

UNEDITED INTERNET VERSION

AVODAH
ROSH CHODESH
K I S L E V
SLEEPING & DREAMING

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PDF of Rosh.Chodesh.Avodah - 215 pages

Kislev – Sleep & Dreams

The Month of Kislev: The Power of “Sleep”

We are currently in the month of *Kislev*. Our Sages described the wintertime as a time of “sleep”, and the month of Kislev is especially identified with the soul’s “power of sleep”.¹

Our Sages reveal to us that it is not only human beings and animals that sleep. Even the plants and even the non-living objects sleep. Therefore, there is a lot more to sleep than we think. But let us try to understand at least what our own soul’s power of “sleep” is, and how we can channel it towards its proper direction. When a person sleeps, there are both negative and positive aspects of this human function.

Women and Sleep

Let’s look at the first time the Torah talks about sleep. When Hashem created Chavah’s body from Adam *HaRishon*’s body, Adam *HaRishon* was put to sleep. Chavah’s entire creation came about through sleep – thus, the entire creation of woman stems from sleep. Therefore, understanding what sleep is an important part of understanding a woman’s *avodah*.

Sleep – A Time Where the Heart Dominates the Intellect

As is well-known, the strong point of a man is *seichel* (intellect), and the strong point of a woman is *lev*, the heart. What is the root of this difference? Man was created with Hashem’s wisdom, which is called *chochmah*. The *chochmah* refers to the intellect. That is why a man’s initial perception is based on his intellect and not from his emotions. Woman, however, was created when man was asleep.

When a person sleeps, the heart dominates the intellect, as it is written, “*I am asleep, but my heart is awake.*” When Adam *HaRishon* was put to sleep, the only thing that stayed awake was his heart. Woman was created from this state, and that is why woman act more from their heart, from their feelings and emotions, and less from their intellect.

¹ *Sefer Yetzirah* 5:5

The Two Parts to the Heart - The Inspiration and the Desires

We need to understand how we use the power of “sleep”, as a way to reach and reveal our spiritual heart.

As a general description, the heart is comprised of two parts: our feelings that inspire us, and our deepest desires. The second part, our deeply rooted desired, is also linked with our *middos* (character traits). The *middos* we exhibit are actually an offshoot of our deeply rooted desires (*retzonos*) that are present in our heart.

When a person sleeps, the main part of the heart that stays awake when he/she sleeps is not the “inspirational” part of the heart, but rather the deeply rooted desires of the heart, which produce our *middos*. It is this part of the heart which becomes revealed to the person during the state of sleep.

Dreams

We are referring to dreams. When a person sleeps, he dreams. What is the source of our dreams? There are three different possible sources of a dream. The foods we ate during the day can affect what we dream about, and the body’s liver is involved with this process. The nature of the food affects our dreams, and even the thoughts of the person who made the food can affect our dreams.

There is also a second factor which can influence our dreams: Our Sages state that a person dreams about what he thought about during the day.

There is also a third cause for our dreams: we dream about our deep, subconscious desires that we may not even be aware of. It is written, “*On my bed at nights, I sought that which my heart loved.*” In the *sefarim hakedoshim*, it is explained that our dreams can show us what our deepest desires are; our dreams can help us figure out what our heart really wants deep down.

Each of our dreams contains a key to reaching a deeper understanding of ourselves. We can simply dismiss our dreams and just ignore them - or we can use them to uncover a great wealth. We will try here to explain, with Hashem’s help, of how we can use our dreams.

Our Dreams Show Us Our Pnimityus

Every person consists of two layers: his *chitzoniyus* (external layer) and his *pnimityus* (inner layer). We are all aware of the most external part of our *chitzoniyus*, which is our physical makeup. We see ourselves in the mirror so we recognize our *chitzoniyus*. A slightly deeper part of our *chitzoniyus* than this is our actions that we do. When it comes to this area, we can also identify this part of ourselves, more or less. We are all aware, somewhat, to the actions that we do, each of us to a different degree.

The more inner parts to ourselves, our *pnimiyus*, refers to our *retzonos* (what we want), our thoughts, and our *middos*/character traits. This is the main part of who we are, and this is what more closely defines our identity.

Obviously, our *pnimiyus* does not negate the need for our *chitzoniyus*. Our *pnimiyus* cannot be contained anywhere if we have no *chitzoniyus*. So just because our *pnimiyus* defines our self does not mean that our *chitzoniyus* is worthless. But what we need to know is that if we only acknowledge our *chitzoniyus* and we have no recognition of our *pnimiyus*, we are missing the main part of ourselves.

