugs, they are taking refuge. They're taking refuge from terrible feelings and thoughts of loneliness and disconnectedness. And so, these ideas are shocking in today's times, and understandably disturbing, but at least contemplate the possibility that what I'm telling you might just, perhaps, possibly be true, in some, many, most normal circumstances, and namely, that what we call mental disorder, and without question involves deep suffering, is spiritual in nature. And is the consequence of people living without essential things that are required, namely, not just oxygen, food and water, without which yes, you'll get physically ill, but without the spiritual needs, without which you get spiritually ill. And that is a proper relationship with friends with family, and yes, with finances, and faith as well. That's what I'm saying that an understanding of the spiritual aspects of life are essential for remaining sane and normal, shocking and disturbing. It really is. I get it. But nonetheless, something that I do believe is very important indeed. And that my friends is as far as we go on this edition of The rabbi Daniel Lapin show. And so all that remains is for me, your rabbi to wish you a wonderful week of health, both physical and spiritual. As you progress and grow onwards and upwards in your faith, friendships, finances, fitness and family.