

BILVAVI

BUILDING A SANCTUARY IN THE HEART

LIVING THE PARSHA לחיות את הפרשה

EIKEV 460

“And you will circumcise the foreskin of your hearts”

It is written, “And you shall know today, and you shall return the matter to your heart.” Our avodah is always first to know the facts, and then to internalize our mind’s knowledge into our heart.

Although the physical redemption happened a long time ago, the spiritual redemption of our souls happens every year. Let us learn how we can merit having the yearly spiritual redemption during this time – to reach the level of receiving the Torah, the level of internalizing our knowledge.

There exist two kinds of orlah (blockages) which we remove – a physical blockage which exists in the part of the body that is circumcised by bris milah, and a spiritual kind of blockage, which is present on the heart. This is called orlas halev. When our heart is blocked, the Torah knowledge in our mind isn’t able to penetrate into our heart.

We must remove the barrier between our mind and heart, so that our mind’s knowledge can settle in our heart. And it has to be “in” our heart, not just on our heart.

How Can We Accomplish Internalization?

The First Way: Da’as- Daas is when a person is always thinking about Torah, because he connects to the knowledge of his mind. Daas is an inner kind of thinking, not a superficial kind of thinking. When a person merely intellectualizes about his learning, he’s either using chochmah or tevunah, but this isn’t yet daas. Daas is only when a person thinks all the time about his learning because he is truly connected to his learning.

When a person uses his daas, he is connected all the time to his learning as he thinks constantly of Torah – and in this way, his mind’s knowledge enters his heart. This is when a person learns Torah along with emunah in Hashem in his life. The Torah then penetrates into his heart.

The second method brought by our Rabbis how to internalize the knowledge of our mind into our heart is by making a direct imprint on our heart. This is accomplished when we review matters repeatedly using our simple emunah. As it is written in the verse, “I believed, for I spoke.” When we constantly repeat a fact, it eventually settles into our heart, where it becomes internalized knowledge.

ORIGINAL HEBREW
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