

נועם

ה'

דברי חיזוק והתעוררות

In Avodas Hashem



ספירת העומר



The מידה *of* יסוד



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ספירת העומר

יסוד פ' קדושה

מידת היסוד

This coming week בעזרת ה' we will be entering the week of יסוד. It's a מידה which means foundation because it provides that foundation upon which a person can build himself. The stronger this מידה is enrooted in a person's heart, the higher he can grow in his עבודת ה'.

What does the יסוד of מידה mean and represent?

התקשרות=יסוד

The קדושת לוי writes.....

"מדת היסוד מורה על התקשרות.
דעיקר המדה הזאת לעבוד בה את
הבורא ברוך הוא להיות קשור ודבוק
בעבודתו שלו ובתורה ומצוות ולא
להתקשר עצמו לשום תאוה
גשמיות"

*"The Middah of Yesod means
to connect. The main idea
and concept of this Middah is
to be completely focused and
connected to Torah and
Mitzvos and not to connect
himself to physical
pleasures"*

Let's try to understand the words of the קדושת לוי on a deeper, yet practical level.

The Middah of Yesod in all Seforim is intertwined with the concept of קדושה. יוסף הצדיק was granted the title of צדיק after he overcame the challenge of קדושה. A צדיק is called יסוד עולם because the צדיק who elevates himself to lofty heights as an איש קדוש is the foundation and 'יסוד' of the world.

Who is a קדוש?

There seems to be a misconception as to what קדושה entails. What does it take for one to become a קדוש - a holy person?

The מסילת ישרים tells us in his introduction that people think the title of a holy person is reserved for someone who is involved in extreme and lofty activities. Perhaps fasting and other physical פרישות. However, this is incorrect.

קדושה - קידושין

When a person gets married, it's called קידושין. גמרא tells us that when a person marries and is מקדש his wife he- in essence- designates her for himself.

you are designated to me. A קדוש is someone whose whole life is designated and devoted to Hashem.

The קדושת לוי is telling us that the Middah of Yesod in the life of the עובד ה' means to stay focused. Stay connected and committed to the mission at hand.

It's easy to be connected to Hashem while engaged in רוחניות. However, when it comes to physical activities, such as eating, sleeping, business and exercise, there lies the challenge to stay connected to Hashem. A מקשר and connect himself to Hashem during mundane activities- He is the 'איש קדוש'. The opposite of this is someone who connects to his physical desires and temptations. A person who is connected to the physical is automatically disconnected from the spiritual.

The week of Yesod is when we try to strengthen our connection to our Avodah at hand and try to elevate ourselves to the level that no matter what we do, we're still connected to Hashem.

The Essence of a Yid

The title קדוש is not something reserved for a few select individuals. It's the true identity of every Yid.

Before קבלת התורה Hashem said to us:

"ואתם תהיו לי ממלכת כהנים וגוי קדוש"

You - all of ישראל should be a nation of 'קדוש' people.

"קדושים תהיו" is not a commandment to do קדוש things. It's a reminder of who we really are and what are essence is... be Heileg! That's your essence- your true identity. A person who disconnects himself from that reality is not just 'not being' a קדוש he's not being himself. He's not being the way a Yid is supposed to be.

מידת יסוד למעשה

How can we apply the Middah of Yesod on a practical level?

בכל דרכיך דעהו

משלי writes: in שלמה המלך "בכל דרכיך דעהו" - in all your

נועם ה'

בס"ד

ways - know and connect to Hashem. The גמרא in ברכות סג. says...

"דרש בר קפרא איזוהי פרשה קטנה
שכל גופי תורה תלויין בה? בכל
דרכיך דעו וכו"

*Which is a small Parsha that
encompasses the whole תורה?*
בכל דרכיך דעו

סימן רל"א in שולחן ערוך
The understands this to be telling
us;

"כל מעשיך יהיו לשם שמים"
Everything a person does
should be for Hashem's sake.

Every person has a life with
his own personal daily
schedule. There are 2 ways
one can approach his day. A
person can feel like part of his
day is filled with עבודת ה' and
part is not. I daven 3 times a
day and do other מצות, and I
have the portion of my day
which seems to be filled with
mundane activities. Eating
sleeping business etc. A
person who feels like that
doesn't understand the basics
of Yiddishkeit. A person who
is connected to the truth
understands a very simple
fact..... **There's no such
thing as mundane.**
Everything a person does is
עבודת ה'.

