



## Class 4 Notes

### Ein Ha'Bdolach - Crystal Eye

Recap- Rashi explains that the Mon was like Ein Habdolach - a crystal eye.. He explains Habdolach to mean a crystal- that just as the crystal is clear and does not have its own color none the less it encompasses all the colors of the spectrum.

The Mon was of the same idea - its taste was completely dependent upon the thoughts of the person eating it.. It had no objective taste of its own..

Its flavor was a direct reflection of where the person was in his mind.

#### Body and Soul (Nefesh) Connection:

Good health is dependent on the internal climate of the body and soul.

Body: the body begins to breakdown when abused by bad habits.. Eating, drinking, drugs, lack of sleep etc..

Nefesh : The nefesh breaks down from stress, anger, sadness, addictions to being busy, lack of self love ,self acknowledgement, extreme emotional responses etc..

#### Vicious Cycle of the Nefesh:

Unbalanced Nefesh leads a person to respond with extreme emotion  
Extreme emotional responses further weaken and breakdown the Nefesh..

This leads to:

- 1) Accumulation of toxins in the body, mind and soul
- 2) Lowered energy levels
- 3) Pain in the body
- 4) difficulty focusing, sleeping, engaging in a healthy fashion with others etc..

The more extreme our responses are to life's happenings, i.e spilled milk, kids not listening, husband not affectionate, lack of money etc.. the more of an indication that our nefesh is not managing and needs to be healed asap!!

Holding on to negative emotions, thoughts & experiences create wounds in the nefesh of a person - those wounds affect him on a moment to moment level - in his overall interaction with life - this naturally creates more pain and suffering for him ..

Pain comes from having a stuck emotion - harping on negative thoughts, holding onto anger , hurt, sadness, not forgiving, harping , blaming etc.. these create a DEEP imbalance of the nefesh ( מחלת ) (מחלת הגוף) and disease in the body (הנפש)..

#### - Cycle -

Fighting, hating, holding onto pain, anger, need to control situations /people, isolating yourself,

overthinking, negative thoughts about yourself , others, life etc.. These are a direct indication that the nefesh is suffering - and the more a person continues to walk down that path of thought and behavior - the more injury he causes himself - the deeper he's digging his emotional, mental, spiritual and eventual physical grave..

### **BREAKING THE CYCLE = COMING OUT OF PRISON**

מאמר מנחת יהודה: Explains why a person gets to that place of reactions in life ..  
מאמר המוחות והזכרון - We gauge our lives from our interpretations of reality - these interpretations are based on memories and pictures we've had and gathered throughout our lives.. Subconscious remembers in pictures - these pictures reflect back to us throughout life - term in kabala - ציורים - .. What we accepted as normal, true, reality , we still work off of and recreate same experiences over and over again..

**The goal is to create new pictures - new visions, new emotions and feelings that can only be created when new actions are set in place!!!!**

We engage with people that closely resemble our level of health in our nefesh. Like attracts like. We attract WHAT WE ARE!

To heal the wounds- one MUST work the steps of עין הבדולח which is the quickest and most effective therapy for the soul.

## **HEALING OF THE NEFESH PART ONE: THE UNDERSTANDING**

אור - Ohr - fills needs, pleasurable feeling - we are all running after this light in life constantly. We find it in food, in fun, in relationships, in anger, in control, in sadness, in self pity, in giving, in praying, in loving, in hating - the list goes on and on..

A person was created with the desire to take from life for himself, to fill his lacking - "רצון לקבל לעצמו" - Immediate Gratification - cake there - you eat it

Child spilled the milk - you yell

Guy cuts you off - you curse

Someone's email is open - tempting to read their mail, you read it etc..

A person has רצונות - wants/desires, the ratzon create כלים - vessels ..

A person is hungry- they eat- they fill the vessel the need goes away.

"הרצון מתבטל מפני האור" - The desire is extinguished once its filled by the אור that he received on that thing.

