

## לחיות את הפרשה LIVING THE PARSHA

להעלות נר תמיד (שמות כז, כ)  
"to kindle the lamp continually" (Shemos 27:20)

### קבלה קטנה בקביעות

מתן תורה יש 'נר תמיד' במנורה, וכנגדו יש 'נר תמיד' בנפש. וכשם שזה תמיד במנורה - לא יכבה. כך נר תמיד שבנפש - לא יכבה. נר תמיד זה בנפש ענינו, כח קביעות בנפש, שלעולם הנפש לא זזה ממנו. והוא שורש אורו הקבוע.

### למעשה

נצרך לאדם לקבל קבלה אחת קטנה, אולם קבלה באופן שתהא קבועה. וכל דבר שבעולם לא יזיזהו מקבלה זו. חשוב מאוד מאוד מאוד, שקבלה זו תהיה קטנה בכדי שיהא לה קיום. וקבלה זו ראוי שתהא בדבר שנותן לאדם אור וחיות ולו במועט. על דרך הכלל 'תפסת מרובה לא תפסת, תפסת מועט תפסת'.

נקודה קטנה זו בכמות, נצרך שתהא לאדם מקור חיות. ובכל פעם שמקיימה יכוון לעשותה מתוך חיות ושמחה, כי זהו מקור חיותו, כח הקבע בנפש.

ראוי לקרוא לה - 'הקבלה הקטנה שלי הקבועה'.

### A TINY BUT PERMANENT RESOLUTION

There is a *ner tamid*, eternal lamp, in the menorah, and corresponding to it, there is a *ner tamid*, eternal lamp of the *nefesh*. Just as the light of the menorah was never extinguished, so, too, the light of the *nefesh* will never be extinguished.

The *ner tamid* of the *nefesh* is the constant strength of the *nefesh*. The *nefesh* can never abandon it because it is the root of the light of the *nefesh*.

### IN PRACTICE

A person must have one small *kabbalah*, and this resolution must be set and fixed, and nothing in the world can ever deter it. It is extremely important that the *kabbalah* be something small and easy to do, so the person can sustain it. The *kabbalah* should be something that gives the person light and vitality, even if solely a drop. This is based on the principle, "If you grasp too much, you don't have anything at all, but if you grasp a little, you acquire it."

This small, good deed in quantity is very important for the person, for it is the root of his vitality. Every time he performs this good deed, he should make sure to perform it with vitality and joy, because this is the root of his vitality, and it is permanent in his *nefesh*.

It would be proper to call his resolution "My small *kabbalah*, which is forever."

[EXPANDED BASED ON EDITORS UNDERSTANDING]

### KEEPING THE NEFESH ALIVE

When there is a dying bonfire, but there remains a drop of red-hot embers, these hot coals have the potential to ignite the colder coals, and the bonfire can burn brightly once again.

We use this as a *meshal* to explain what occurred with the menorah. Every night, one of the seven lamps – called the *ner tamid* – never extinguished. Miraculously, the flame of was always burning on its wick. A *kohen* would use this fire to light the other six lamps.

This brings us to the topic of the *nefesh* of a Yid, which corresponds to the menorah. There are times that the *nefesh* became dark and extinguished due to *aveiros* or due to a lack of good deeds. If part of the *nefesh* is alive, vibrant, shining brightly, with a yearning for *kedushah*, there is hope. Even if most of the *nefesh* is extinguished and disinterested in *kedushah*, if there is one tiny part of the *nefesh* shining brightly, it can ignite and enlighten his entire *neshamah*.

### PRACTICAL APPLICATION

Choose a *mitzvah*, a good deed, or a good *middah*, and make a resolution that you will perform it always. This will be the light of your *neshamah* that will shine brightly, and your *nefesh* won't ever be entirely extinguished. From this holy fire, the rest of your *nefesh* can become ignited and attached to *kedushah*.

Ideally, choose a good deed that you feel connected to, and your *nefesh* will naturally be inspired to keep it. Furthermore, it is very important that it should be a small *kabbalah* that you can keep, always without fail. Nothing in the world should prevent you from ever keeping this good deed. Perform this good deed with joy, because this is the part of your *nefesh* that will keep you attached to *kedushah* at all times.

For example, a person who is generally inspired to do *chesed*, he can make a *kabbalah* to do at least one deed of *chesed*, each day. This is something that speaks to his *nefesh*, and it is fairly easy to do, so he can do it every day of his life. That good deed will keep the embers of his *nefesh* alive and it has the potential to ignite the entire *nefesh* for Hashem.