If a person can stay focused
on this simple reality it can
change his life from empty
and void to fulfilled and
meaningful.

The גמ' says;

"כל גופי תורה תלויין בה"

That's a very powerful way of
talking! It's a foundation upon
which everything stands. We
are always on duty. Like the
קדושה לוי says...

to stay ודבוק בעבודתו. To
stay connected and focused in
his Avodah.

It's in our Control

How can a person elevate his
seemingly mundane actions to
become מצות?

It's all about your mindset.
When a person eats to eat, to
enjoy, he's doing mundane. If
however, a person has the
mindset that I'm eating in
order to have strength to serve
Hashem, then he elevates the
רוחניות to the level of גשמיות.

Story

There was once a story where
2 people were נפטר. Both went
up to שמים and were waiting to
be judged. One was a צדיק, the

other- was not. The first to be judged was the צדיק. They started to tally up all his מצות. Thousands upon thousands of מצות, לימוד התורה, and many other מצות were piled onto the scale. The other נפטר was standing and observing. He became terrified about what's awaiting him. He didn't do too many מצות in his lifetime and he certainly didn't learn any Torah. The צדיק's case continued... thousands of hours of sleep..... on the scale of מצות thousands of cups of coffee on the scale of מצות. When the other נפטר saw this he began to get very excited,

*I may not have done any מצות
but I sure drank a lot of
coffee. I'll be okay after all.*

Finally, it was his turn... very little תורה a few מצות. Thousands of עבירות all on the scale of עבירות. Thousands of hours of sleep and thousands of cups of coffee all on the scale of עבירות.

Final judgment... גהינם.

Upon hearing the verdict, he started to protest. "Where's the justice? This is the עולם מצוה? Why is his coffee a האמת and mine an עבירה?" The answer he received was simple. What did you do with your coffee? You took your

coffee to have more strength to do wrong, he drank coffee to have strength to do מצות.

That's the difference. It's in our control. A person who thinks a bit before he sits down for breakfast and says; "I'm eating so I can have כח to serve Hashem". That breakfast is a מצוה. When a person goes to his office and says; "I'm going to work to be able to provide for my family" which is a מצוה. Then, his 9-5 gets elevated to hours of מצות..... That's a קדוש. If however a person thinks and relates to everything in his life as mundane, and he eats just for the sake of eating, then he's unfortunately disconnected most of his day from עבודה ה'.

The בכל דרכיך דעה of עבודה in the realm of יסוד means to realize that in everything I do in my life I'm always connected to Hashem.

The עבודה of אכילה in our times

The concept of food is very active in our lives. A large part of Yiddishkeit has to do with food. Together with this reality comes challenges.

Anyone in our generation has to take a step back and reflect on his perspective about food and what it means to him. The Baal Shem Tov taught us that although fasting in previous generations was an accepted practice method of תשובה, in our time, it's not...

We need our morning coffee.

We have to eat well and have the strength and שמחה to be able to daven and learn with a clear mind. However, we still need to reflect. When we are bombarded with advertisements of standing rib roasts, with the caption of "This is what שמחה יר"ט is". That's not what the Bal Shem Tov meant. Is our relationship with food consistent with being an עמ קדוש? Do we live to eat? Or eat to live? That's the question.

There are people who don't tell their child "go eat" rather- "go make a Bracha". They don't say "It's time to go to sleep". They say- "it's time to say שמע"

It's all עבודה.

The rule in Avodas Hashem when it comes to eating is as follows.

It's not what you eat rather it's how you eat.

The same food, the same meal- just more heileg. Take your meal, sit down with peace of mind. Don't rush. Say before you start "I'm eating to have strength to serve Hashem" and enjoy.

It's life changing.

The topic of the עבודת האכילה is a very deep discussion beyond this pamphlet. But at least to start to open our hearts and mind at the mundane things in our life and try to add the spice called "יסוד". Try to elevate our daily actions from the mundane to the spiritual. This week we can be Zoche to this special דשמיא to connect to this reality.

May we all be Zoche to the lofty title that Hashem gave us...

!!עם קדוש!