

BILVAVI

BUILDING A SANCTUARY IN THE HEART

לחיות את הפרשה BECHUKOSAI #448

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וְאִם עַד יֵאָלֶה לֹא תִשְׁמָעוּ לִי וְיִסְפְּתִי לְיִסְרָה אֶתְכֶם שִׁבְעַ עַל חַטֹּאתֵיכֶם (ויקרא כו, יח)

“If despite this you do not heed Me, then I shall punish you further,
seven ways for your sins”

AFFLICTIONS FROM FATHER

The shell comes before the fruit! To peel off the *kelipos* that are upon one's *nefesh* – from the sin of Adam *HaRishon*, and from all of the person's sins from all his *gilgulim* that he has already passed – one needs afflictions, *r'l*.

With the afflictions, the strong connection of the *kelipos* to his *nefesh* become weakened, and eventually they separate entirely. When this occurs, his soul remains pure, without the “dirty clothing”.

IN PRACTICE

It states אֱלֹקֵינוּ מִיִּסְרָה כְּאִשְׁרֵי יִיָּסֵר אִישׁ אֶת בְּנוֹ ה' אֱלֹקֵינוּ מִיִּסְרָה (Devarim 8:5). “Just as a father will chastise his son, so Hashem, your G-d, chastises you”

When a person has *yesurim*, he has כאב, pain. כאב is אב – כ, like a father. A person must know that his *yesurim* come to him from the love that a father has for his son, in order to cleanse him and to purify him.

The more a person know and feels this, it will increase the cleaning and purifying that he earns from the *yesurim*.

EXPANDED BASED ON EDITORS UNDERSTANDING

AFFLICTIONS FROM OUR FATHER

Even the matters that seem to be bad for us, are all for the good. Even affliction, *r'l*, has a purpose. Every *aveirah* creates *kelipos* that grasp onto a person's *nefesh*, and they don't want to leave him alone. Afflictions, however, force them to loosen their grip until they leave, entirely. *Kelipos* come from *aveiros*, and due to Adam *HaRishon's* *aveirah*, everyone has *kelipos*. Furthermore, each person lived several times in the world – called *gilgulim* – and has *aveiros* from those past lives as well. The *aveiros* create *kelipos* that cling on a person, and prevent him from serving and connecting with Hashem, and *yesurim* frees him from their hold.

When this occurs, the *nefesh* remains pure, without the “dirty clothing” clinging onto it.

PRACTICAL APPLICATION

It states אֱלֹקֵינוּ מִיִּסְרָה כְּאִשְׁרֵי יִיָּסֵר אִישׁ אֶת בְּנוֹ ה' אֱלֹקֵינוּ מִיִּסְרָה (Devarim 8:5). *Yesurim* are from Hashem's love. As a father will at times chastise his son because he wants to help him go on the good path, Hashem will at times send *yesurim* to purify us from the *aveiros* that cling onto us and torment our *nefesh*.

This is the reason pain is called כאב. It has in it the word אב – כ, like a father. Hashem is our Father, and *yesurim* are solely for our good. One shouldn't be upset with *yesurim*. One must be aware that our beloved Father in heaven sends them to cleanse us from the *kelipos* that grasp onto our *nefesh*.

When one has this awareness – and especially when one is happy with the *yesurim* – the purifying and cleansing process will occur much quicker, and much fuller. He will be completely pure before Hashem.

ORIGINAL HEBREW
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