

בלבבי משכן אבנה BILVAVI

BUILDING A SANCTUARY IN THE HEART

WRITTEN BY THE RAV WEEKLY ESPECIALLY FOR THIS PUBLICATION

TAZRIA #445

לחיות את הפרשה LIVING THE PARSHA

אִשָּׁה כִּי תִזְרִיעַ וַיִּלְדָּה זָכָר (ויקרא יב, ב)

"If a woman conceives and gives birth to a male..."

THE LIGHT THAT BEFITS HIS MADREIGAH

Every birth marks the end of the pregnancy cycle, which lasted several months.

Similarly, a spiritual birth of the *nefesh* begins when a seed is planted in the *nefesh*. The seed gradually develops until it is fully mature, and then arrives to give birth.

IN PRACTICE

The spiritual birth of the soul is when the internal foundations, enrooted deep within the soul, become a complete form, integrated with all its parts. It performs in his *nefesh* like a complete form, and not like unrelated dots.

One needs to have **a lot of patience**, to build his *nefesh*, stage by stage – like constructing a house brick by brick, row by row. This is a person who gave birth to himself.



[EXPANDED BASED ON EDITORS UNDERSTANDING]

THE LIGHT THAT BEFITS HIS MADREIGAH

Like an embryo in its mother's womb that develops gradually over a nine-month period until its birth, so, too, the *nefesh* develops gradually. It begins with a seed, which is essentially a new lesson, concept, or approach in *avodas Hashem*. Initially he doesn't know how to use it. The idea needs growth and maturity before it is practical. When it is born, he can serve Hashem with perfection with this new concept.

PRACTICAL APPLICATION

A person learns a new concept in *avodas Hashem*, for example, he understands in a more profound manner, the importance of having *ahavas Yisrael*. This is like a seed in his soul, but he isn't yet able to serve Hashem fully with this new approach. The concept will have to go through a process of growth and development. He will have to learn more about the subject, contemplate all its details, and then when it is fully formed, it will be born, and he can serve Hashem in this manner.

In particular, one should follow this gradual and comprehensive approach of spiritual birth, when the concept is something that is related to his personal approach in serving Hashem. When the new approach is "born", it can be considered like he gave birth to himself.

The concept transforms from being a tiny dot of comprehension to becoming a complete entity, made of many parts, homogenously working together.

Most importantly, a person must have **a lot of patience**. A child is born in nine months, and perfection in *avodas Hashem* also takes time.