בס"ד

BILVAVI

BUILDING A SANCTUARY IN THE HEART

LIVING THE PARSHA לחיות את הפרשה

NOACH #471

אֵלֶּה תּוֹלְדֹת נֹחַ, נֹחַ אִישׁ צַדִּיק תָּמִים הָיָה בְּדֹרֹתָיו (בראשית ו, ט).

"These are the generations of Noach, Noach was a tzaddik, perfect in his generations..." (Bereishis 6:9).

LIVING TRANQUILITY

נח is from the word נחמה, comfort. As it states at the end of last week's parashah וַיִּקְרָא אֶת שְׁמוֹ נֹחַ לֵאמֹר זֶה יְנַחֲמֵנוּ מִמַּעֲשֵׂנוּ וּמֵעִצְּבוֹן יָדֵינוּ מִן הָאֲדָמָה אֲשֶׁר אֵרְרָהּ ה' "He named him Noach, saying, 'This one will give us comfort from our work and from the toil of our hands from the ground, which Hashem has cursed' (Bereisis 5:29). נח also means tranquility, מנוחה. This is because when there is comfort, there is tranquility.

Therefore, it states נֹחַ אִישׁ צַדִּיק, "Noach was a tzaddik." [This means there will be נח, tranquility, when one is a tzaddik.] This is because when one is attached to corruption and sin, he doesn't have serenity and inner calm. For it is the Yid's nature to do Hashem's will. When he is in the place that is fitting for him, he has מנוחה, serenity and inner rest. However, *chas v'shalom*, when one doesn't perform Hashem's will, he isn't acting in sync with his nature, and therefore, he doesn't have מנוחה, tranquility. Everything that acts according to its nature has מנוחה, because he is in the right place, in sync connected to the root of his nature. When something is connected with his roots and essence, he feels מנוחה, tranquil and calm.

IN PRACTICE

Tranquility, a feeling of being at peace with oneself, is the primary foundation to receive the Shechinah. Therefore, Shlomo HaMelech, the person who built the primary vessel to receive the Shechinah – which is the Beis Hamikdash – is called אִישׁ מְנוּחָה , a serene person (Divrei haYamim 1, 22:9). Similarly, every person must prepare his heart, that it be a place for the Shechinah to reside there. For this, one must be an אִישׁ מְנוּחָה , serene and tranquil, distant from sin, and attached to performing Hashem's will. For his nature is to serve Hashem, and only then can he lead a life of מנוחה, tranquility.

EXPANDED BASED ON EDITORS UNDERSTANDING

LIVING TRANQUILITY

There are two translations for the name נח. One translation is comfort, נחמה, as in the pasuk וַיִּקְרָא אֶת שְׁמוֹ נֹחַ לֵאמֹר זֶה יְנַחֲמֵנוּ מִמַּעֲשֵׂנוּ וּמֵעִצְּבוֹן יָדֵינוּ מִן הָאֲדָמָה אֲשֶׁר אֵרְרָהּ ה' "He named him Noach, saying, 'This one will give us comfort from our work and from the toil of our hands from the ground, which Hashem has cursed'" (Bereishis 5:29). One attains this feeling of comfort when he serves Hashem.

This is because when one is attached to corruption and sin, he has no comfort. For it is the Yid's nature to do Hashem's will. When he is in the place that is fitting for him, he is comforted. However, *chas v'shalom*, when one doesn't perform Hashem's will, he isn't acting in sync with his nature, and therefore, he has no respite and peace. This brings us to the second translation of נח, which is מנוחה, tranquility, solace, when one feels at peace with himself. The feeling of מנוחה, tranquility follows the feeling of נחמה, comfort that he attains from serving Hashem. When he serves Hashem, his neshamah is where it naturally desires to be, and this results with a deep feeling of calm and peace in his soul.

We can compare it to a person who is at home. The home is his most natural place, and he feels very calm and relaxed there. The same occurs when one serves Hashem. He will feel totally tranquil and peaceful because he is where his neshamah desires to be.

Therefore, it states נֹחַ אִישׁ צַדִּיק, "Noach was a tzaddik." This means there will be נח, מנוחה, tranquility, when one serves Hashem and is a tzaddik.

PRACTICAL APPLICATION

It is very important to feel serene and tranquil. This feeling is the primary preparation people need to connect with the Shechinah. When people are tense, nervous, upset, worried, it is harder for them to attain a connection with the Shechinah. Therefore, Shlomo HaMelech, who built the Beis HaMikdash – the ultimate place to connect with the Shechinah – is called אִישׁ מְנוּחָה a serene person (Divrei haYamim 1, 22:9). In short, every person must prepare his heart, that it be a place for the Shechinah to reside there. For this, one must be an אִישׁ מְנוּחָה , serene and tranquil, distant from sin, and attached to performing Hashem's will. Everyone should attempt to connect his neshamah to Hashem by performing Torah and mitzvos. His neshamah will be where it wants to be, and he will be tranquil and calm. This is the ideal mode to have a close connection with the Shechinah.

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