How do we recognize our *pnimiyus*? Some of it we already recognize, and some of it is harder to recognize. We generally know if we are drawn towards laziness or towards being energetic, if we are drawn towards positivity or negativity, or if we are drawn towards joy or sadness. Anyone can have this general awareness of his character, when he makes a simple reflection about himself; unless he is a person who stubbornly refuses to acknowledge these tendencies in himself and he'd rather live in denial and fool himself.

So we have recognition of our *chitzoniyus* and we also have some recognition of our *pnimiyus*, to a certain extent. But we know that the soul is complicated consisting of many deep layers, layer after layer. How do we get in touch with the more inner parts of ourselves? How do we get to know what is going on deep down in our *pnimiyus*?

Our soul is like a roll of string; the beginning of the string is thick, and we can see it. But as the string goes on and on, it gets thinner and thinner, and it becomes harder to see it. This is like the inner parts to our *pnimiyus*, which are so refined that it is very hard to discern.

Almost nobody reaches the depth of their souls, because the more inner parts to the soul are extremely subtle to discern. If someone thinks that he recognizes his soul well, it means that he is still found on the more external layers of his soul, which are thicker and easier to see. But the more a person is recognizing himself, he begins to understand that there is layer within layer, subtlety within subtlety, in the soul. He realizes that anything he does understand about himself is a drop in the ocean. *"It is very deep, who shall find it?"*

When a person remains ignorant of self-knowledge and he has never worked hard to understand himself, it is definite that his life will lead him in a proper direction. Living on this world for 70 or 80 years without knowing oneself is like a shoemaker who never learned how to make shoes and he tries to make shoes.

A person will not be able to live properly if he does not recognize what is in his soul. Indeed, it takes a lifetime of inner work in order to recognize the soul. The Raavad and the Maharal and others, based upon the verse *"From my flesh I can see G-d"*, have explained that it is not possible to recognize Hashem unless we have a recognition for our own souls. That is why we need to work

hard at understanding ourselves, more and more, discovering more and more subtleties about our souls.

Preface to Self-Recognition

Today there are all kinds of self-help books and different methods which teach people of how to understand themselves [psychology]. However, we need to learn about our souls using the information of the Torah and the Sages. In addition, even after a person has gone through appropriate *sefarim* that explain this knowledge, one must understand that is but a step in the process. It does not mean yet that you know yourself. Instead, all of what we learn about is like a stepping stool that helps us get more and more inward into ourselves.

Step 1 – Write Down All Your Feelings & Character Traits You're Aware Of.

The first step of getting to recognize our soul is, to take a pen and paper, and write down all of the positive qualities you are aware of about yourself, and on a separate column of the paper, write down all of the negative qualities in yourself that you are aware of. However, make sure to emphasize the good parts about yourself.²

Simply write down all of the good *middos* and bad *middos* that you recognize in yourself, with emphasis on the good, and this gives you a general look at your soul, and it is the first step in self-recognition. You need to sit with yourself and write this list.

Step 2 – Write Down the Negative Feelings You Sometimes Feel.

After making this general list (which should include all the good/bad *middos*, all of the good/bad aspects of your personality, and all of the good/bad desires that you are aware of in yourself), now comes a more inner and fundamental part of this *avodah*: to understand that each aspect of our personality also contains an opposite feeling that we sometimes feel. If we have a good *middah*, there are also times where we experience the opposite of that good *middah*.

This is due to the complex nature of our soul. We are never one-dimensional, and that is why if we experience a good *middah*, we also sometimes experience its opposite. The deep reason for this is because every aspect of the soul consists of itself and its opposite; this is called '*dovor v'hipucho*'.

² *Editor's Note: This is based upon the approach of Reb Yeruchem Levovitz zt"l, that the first step in self-awareness is to become aware of one's qualities, for "woe is to the person who does not know his weaknesses, but even worse is a person who does not know his qualities." (See Daas Torah, parshas Bamidbar). This point is further explained by the Rav in Fixing Your Fire_012_Individuality*

For example, if we identify in ourselves an emotion of love for others, that means we also have hatred for others sometimes. We are already familiar with what it means to love and hate, but what we may not be aware of is that we sometimes experience hatred towards the very people we love!

For example, if a mother feels certain that she loves her child, there are also times where she feels hatred towards her own child. It might not be absolute hatred, but there is certainly a slight feeling of hatred that she may feel sometimes at her child (and sometimes, unfortunately, it is even more than just a slight feeling). The same is true for all close relationships – husband and wife, and parents with children. There is always love, but there will also hatred sometimes!

