A question was asked on the statement: "Whoever places his pathways in order in this world will merit and see the salvation of the Holy One, blessed be He, as it is stated: 'And one who sets a way, I will show him the salvation of God' (Tehillim 50:23)."	נִשְׁאַל מַאֲמַר "כָּל הַשָּׂם אוֹרְחוֹתָיו בָּעוֹלָם הַזָּה, זוֹכָה וְרוֹאָה בִּישׁוּעָתוֹ שֶׁל הַקָּדוֹשׁ בָּרוּךְ הוּא, שֶׁנֶּאֱמַר וְשָּׁם דְּרֶךְ אַרְאָנוּ בְּיָשַׁע אֱלֹהִים.
He began with the words of Rashi, of blessed memory: What is the connection between Shemitah and Mount Sinai? Rather, just as with Shemitah all its generalities and details were stated at Sinai, so too with all [the commandments].	פָּתַח בִּדְבַרֵי רַשִּׁ"י זִכְרוֹנוֹ לְבְרָכָה, מַה עִנְיַן שְׁמִטָּה לְהַר סִינֵי, אֶלָּא מַה אֵלּוּ נָאָמְרוּ כְּלָלוֹתֶיהָן וּפְּרָטוֹתֶיהָן, אַף נָל וְכוּ
And the matter [is related to] the saying of our Sages: "With ten utterances the world was created. And was it not possible to create it with a single utterance? But it was to give reward" and [similarly] "Ten generations from Adam [to Noach]" "Ten generations from Noach to Avraham" and Avraham received the reward of them all.	ְּוָהָעָנָין מַאֲמַר רַזַ"ל בַּעֲשֶׂרָה מַאֲמָרוֹת נִבְרָא הָעוֹלֶם, וַהְלֹא בְּמַאֲמַר אֶחָד יָכוֹל וְכוּ', וּלְתֵן שֶׂכֶר טוֹב וְכוּ', עֲשֶׂרָה דּוֹרוֹת מֵאָדָם וְכוּ', עֲשֶׂרָה דּוֹרוֹת מִנֹּחַ עַד אַבְרָהָם וְכוּ', קִבֵּל שָׂכָר כֵּלָם.
Now, the world is puzzled by [the statement] "With ten utterances"—was it not possible with one utterance? Why did He create with ten, in order to exact punishment corresponding to the ten utterances? Would the Holy One, blessed be He, bring a claim against His creatures?	הָנֵה תְּמִיהַת הָעוֹלֶם עַל "בַּעֲשֶׂרָה מַאֲמֶרוֹת" – וַהְלֹא בְּמַאֲמֵר אֶחָד הָיָה יָכוֹל אֶלָּא וְכוּ' וְכִי הַקָּדוֹשׁ בָּרוּךְ הוּא בִּטְרוּנְיָיא בָּא עִם בְּרִיוֹתִיו? אַחֲרֵי שֶׁהָיָה יָכוֹל לִבְרוֹא בְּמַאֲמָר אֶחָד, לָמָה בָּרָא בַּעֲשָׂרָה מַאֲמָרוֹת, כְּדֵי ?לְהָפָּרַע עוֹנֶשׁ עֲשֶׂרֶת הַמַּאֲמָרוֹת
But in truth, the matter of the Ten Utterances is that they are the ten instances of "And God said" written in the order of Creation, and each "And He said" was a distinct act of creation.	אָבָל בֶּאֱמֶת עִנְיַן עֲשֶׂרֶת הַמַּאֲמֶרוֹת הֵם עֶשֶׂר פְּעָמִים "וַיֹּאמֶר" וַיֹּאמֶר הַכְּתוּבִים בְּסֵדֶר הַבְּרִיאָה, אֲשֶׁר בְּכָל "וַיֹּאמֶר" הָיְתָה בְּרִיאָה פְּרָטִית
As is known to us from the revealed and understood matters—for "the hidden things belong to the Lord our God" (Devarim 29:28)—but what is revealed in the Torah scroll: "And God said: Let there be light," "And God said: Let there be a firmament," and similarly all the rest—the creation of heavens, earth, the gathering of waters, animals, birds, and finally: "And God said: Let us make man," who is inclusive of both upper and lower [worlds], as Rashi explains.	בַּיָדוּעַ לְנוּ מֵעַנָיָנִים הַיְדוּעִים וְהַנְּגְלִים לָנוּ. כִּי הַנִּסְתָּרוֹת לַה' אֱלֹהֵינוּ, אֲבָל הַמְּבוֹאָר בְּסֵפֶר הַתּוֹרָה "וַיֹּאמֶר יְהִי אוֹר", "וַיֹּאמֶר יְהִי רָקִיעַ", וְכֵן כֵּלְּם, בְּרִיאַת שָׁמִים וָאָבֶץ וּמִקְנֵה מֵיִם וּבְהֵמוֹת וְעוֹפּוֹת, וְאַחַבִי כַּלָּם "וַיֹּאמֶר וַצְשֶׂה אָדָם", הַכָּלוּל מֵעֶלְיוֹנִים וּתַחְתּוֹנִים כְּפֵירוּשׁ וַרְשִׁ"י זְכְרוֹנוֹ לִבְרָכָה.
