

## לחיות את הפרשה LIVING THE PARSHA

וְאֵלֶּה שְׁמוֹת בְּנֵי יִשְׂרָאֵל הַבָּאִים מִצְרַיִם (שמות א, א)

"These are the names of Bnei Yisrael who were coming to Mitzrayim" (Shemos 1:1)

### גלות מצריים פרטית

**לכל** אדם ואדם ישנם כוחות גבוליים. כח גבול זה משתנה מאדם לאדם, ועבודת האדם להכיר את כוחותיו הפרטים, ואת גבולותיהם.

**כאשר** האדם נמצא בתוקפו כראוי, כוחותיו נמצאים בגבולות השורשים שלו.

**אולם** כשם שהיה גלות כללות האומה במצרים, כן יש בכל נפש פרטית גלות מצרים, וענינה, שכוחות נפשו, מצומצמים יתר על הגבולות הראויים להם. צמצום כוחות נפש הם הם גלות מצרים שבנפש.

### למעשה

**ראוי** לאדם להתבונן על כחו העיקרי בנפשו (עין בספר הכרה עצמית והעצמת הנפש), ולברר האם הוא נמצא בגבולותיו הראויים, או שחל בו צמצום יתר שהוא גלות מצרים. ולעמוד ולהוציא כח נפש עיקרי זה מן הגלות מצרים שבנפש.

### INDIVIDUAL'S GALUS MITZRAYIM

Each person has strengths that are limited. The limited strength varies from person to person. A person's *avodah* is to recognize his particular strength, and its limits.

When a person's strength is as it should be, his strength is within the boundaries of its roots.

However, just as there was *galus* for the entire nation in Mitzrayim, so, too, each *nefesh* has his personal exile to Mitzrayim. This means that the strengths of his soul are limited, more than the boundaries that are fitting for them. The limitation of the strengths of his soul is the *galus* Mitzrayim of the *nefesh*.

### IN PRACTICE

It is proper that a person should think about the primary strengths of his soul (see the *sefer* Building Yourself), and he should clarify whether they are within its correct borders, or whether there are too many limitations, which is *galus* Mitzrayim. He must work and free this primary aspect of the soul from *galus* Mitzrayim.

[EXPANDED BASED ON EDITORS UNDERSTANDING]

### INDIVIDUAL'S GALUS MITZRAYIM

Every person is created differently, and each person is granted with a particular strength of character, that no one else in the world has. He must use this strength to accomplish great things, and to serve Hashem in his unique way.

It is Hashem's plan that the character trait should have its limitations. This is how it is meant to be. The problem is when the person develops limitations of his own. These self-created boundaries prevent him from performing the mission incumbent upon him.

The limitations can be called "the *galus* Mitzrayim of the *nefesh*." Three thousand years ago, we were enslaved in *galus* Mitzrayim. Although we were redeemed, if extra limitations prevent our souls from revealing their beautiful strengths and from serving Hashem, we are essentially still confined in this exile.

### PRACTICAL APPLICATION

Everyone must discover the unique character trait and strength that Hashem gave particularly to him, which no one else has. Then he should ask himself whether something is holding him back from using this specialty. When the obstacle is found, he must now toil and strive to overcome it. Then his *nefesh* will shine brightly, and he will perform his unique service to Hashem.