

Part Two Chapter Five ♦ The Power of Speech & its Inner Essence

“AND HE BREATHED INTO HIS NOSTRILS A SOUL OF LIFE, AND THE MAN BECAME A LIVING SOUL” (Bereishis 2:7)

We can awaken the soul through the power of speech. ... We learned that the bond of body and soul generates a “living soul,” which is a “speaking spirit.” We concluded from this that true speech is meant to be an expression of the soul. When speech is not used to express the soul, it is considered as the chirping of a bird.

Seven sources from this chapter are included along with their highlights. Choose a daily source of strength & renewal from among these selected practical suggestions:

1 If ... vital energy does not spread into a particular limb, that limb loses its vitality.

SOURCE “Just as Hashem fills the entire world, so does the soul fill the entire body (Berachos 10a).” The soul fills the body similar to the way a hand fills a glove. Each finger fills part of the space of the glove. What would happen if, *chas veshalom*, a person is missing a finger? The part of the glove that is supposed to hold that finger would collapse because there is no finger there to occupy the space. In the same way, the energy of the soul spreads through all the 248 limbs and 365 sinews of the body. **If this vital energy does not spread into a particular limb, that limb loses its vitality.**

2 First abandon your attachment to the ... the body, & associate with ... the soul.

SOURCE The inner essence of everything is Hashem. The soul can be thought of as a garment over His light, and the body that covers the soul can be seen as a second garment. If you want to reach Hashem, **you must first abandon your attachment to the outermost garment, the body, and associate with the inner garment, the soul.** From there, you will find a path to cleave to the Creator, the inner essence of everything. This will make you truly alive.

3 The holy soul is attentive, but it is listening to hear its own language, words of the soul..

SOURCE We primarily recognize the language of the body, and as long as one speaks with that language, only the body listens, and only it is awakened, not the soul. **The holy soul is attentive, but it is listening to hear its own language, words of the soul.** ... It has been waiting for a long time for someone to call it, and it is our responsibility to learn its language.

4 Women must be addressed in the form of *amirah*, in a gentle manner, while men are addressed in a harsher manner.

SOURCE The prelude to the giving of the Torah states (Shemos 19:3), “So shall you say (*ko somar*, based on the word *amirah*) to the house of Yaakov, and tell (*vesagged*) to the children of Israel.” Rashi comments: “*Ko somar*, so shall you say to the house of Yaakov”—“this refers to the women; you must speak to them gently.” “*Vesagged*, and tell to the children of Israel”—“punishments and details must be told to the men: words as harsh as sinews (*giddin*).” **Women must be addressed in the form of *amirah*, in a gentle manner, while men are addressed in a harsher manner.**

5 The language of the soul is gentle speech.

SOURCE We may learn an awesome principle: **the language of the soul is gentle speech** (which is more present in women), while the language of the body (including the intellect) is harsh! What is gentle speech? The *passuk* states, “*Tamim tihyeh*, be simple with Hashem your G-d.”

6 Every true & simple statement gives pleasure to the soul!

SOURCE The body is tough, while the soul is gentle and delicate. The soul naturally seeks Hashem, and it need not be pressured through harsh speech. **Every true and simple statement gives pleasure to the soul**, and it yearns to absorb the message. The intellect, on the other hand, is part of the body. It resists simplicity.

7 Every person must discover his own gentleness and awaken his soul through it.

SOURCE *Chazal* say, “Words that emanate from the heart enter the heart.” Why? Because if they emanate from the intellect, they emanate from the body, and are harsh. The soul can only be touched with words that emanate from the heart. If a person’s soul is concealed, and we want to expose it, we must speak gentle words. When the soul hears these gentle words, it understands the language and awakens.... Every person must discover his own gentleness and awaken his soul through it.

- ♦ The soul fills the body
- ♦ The soul must be awakened with a language appropriate to it
- ♦ The language of the soul – gentle speech
- ♦ Words that emanate from the heart