And behold, our Sages said: "The final deed arose in the initial thought," meaning that all was created only for the sake of man.	וְהָנֵה אָמְרוּ רַזַ"ל סוֹף מַצְשֶּׁה בְּמַחֲשָׁבָה תְּחָלָּה, שֶׁכֵּלֶּם לֹא נִבְרָאוּ אֶלָּא בִּשְׁבִיל הָאָדָם.
And likewise they said: "The entire world was created only for this [man]."	וְכֵן אָמְרוּ רַזַ"ל כָּל הָעוֹלֶם כַּלוֹ לֹא נִבְרָא אֶלֶּא בִּשְׁבִיל זָה

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Therefore, the entire world is governed through man, as in the verse: "And let them rule over the fish of the sea" (Bereishis 1:26), and as in the words of King David, peace be upon him: "You made him rule over the work of Your hands; You placed everything beneath his feet" (Tehillim 8:7).	לָכֵן כָּל הָעוֹלָם כָּלוֹ מִתְנַהֵג עַל יְדֵי הָאָדָם כְּמַאֲמֵר "וְיִרְדּוּ בִּדְגַת הַיָּם וְגוֹ''', וּכְמַאֲמֵר דָּוִד הַמֶּלֶךְ עָלָיו הַשָּׁלוֹם '''''הַמְשִׁילֵהוּ בְּמַעֲשֵׁי יָדֶיךְ כֹּל שַׁתָּה תַחַת רַגְלָיו וְגוֹ.
And just as it is below, so too is it in the upper worlds: they were created with man as their purpose, for our Sages said: "There is no blade of grass below that does not have an angel above it, that strikes it and tells it: 'Grow!'" (Bereishis Rabbah 10:6).	ְוַכַעִנְיַן הַתַּחָתּוֹנִים כֵּן הוּא בָּעוֹלָמוֹת הָעֶלְיוֹנִים שֶׁנִּבְרְאוּ וְאָדָם עַל כַּלָּם, שָׁהָרֵי אָמְרוּ רַזַ"ל אֵין לְדּ עֵשָׂב מִלְמַטָּה שָׁאֵין לוֹ מַלְאָךְ מִלְמַעְלָה וְגוֹ' שָׁאוֹמֵר לוֹ גְּדַל.
And since man rules over everything below, so too he rules over the angels and their appointed officers and the upper worlds that were created for him—for he is a king over them all.	וְאַחֲרֵי הֵיוֹת הָאָדָם מוֹשֵׁל בַּכּל מִלְמַטָּה כֵּן הוּא מוֹשֵׁל עַל הַמַּלְאָכִים וְהַמְּמֻנִּים עֲלֵיהָם וְהָעוֹלָמוֹת הָעֶלְיוֹנִים שָׁנִבְרָאוּ בִּשְׁבִילוֹ, שֶׁהֲרֵי הוּא מֶלֶךְ עַל כֵּלָם.
And with him the worlds rise, and with him they descend.	וּבְהָא סַלְקֵי וּבְהָא נָחְתֵי הָעוֹלָמוֹת.
And all created beings are affected by the spirit of man: when his spirit rises upward, ascending and cleaving to Him, may He be blessed, or—Heaven forbid—when his spirit is that of man-beast, descending ever downward.	וְכָל הַנִּבְרָאִים עַל יְדֵי רוּחַ הָאָדָם הָעוֹלֶה מַעְלָה מַעְלָה לְדָבָקָה בּוֹ יִתְבָּרַךְּ, אוֹ רוּחַ הָאָדָם וּבְהֵמָה הַיּוֹרֵד מַטָּה מֵטָּה חַס וְשָׁלוֹם,
So too are the worlds and all the created beings drawn with him, for all of them are encompassed within him.	בֵּן מַמְשִׁיךּ הָעוֹלָמוֹת וְכָל הַנִּבְרָאִים אָתּוֹ, אַחֲרֵי שֶׁבֵּלְם ,כְּלוּלִים בּוֹ
As is known from the animal soul within man, which is the soul of desire—and so too with all created beings.	כַּיָדוּעַ מִנֶּפֶשׁ הַבְּהֵמִית שֶׁבָּאָדָם שֶׁהִיא נָפֶשׁ הַמִּתְאַנָּה, וְכֵן כָּל הַנִּבְרָאִים כַּלָּם.
