

## לחיות את הפרשה LIVING THE PARSHA

וַיְהִי קוֹל הַשּׁוֹפָר הוֹלֵךְ וְתִזְנֵק מְאֹד וְגו' (שמות יט, יט)

"The sound of the shofar grew continually much stronger" (Shemos 19:19)

### כל יום כאילו קבלת את התורה הק'

מתן תורה היה בהיותם במדבר, כבר לימדונו רבותינו שאור זה הולך ומאיר בכל הדורות כולם, כמ"ש בכל יום יהו בעינך כחדשים, כאילו קבלתם את התורה היום!

### למעשה

על האדם על האדם בכל יום על האדם לייחד לו זמן, שבזמן זה הוא מעין מתן תורה, פורש מכל עניני העוה"ז ללא יוצא מן הכלל, ומעורר נפשו ביראת ה' נקיה וטהורה, עומד מול בוראו, ועוסק בתורה בנחת, שמחה וענוה.

בכדי שיתקיים דבר זה בידו, 'תפסת מרובה לא תפסת, תפסת מועט תפסת'. לכן נצרך לאחד לכך כמה דקות כדברי החובות הלבבות, 'הזך המעט הוא הרב'.

באופן זה האדם נוגע במדרגת 'קוב"ה אורייתא וישראל חד הוא', זמן מעט זה משפיע על כל היום, אם מעט ואם הרבה, לחוש את קרבתו ית' בתדירות יתירה.

### CONSIDER EVERY DAY LIKE YOU RECEIVED THE HOLY TORAH TODAY

**Matan** Torah occurred when the *Yidden* were living in the desert. However, *Chazal* tell us that the light of *matan* Torah continues to shine in all generations. As *Chazal* say, "Every day, it should be new, like you received the Torah today!"

### IN PRACTICE

**Each** day, a person should set a time, and to make this time like a miniature *matan* Torah. He divorces himself from all aspects of this world, without any exceptions, and he arouses his *nefesh* to a pure and clean fear of Heaven. He stands before his Creator and he studies Torah with calmness, joy, and humility.

**So** that this practice will last – because "If you grab too much, you won't grab anything. If you take a little, you will have it" (Succah 5a) – one should devote a few minutes to this. As the Chovas HaLevavos says, "A drop of purity is a lot."

**In** this manner, a person reaches the *madreigah* of "*Hakadosh Baruch Hu*, the Torah, and Yisrael are one." This short time has an influence on the entire day. If he does this a little or a lot, he will feel Hashem's closeness quite frequently.

[EXPANDED BASED ON EDITORS UNDERSTANDING]

### RECEIVE THE TORAH NEW EACH DAY

**Chazal** tell us that every day, we should consider it like we first received the Torah that day. Many ask, the Torah was given thousands of years ago. How can we consider it as new, each day? A suggestion is to daily relive the experiences of *matan* Torah. Do so for just a few moments, and it will be like you received the Torah that day.

### PRACTICAL APPLICATION

**Let** us first describe the atmosphere that *Klal Yisrael* experienced when the Torah was given on Har Sinai. Husbands separated from their wives (*prishus*), because people separated themselves from the *gashmiyus* of *Olam HaZeh* (see Shemos 19:15). There was trembling and fear of heaven (see *ibid.* 19:16). The nation stood before their Creator (see 19:17), and they accepted the Torah with calmness, joy, and humility.

**For** a few moments, each day, study Torah while experiencing these concepts. Divorce yourself entirely from all aspects of this world, without any exceptions, and arouse yourself to fear Hashem. Experience yourself being in the Creator's presence, and study Torah with calmness, joy, and humility. This will be your experience of *matan* Torah for that day.

**In** this manner, a person becomes united with Hashem and with His Torah, the *madreigah* that *Chazal* describe as "*Hakadosh Baruch Hu*, the Torah, and Yisrael are one." This short time will have an influence on the entire day, and he will feel, frequently throughout the day, a closeness with Hashem.

**Chazal** say, "If you grab too much, you will have nothing. But if you take just a little, you will attain it" (Succah 5a). It will be too difficult to do this practice for a long time, but one can do it for a short time, and it will impact the entire day. As the Chovas HaLevavos writes, "A drop of purity is a lot."