

BILVAVI

BUILDING A SANCTUARY IN THE HEART

LIVING THE PARSHA לחיות את הפרשה

MATOS #457

לֹא יַחֲלֵ דְבָרוֹ כְּכֹל הַיֵּצֵא מִפִּי יַעֲשֶׂה (במדבר ל, ג)

“He shall not violate his word;
according to whatever came out of his mouth, he shall do.” (Bamidbar 30:3)

THE POWER OF SPEECH

Our scholars call the mouth “the quill of the heart.”

Plans concealed in one's heart are a desire. When expressed – such as when one speaks about it – it is now outside of him, and it transforms from being a “desire” to being a “necessity”. He now views his plans and goal as an obligation, which he must perform for his Creator.

IN PRACTICE

Everyone should take on *kabalos tovos* – resolutions to improve his ways. This transforms the desire and it becomes a constant state. Desires fluctuate. Sometimes one's desire is passionate, and other times, he is less motivated. To turn his desire into a steady reality, that doesn't become weaker with time, he must make a *kabbalah* – both in the heart and with his speech. Then his desire will be constant and to minimize their usage for negative objectives.

EXPANDED BASED ON EDITORS UNDERSTANDING

THE POWER OF SPEECH

The pasuk, quoted above, is in reference to *nedarim*, vows. A decision in one's heart isn't a vow, only when one says his undertaking with words does it become a vow. What is the significance of words?

Our sages call speech “the quill of the heart.” The quill writes and reveals what he is thinking. Speech accomplishes the same. It reveals a person's thoughts.

Furthermore, speech crystalizes and finalizes one's thoughts. Thoughts are fickle and easily changed, but when one verbally expresses his desires and his plans, it is final and it won't change. Speech transforms a “desire” to be a “necessity”. He now views his undertaking to be as an obligation, which he must perform for his Creator.

PRACTICAL APPLICATION

Many people take on *kabalos tovos* – resolutions to improve their ways – but they don't last. Soon, they are back to their old ways. This often occurs when the *kabbalah* was a thought in one's heart, but not expressed with words. Good thoughts aren't sufficient because the desires of the heart fluctuate. Sometimes the desire is stronger than at other times, and it isn't certain that he will keep to his good resolves. Speech – expressing in words what he plans to do, turns the flimsy and fluctuating desire into a constant, unwavering reality. man and to serve Hashem, or am I using it in a negative ways? Minimize the wrong usage of the attributes, and increase the proper usage, as much as possible.

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