

# בילבבי משכן אבנה

# BILVAVI

## BUILDING A SANCTUARY IN THE HEART

### PARSHAS VAYISHLACH #426

## לחיות את הפרשה

## LIVING THE PARSHA

וַיִּתֵּר יַעֲקֹב לְבָדּוֹ וַיֵּאָבֶק אִישׁ עִמּוֹ עַד עֹלֹת הַשָּׁחַר (בראשית לב, כה)

"Yaakov was left alone, and a man wrestled with him until the break of dawn" (Bereishis 32:25)

### מלחמה במתנגדים וסותרים לאדם

אמרו חז"ל, כל מה שבראו הקב"ה זה לעומת זה בראו, רע לעומת טוב, טוב לעומת רע.

יעקב שהוא טוב, העומד לעומתו הוא עשו ושרו, הם המתנגדים ליעקב. וכן הוא אצל כל אדם, יש בו טוב, וכנגדו עומד רע המתנגד לו ונלחם עמו בפנים שונות ובזמנים שונים.

אולם עיקר הזמן שנלחמים עם האדם הוא בזמן החשוך ביותר, חשך גמור, והוא זמן קודם עלות השחר. ולכן דייקא בזמן חשוך זה בא שרו של עשו להלחם עם יעקב, זהו כח רע חיצוני לאדם.

כמו כן בתוך האדם עצמו יש בו כוחות סותרים זה לזה, והם הם שורש הפחד הפנימי שבאדם וחולשתו, וכן יש בו לבוש רע בפנימיותו. **למעשה:** על האדם ליחד לעצמו כמה רגעים שבהם הוא מדבק רצונו רק לעשות את רצון קונו, ושם כל הסתירות אינם, כי בפנימיות הנפש כל רצונו הוא לעשות רצון קונו, שם הוא מקום השלום והמנוחה.

### The War Against Opposition & Resistance

"Chazal say, "Everything that *Hakadosh Baruch Hu* created was created with its opposite: bad opposite good, good opposite bad. Yaakov was good, and Eisav and his *Sar* opposed him and were antagonistic towards Yaakov. The same is with every person. He has goodness in him, and bad stands on the other side, and battles with him in various ways, and at different times.

**However,** the primary time that they battle with man is when it is very dark, complete darkness, the time that is before dawn (*alos hashachar*). Especially at this dark time, the *Sar* of Eisav comes to battle with Yaakov. This is the strength of the bad that is external of the person.

**Also,** within man, himself, he has opposing strengths, and they are the root of man's internal fears, and his weakness. He also has a bad garment within him.

**In Practice:** A person must designate some minutes when he attaches his will to do solely the will of His Creator. There are no contradictions there, because in the depths of his soul, his full will is to do the Creator's will. That is a place of peace and tranquility.

[EXPANDED BASED ON EDITORS UNDERSTANDING]

### THE INTERNAL & EXTERNAL CONFLICT

This world is filled with opposites, as it states, "Hashem has created one opposing the other" (Koheles 7:14). *Chazal* explain that every creation has its antagonist and opposition. *Resha'im* oppose *tzaddikim*, evil opposes good, and visa versa.

Yaakov was good, and his opponents were the evil Eisav, and Eisav's *malach* (the *Sar* of Eisav). The same is with every Jew. He is internally good, he wants to accomplish many good things, and bad was created to oppose him and to prevent him.

Eisav and the *Sar* of Eisav are external adversaries, outside the body of Yaakov. There are also internal opponents, such as phobias, fears, and feelings of despair. These debilitating thoughts, within him, are the challenge to prevent him from achieving his life goals.

Even more internal is the person's own *yetzer hara*. Because even the "good" Jew has a bad inclination within him, which claims that his evil intentions are his true self and represents his true desires. This creates confusion because the person doesn't know which voice to listen to. Who is he, and who is his opposition?

The conflicts and oppositions appear in numerous ways, and at various times, but a primary time is when it is totally dark. This happened to *Yaakov Avinu*. The *Sar* of Eisav attacked him when it was before dawn (*alos hashachar*), the darkest part of the night. Allegorically, when a person is going through "dark times", he must be cautious. At these times, the strength of evil is aroused, and the attacks are vicious and powerful.

### PRACTICAL APPLICATION

Designate time to clarify that your true desire is solely to do the will of the Creator. During these moments of clarity, there aren't any contradictions within you, and you enjoy a moment of peace and tranquility. You know that your deepest and truest desire is to serve Hashem. With this awareness, you can overcome all external and internal oppositions.