

Part Two Chapter Six ♦ Gentle Words Flow from Inner Clarity

— RETURNING TO HASHEM THROUGH AN AWAKENING FROM ABOVE —

We must constantly repeat to ourselves that *emunah* is the foundation of all the *mitzvos* ... *Emunah* is primarily not in the mind, but in the heart [which is] a grounded awareness of the existence of Hashem. It is not merely an emotional reaction or a feeling of excitement. Rather, just as one is intimately aware of his hand & foot, so must one be aware of the existence of Hashem. The soul possesses this awareness because it is “*chelek Eloka mi'maal* (Iyov 31:2), a divine portion from above.” Being a portion of the divine, it yearns for and seeks its partner, Hashem, as the *passuk* says, “‘Hashem is my portion,’ says my soul. (Eichah 3:24)”

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 The soul is able to suffice with simple, gentle words [since] it possesses a high level of clarity.

SOURCE Harsh words are needed when you are trying to get someone to do an action that opposes his nature and he is trying to avoid it. When you want to break through that nature and uncover his true inner will so that he will be agreeable, you must employ sharp or harsh words... [however,] **the soul is able to suffice with simple, gentle words [since] it possesses a high level of clarity.**

2 We require clarity if we are to awaken our souls.

SOURCE To awaken the soul, it is essential that you be clear and not work with vague ideas. This is similar to the level of clarity needed to render a decision in Torah. ... Here, too, to awaken the soul, your message must derive from a very clear understanding... The soul comes from a clear world... **We require clarity if we are to awaken our souls.** When employing such ideas, there is an agreement between the knowledge of the intellect and the recognition of the heart (i.e., the soul) and the soul can awaken and emerge.

3 “Master of the world, You are our Father!”

SOURCE Here is a wonderful example of a very simple idea that can be used to awaken the soul. Approach Hashem and say to Him, “**Master of the world, You are our Father!**” The fact that Hashem is our Father is fixed in every believing Jew. Even if it is not integrated yet in the heart, the awareness that Hashem is called “our Father” is a well-known concept, and can be used to awaken the soul.

בלבבי-ב 006 אמירה רכה נובעת מבהירות פנימית מספר סדרה בקול הלשון 1127727
published in English as Building a Sanctuary in the Heart Part Two

4 Hashem breathes in the soul of life.

SOURCE [Fristly,] You must clarify to yourself to the extent possible that the fact you are pondering is true. For example, we mentioned the fact that Hashem is our Father. Just as one recognizes his physical father well, so too in the spiritual world, one must contemplate and reach the awareness that Hashem is no less a “father” than one’s own physical father. ... The parents supply the physical limbs, and **Hashem breathes in the soul of life.**

5 It is generally perfectly clear to a person who his father is, this must be very clear in the spiritual realm

SOURCE [Secondly,], one should not have a “doubtful lineage,” not realizing who this Father is. Just as in the physical realm, **it is generally perfectly clear to a person who his father is, this must be very clear in the spiritual realm.** Without this degree of clarity, the soul cannot be awakened.

6 you must employ two faculties: 1) the faculty of perceiving these truths as powerfully as any material entity; 2) the faculty of clarity.

SOURCE To awaken the soul, we must employ very simple points that are already known by the mind. ... **you must employ two faculties: 1) the faculty of perceiving these truths as powerfully as any material entity; 2) the faculty of clarity.** If it does not seem real, or you do not have a clear idea about it, your soul cannot awaken.

7 even an idea as simple as the fact that Hashem is our Father cannot be understood clearly unless one has invested effort in study or has heard something clear about the concept.

SOURCE So even an idea as simple as the fact that Hashem is our Father cannot be understood clearly unless one has invested effort in study or has heard something clear about the concept. We must consider, then, the true meaning of Hashem’s Fatherhood, because we cannot even begin to work on awakening the soul with this concept until it becomes clear. We must try to make every fact clear to us.

- ◆ Returning to Hashem through an awakening from above
- ◆ A clear world
- ◆ Real feeling & clarity – conditions for uncovering the soul