

לחיות את הפרשה LIVING THE PARSHA

וַיֵּצֵא הַכֹּהֵן אֶל מַחֻוֹץ לַמַּחֲנֶה (ויקרא יד, ג)

"The kohen shall go outside the camp"

SOLITUDE OF THE NEFESH

"Solitude of the *nefesh*" is a state of silence, a calm tranquility in his soul. In its literal sense, it is when a person is alone, distant from people. On the internal plane, it is when one finds tranquility with the clothes of the soul. He removes the soiled, impure garments of his soul, and he also removes the good garments of his soul, such as good deeds, speech and thoughts when they aren't fitting for him.

IN PRACTICE

One should first remove the bad, forbidden actions. Then he should remove the permitted deeds, those that are beyond his level.

Then he should do the same with his speech, and then with his thoughts

[EXPANDED BASED ON EDITORS UNDERSTANDING]

SOLITUDE OF THE NEFESH

It is essential that a person find peace and calm within his *nefesh*. One way this is attained is when one has times when he is in solitude, distant from people. At these tranquil times, the person can contemplate his life, and choose for himself the right path and direction.

The peace and calm are also attained internally. This is because the soul has three garments: (a) actions, (b) speech, and (c) thoughts. When one uses these garments properly, for Hashem's service, according to his level, he finds tranquility in his soul. However, when one uses these garments for *aveiros*, *chalilah*, or when one uses these garments for an *avodas Hashem* that is beyond his level, he won't find peace and calmness within his soul.

PRACTICAL APPLICATION

One should first stop doing forbidden things. He should then remove from himself good deeds, when they are beyond his level.

He should then do the same with his words and then with his thoughts. When he lives clean from *aveiros*, and according to his level, he will find internal peace within his soul.