NOT EVERYTHING THAT EVERYONE WANTS THEY RECEIVE THERE ARE PARAMETERS IN THIS EQUATION OF RECEIVING..

MEANING;

The light is always being shown - אור אין סוף - but in order to catch the light - to receive it - a person needs to be מדמה לאור - to become similar in energy to that of the light..

אור - natural tendency is to give nonstop / Total Altruism

כלי - natural tendency is to take / Total Ego

In order to become a vessel for the light a person has to go from מקבל to משפיע - from looking to get filled to looking to fill..

WHEN YOU RECEIVE FROM A PLACE OF USING IT TO SHARE / GIVE /HELP YOU HAVE BECOME SIMILAR IN FORM TO THE PROPERTIES OF THE LIGHT

**Rule in spirituality-** Two things that are similar in energy = bond.  
דביקות to Hashem only happens when we become similar to His ways..  
"מה הוא רחום, אף אתה רחום - מה הוא חנון - אף אתה חנון.."

**Equation:**

Person takes the pleasure for himself with the sole purpose of enjoyment for himself, filled his vessel with light- the light and klei cant connect for they are different in form, the light quickly leaves the klei ( short lived feeling of enjoyment) the klei then breaks and the light falls to the klipos.

**Klipos:** Blockages formed in the nefesh - created by a persons thoughts, speech and actions that serve as a blockage between him and the light that is being shown on him. THE VOICE OF THE KLIPOT IS ONE OF NEED, LACK AND CONSTANT SEARCHING FOR MORE.. JUST MORE, IN WHATEVER WAY FROM ANY AND EVERY DIRECTION.

כלים השבורים - broken vessels create the feeling of lack inside us - that's when the need for more - becomes louder and deeper.. The more broken vessels a person has in his nefesh - the stronger his desire - aka his addiction to the thing that broke him initially..

( Thats why people that use drugs or addicted to other self destructive behaviors, the initial high is so incredible- after a few hours the light leaves them, their vessels break- fall to the klipos- & now the addiction beings.. The voice of the klipos yells out for more- then every following attempt to get to that initial high - fails, because he is no longer capable of experiencing the light the same way he was when he originally used the drug- prior to the breaking of his keilim.. the addiction keeps him coming back for more ..)

Person starts looking for more and more feel good experiences - more money, to acquire more stuff - to fill the hunger created the perpetual taking for self for the sole purpose of feeling good.

TAKING FOR THE SAKE OF TAKING- BECAUSE I FEEL LIKE I WANT IT NOW- CREATES A HOLE IN THE NEFESH - A GAPING ONE- THAT HE'S CONSTANTLY TRYING TO FILL WITH MORE LIGHT - MORE PLEASURE - WHICH MAKES THE HOLE BIGGER - WIDER- HUNGRIER- THE MORE HE PULLS THE LIGHT - THE MORE VESSELS HE BREAKS - THIS CREATES A DEEP DISSATISFACTION IN A PERSON'S HEART - THEN JEALOUSY GRABS HIM - WHICH IS HIM WANTING WHAT THE OTHER PERSON HAS - RATZON LEKABEL - & ANGER ENGULFS HIM WHICH COMES FROM A PERSON BELIEFS THAT THEY DESERVE MORE THEN WHAT THEIR GETTING AND THEN OF COURSE SADNESS SETS IN - WHICH GROWS OUT FROM THE FRUSTRATION WITH THE GAP HE FEELS INSIDE..

GAP = HERE HE IS IN RELATION TO WHERE HE FEELS HE SHOULD BE IN LIFE..

**FEELING GOOD CAN ONLY COME FROM A REAL CONNECTION TO THE LIGHT- WHERE THE LIGHT AND VESSEL CONNECT THEREBY HEALING THE NEFESH..**

**קדושה = חיבור בין אורות לכלים**  
**Kedusha - holiness- purity- healing energy is the byproduct of receiving light in the correct way!**