There is a well-known story that once a student of Rav Dessler dreamt that he had taken a knife to kill his son. He woke up terrified from the dream and he went running to Rav Dessler, to ask him how it was possible that he could dream such a thing. Rav Dessler said to him, “You love your son, but sometimes you experience negativity towards him, such as when he wakes you up at night and your sleep is disturbed. This little feeling of resentment that you have towards him made it possible for you to have a dream of killing him.”

Obviously, the father loves his child, and that is what he mainly experiences towards the child. But does he love him one hundred percent? No, because there is always an ‘opposite point’ for each point in the soul, which makes its appearance sometimes; there is some small percentage of hatred contained at the other end of the love, and it came up in his dream.

Dreams – The Revelation of Our Subconscious Feelings

When a person is not trying to understand the subtleties of his soul, he doesn’t take his dreams that seriously. He knows that sometimes he has pleasant dreams and sometimes he has nightmares. But when one understands that he is here on this world in order to serve Hashem and that self-recognition is a very large part of this (“*From my flesh I see G-d*”), he is aware that there is subtlety within subtlety of recognizing his inner layers, and such a person will view dreams as a great tool to help him greater self-awareness of himself and to improve his service towards Hashem.

Analyzing Our Dreams

Above, we mentioned three sources of our dreams. Our dreams can be influenced by the foods we eat that day, or by something we thought about by day, or by our innermost desires present in our subconscious. Therefore, after you wake up from a dream, try to see which of these three reasons caused the dream.

When we have dreams, we must figure out where they come from. We mentioned in the beginning three causes for dreams – what we ate that day, what we thought about that day and what we really want. If it did not come from foods or from our daydreams, it must be coming from

something in our subconscious. It is hard for us to know exactly which kinds of foods we ate that day that may have caused the dream, therefore, we should mainly suspect that the dream came from our subconscious thoughts and desires.

[Here is an example of how our subconscious desires can show up in a dream.] Once the Chofetz Chaim dreamt that he has become wealthy. The next day, he fasted over the dream. He thought to himself, “Either way, this is not a good dream. If it happens and I become rich, my service to Hashem will be interrupted. And if it doesn’t happen, it is bad that I had such a dream, because it shows me that I want to be rich.”

Our dreams can show us about what our deepest desires are. Sometimes they are about desires we are already consciously familiar with, and sometimes our dreams show us our deep desires which we were out of our conscious radar, and through our dreams, we discover them.

Listening To the Subtleties of our Soul

If one wants to listen to the subtleties contained in the soul, one of the ways is through using our dreams. With the help of Heaven, will briefly list here some ways of how a person can listen to the subtleties in the soul.

Now that we have explained the need to recognize the subtleties of our inner world, our souls, the question is: How indeed do we recognize those subtle parts of ourselves? Here we will present briefly a general picture of how we can know.

1- Learn Sefer ‘Michtav M’Eliyahu’ of Rav Dessler

The *mussar sefarim*, which span the earlier centuries down to the later centuries, were written by our Sages and *Gedolim*, and they exerted themselves to explain to us the most subtle and refined points. In the more recent generations, we have merited a particular sefer which does this job quite well: the sefer *Michtav M’Eliyahu*³, written by HaRav Eliyahu Dessler *zt”l*. In this sefer, we can see how the author toiled to explain to us how to understand the human soul, based entirely on the words of the Sages. He shows us there the most subtle points about the soul.

The very first step we need to take in order to know our soul is to learn sefarim like this which provide us with an in-depth understanding of matters about the soul, which explain to us how our middos work, in their many details.

³ Available in English from Feldheim Publishers as “Strive For Truth”

2 – Time Every Day to Develop Self-Awareness

Just as some people were born with a sense for music or a feel for cooking, so are there people who are born with a subtle sense of discerning their inner worlds. If someone was born with this inner sense for soul matters, he needs to identify it, and he should have designated times each day where he concentrates on this sense for soul matters. He needs to bring out this power from its potential state and activate it, by having time every day for this.

However, not everyone is blessed with this ability. The first method presented above is applicable on all levels: everyone can learn *sefarim*, each on their own level, and gain some understanding into the subtleties of the soul. But the second way we are mentioning – setting side time each day to sense soul matters – will not come so easily to every person, because not every person is born with a sensitivity to soul matters.

In spite of this, each person to some degree can sense matters about the soul and reach a certain degree of subtle understanding towards himself. It is just that the understanding will differ with each person, depending upon how much sensitivity to these matters that a person has been born with.

3- Find a Friend Who You Can Talk To

A third way of how we can understand soul matters is, if possible, to find a friend whom we can talk to about these things. A man should choose a man, and a woman should choose a woman, and they should discuss matters of the soul together. Often the combined understanding of a close friend who understands you can be a great help in understanding yourself.

