

BILVAVI

BUILDING A SANCTUARY IN THE HEART

לחיות את הפרשה EMOR #447

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אֵלֶּה מוֹעֲדֵי ה' מְקַרְאֵי קֹדֶשׁ אֲשֶׁר תִּקְרְאוּ אֹתָם בְּמוֹעֲדָם (ויקרא כג, ד)

"These are the appointed festivals of Hashem, the holy convocations, which you shall designate in their appropriate time" (Vayikra 23:4).

ENHANCING THE ANIMAL SOUL ON YOM TOV

The *kedushah* of "the times" helps a person rise to higher levels. It can be compared to when a person marries a woman, and he is fortunate because she helps him. The Vilna Gaon taught that a person's connection to the times represents the union of male & female. The times are like the "female" of man. As it is known, man represents the *nefesh Elohis* (G-dly soul), and a woman is associated more with *gashmiyus*, the *nefesh behamis* (animal soul).

IN PRACTICE

The *gematria* of בהמה – אדם is זמן. With the specialness of time, a person can elevate his animal soul. This is the reason there are meals with food & beverages on holy days. These are the days when man has strength to elevate his animal soul (בהמה) to his G-dly soul (אדם). Generally, the wife prepares for her husband the needs of the animal soul. The holiness of time is due to the proper connection between husband & wife.

EXPANDED BASED ON EDITORS UNDERSTANDING

ENHANCING THE ANIMAL SOUL ON YOM TOV

A person has two parts: He is spiritual & therefore, desires *kedushah*, to study Torah, to praise Hashem, etc. And he is also physical: he eats every day, he works to earn a living & he takes care of all his worldly needs.

These opposing facets can be called the *nefesh Elohis* (G-dly soul) vs. the *nefesh behamis* (animal soul) because the G-dly soul pines for spirituality, and the physical soul seeks honor, food and pleasure.

The holy *sefarim* explain the two features "male & female". Male is a code word, alluding to thirst for spirituality, and female represents one's involvement in worldly needs.

The Vilna Gaon says that they are also called man vs. time. "Time" stands for all physical activities of this world, whereas "man" represents a holy being, a person who yearns for divine connection.

Generally, these two occupations contradict each other. But on Shabbos and Yom Tov they connect as one holy entity.

PRACTICAL APPLICATION

On Shabbos & on Yom Tov, the two drives unite, and this is the essence of the holiness of these days. Therefore, there is a *mitzvah* to eat and drink on Shabbos and Yom Tov. On these days, the physical aspects of life aid & help the person attain his spiritual goals. As Chazal say, "If one is fortunate, his wife becomes his helper." The wife generally provides for her husband his needs of this world, and this enables him to devote himself more fully to Hashem's service.

The *gematria* of בהמה – אדם is זמן, man, is a person's spiritual side, his G-dly soul. בהמה, animal, is the person's physical side, his animal soul. They seem like opposites, but at the holy זמן, which means on Shabbos and Yom Tov, they unite, and the physical is elevated and used for spirituality.

ORIGINAL HEBREW
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