

BILVAVI

BUILDING A SANCTUARY IN THE HEART

לחיות את הפרשה LIVING THE PARSHA

BEHAR #448

וּבַשָּׁנָה הַשְּׁבִיעִית שְׁבִיַת שְׁבִתוֹן יִהְיֶה לְאָרֶץ שְׁבִיַת לֵה' שְׂדֵךְ לֹא תִזְרַע וְכַרְמְךָ לֹא תִזְמַר (ויקרא כה, ד)

"But the seventh year shall be a complete rest for the land, a Shabbos for Hashem; your field you shall not sow and your vineyard you shall not prune"

SHMITTAH IN THE NEFESH

Man incorporates in himself seven building strengths. They are: love, fear, pride, victory, praise, connection, humility.

Throughout a person's life, a person must toil to rectify them, and to construct from them a building, as it states חֲכֹמוֹת בְּנִתָּה בֵּיתָה חֲצֵבָה עֲמוּדֶיהָ שְׁבַע, "With all forms of wisdom did she build her house, she carved out its seven pillars" (Mishlei 9:1). If he toiled properly during the seven years to build these seven attributes, then when it is *Shmittah*, it will be as it is stated about Shabbos (which corresponds to *Shmittah*), "as though all your work is completed" (Mechilta Yisro, 7). *Hakadosh Baruch Hu* completes for him whatever he wasn't able to complete on his own.

IN PRACTICE

Shmittah (the seventh year) corresponds to the level of humility, and one acquires holy humility. He knows that he doesn't have strength to attain perfection with his own strength, and that he can become complete solely with Hashem's strength

EXPANDED BASED ON EDITORS UNDERSTANDING

SHMITTAH IN THE NEFESH

There are seven *middos* that make up the emotions and feelings of man. They are: love, fear, pride, victory, praise, connection, humility. These attributes can be used for holiness, or in improper ways. Throughout a person's life, he is obligated to rectify them, to use them solely for holiness. Thereby, he builds in his *nefesh* a holy edifice, as it states חֲכֹמוֹת בְּנִתָּה בֵּיתָה חֲצֵבָה עֲמוּדֶיהָ שְׁבַע, "With all forms of wisdom did she build her house, she carved out its seven pillars" (Mishlei 9:1).

The seven years of the *Shmittah* cycle represents the seven attributes, and the seven days of the week correspond to the seven years of *Shmittah*. Thus, the seventh year of *Shmittah* corresponds to Shabbos and to the attribute of humility. *Chazal* say that when Shabbos arrives, one should feel in his heart, "as though all your work is completed" (Mechilta Yisro, 7). This is how a person should feel on *Shmittah*. The edifice of holiness that he built over all seven years is completed on *Shmittah*.

PRACTICAL APPLICATION

Shmittah (the seventh year of the *Shmittah* cycle) corresponds to humility, and one attains on this year holy humility. He knows in his heart that he doesn't have strength to attain perfection with the seven attributes by his own strength, and that he can become complete solely with Hashem's strength. When he has this belief, Hashem will complete and rectify the seven attributes that he tried to construct, but wasn't able to do, alone. Yes, but at the holy זמן, which means on Shabbos and Yom Tov, when they unite, and the physical is elevated and used for spirituality.

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