4 - Inner Silence

Now we will say a fourth way of how one can understand the soul, but let us emphasize that it should only be attempted after one is already doing the first step: to learn the *sefarim* written by our *Gedolim* which explain to us about the soul. We should not be learning any secular psychology books for this, and we should only seek the words of our Sages about these matters.

The fourth method which we will mention begins with having designated times every day for “heart time”, a concept which we have spoken about often in the past. When one has this quiet time each day, he can use the quiet as a way to reflect into his soul, until he eventually attains a certain inner calm. Once a person reaches this calmness, his sense of recognition towards soul matters will be heightened, and he will be able to sense subtler understandings of his soul amidst this quiet and calmness, things which he wouldn’t have been able to sense amidst a noisy environment.

The more a person has entered this quiet and calmness, the deeper he can enter into himself and come across subtle areas in his soul. This allows him to better recognize what's going on inside himself.

This method is one of the strongest ways to recognize the deep areas of the soul: through having quiet, deep reflection, and subsequent calmness; amidst the calmness, one can sense understandings about his soul. A person can first try reflecting and then steadily reach the calmness, or he can begin right away with calming himself and then reflecting; it depends upon personal preference. When one reaches deeper places in his soul, he experiences his soul more, in a clearer and sharper perception. From there he reaches greater self-recognition – each person on his own level.

5 – Paying Attention to Fleeting Emotions and Thoughts

There is a fifth method of becoming aware of soul matters, which can be worked upon even as we are not amidst the quiet.

The more a person lives throughout the day with general self-awareness, the more he will notice and pay attention to any fleeting thoughts and emotions that quickly flit through his sensory process. There are some thoughts which we spend a lot of time thinking about, but sometimes we notice thoughts which pass by very quickly and they are gone in the blink of an eye. We also experience certain feelings and emotions which are gone as soon as we become aware of them. We can slowly begin to identify these quickly passing thoughts and feelings, and begin to recognize them and become more aware of them.

Throughout the course of the day, a person who is more self-aware will “listen” to the quickly passing thoughts and feelings which come and go very quickly. Don't take any thought or feeling lightly – each of them is saying something important. These quickly passing thoughts and emotions are portals that can open to us more awareness about what is going on inside our souls.

6 – Dreams

The sixth and final method which we will mention, of how we can come to better recognize the depth of our souls, is the subject of this chapter: the *avodah* of the month of *Kislev*, which is “sleep”. In our sleep, we have dreams, and our dreams show us our thoughts which we are not consciously aware of during the day.

When has already worked upon the previous five methods mentioned, he will access even greater depth to himself when he sleeps. As he sleeps and he is experiencing his dreams, he will be able to identify parts of himself which are hard to recognize during the daytime when he is awake. After he wakes up from the dream, he can analyze what caused the dream: if it was caused by certain foods he ate, or from something he daydreamed about or if it's coming from something deeper than these

things. Often, he will find that the dream is caused by a deep subconscious thought, feeling, or desire.

In this way, a person accesses the deep power that lies in “sleep”, and instead of viewing sleep as a wasted part of his life, he will see sleep as a valuable tool that helps him enter more within.

In Conclusion

All that was said here is only applicable to one who wants to live a more internal kind of life. It is not merely for one who wishes to live an inner life, but for someone who wants to actually *enter* into the inner kind of life. Entering into an inner kind of life doesn't mean to begin tasting it and then to remain at the doorway. It means to keep entering further within.

These words described in this chapter are not a way to begin serving Hashem. Rather, they are a continuation for someone who has already begun to serve Hashem and he has already traveling his inner world. The six methods mentioned in this chapter of how we can recognize our inner worlds were but general descriptions, which are describing ways of how we can enter into more subtle areas of the soul, enabling us to go deeper and deeper into ourselves, until we get to our innermost point.

We must remember, as we begin to embark on this journey into our inner world, that there is a greater purpose here we should be trying to reach. Our goal must be to gain a keener sense of the Creator. We are merely passing through these inner roads being described as pathways that lead to our innermost point, where we reach the Creator.

I want to repeat and emphasize, however, that the first step cannot be skipped: one must study the words of our Sages about the soul and its *middos*.

May we merit from Hashem to be of those who are seeking to know their inner worlds, of those who are trying to recognize their soul, as a way to reach true self and from there, to reach *HaKadosh Baruch Hu*. May all of us merit to climb the spiritual ladder that leads towards Hashem, to recognize our souls with greater and deeper clarity, and from this we can come to have clearer recognition of Hashem, and connect to Him in a more complete way.