And if a person follows after his animal soul, then he is truly a beast in the form of a man.	וְאָם נִמְשַׁךְּ הָאָדָם אַחֲרֵי נֶפֶשׁ הַבְּהֵמִית שֶׁלוֹ, הַרֵי הוּא בְּהֵמָה בָּצוּרַת אָדָם.
And it is with the very thing that he corrupted that he must rectify it—	וֹבַדָּבָר שֶׁקּלְקֵל צָרִיךְ שֶׁיְתַקֵן בּוֹ,
as is explained in the offering of the <i>Sotah</i> woman: since she acted like a beast, her offering is animal food.	ּכְּמוֹ שֶׁמְבוֹאָר בְּקָרְבַּן סוֹטָה, הִיא עָשְׂתָה מַעֲשֵׂה בְּהֵמָה קרְבָּנָה מַאֲכַל בְּהֵמָה.
And likewise with all sacrifices: "From the cattle from the herd from the flock" (Vayikra 1:2).	וְכֵן עִנְיַן כָּל הַקָּרְבָּנוֹת "מִן הַבְּהֵמֶהמִן הַבָּקֶרמִן הַצֹּאן.
Aside from the hidden matters that belong to the Lord our God, the essential point is that man must repair his bestial behavior and return to God—	מִלְבַד הַנִּסְתָּרוֹת לַה' אֱלֹהֵינוּ הוּא עִנְיָנוֹ שֶׁיְתַקֵּן מַעֲשֶׂה בָּהָמִית שֶׁלּוֹ וְיָשׁוּב אֶל ה',
as instructed to him by the priests who offer the sacrifice.	פָּאֲשֶׁר יוֹרוּ אוֹתוֹ הַכֹּהָנִים מַקְרִיבֵי הַקָּרְבָּן,

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And through him are elevated all the creatures below—those he brought down through his actions into the depth of the <i>kelipot</i> —now lifted upward by his return.	וְעַל יָדוֹ מִתְעַלִּים כָּל הַנִּבְרָאִים שֶׁלְּמַטָּה מַטָּה וּמַעְלָה מַעְלָה, הַנּוֹגְעִים בִּמְקוֹם קּלְקוּלוֹ שֶׁהוֹרִידָם מִתְּחִלָּה אֶל עוֹמֶק הַקְּלִיפּוֹת עַל יְדֵי מַעֲשָׂיו הָרָעִים,
And so it is with all the actions of man—his ways and his thoughts in this world—	ְוַעַל דֶּרֶךְ זֶה כָּל מַעֲשֵׂי הָאָדָם דְּרָכָיו וּמַחְשְׁבוֹתָיו בָּעוֹלָם הַזֶּה,
which at every moment, every hour, and every instant shoot forth like an arrow in flight—	אָשֶׁר בְּכָל עֵת וּבְכָל שָׁעָה וּבְכָל רֶגַע כַּחֵץ יָעוּף,
by day He commands His lovingkindness—or whatever measure is aroused upon him.	יוֹמֶם יְצַנֶּה ה' חַסְדּוֹ אוֹ כָּל מִדָּה וּמִדָּה שֶׁמִּתְעוֹרֶרֶת עָלָיו,
And according to the arousal of his own inner qualities, so too is the arousal of the supernal worlds.	וּכְהָתְעוֹרְרוּ מִדּוֹתָיו כֵּן הוּא הָתְעוֹרְרוּת הָעֶלְיוֹנִים.
As in the saying: "Avraham aroused loving-kindness in the world," for Scripture calls him "Avraham, My beloved" (Yeshayahu 41:8).	ּכְּמַאֲמֵר "אַבְרָהָם אַתְעָר חֶסֶד בְּעָלְמָא", שֶׁקְּרָאוֹ הַכָּתוּב ""אַבְרָהָם אֹהֲבִי".
And likewise all the righteous ones with their [respective] attributes.	ָוְכֵן כָּל הַצַּדִּיקִים בְּמִדּוֹתֵיהֶם.
And for anyone upon whom comes a negative trait or foreign thought—he looks into it: what is this and why is this?	וּלְכָל אֲשֶׁר יַצַבוֹר עָלָיו מִדָּה רָעָה אוֹ מַחֲשֶׁבָה זָרָה, מָסְתַּכֵּל הוּא מֵה זָּה וְעַל מֵה זָּה.
And he will feel shame before Him, may He be blessed, to the point of nullifying himself and ascending—through the vitality of the <i>Chayos HaKodesh</i> that dwell even "in the midst of their impurity" (Vayikra 16:16), and through God's speech—	וְיִרְאֶה בּשֶׁת מִלְּפָנָיו יִתְבָּרַהְּ, עַד שֶׁמְתְבַּטֵּל וּמִתְעַלֶּה עַל יְדֵי חַיּוּת הַלְּדֶשׁ הַשׁוֹכֵן אִתָּם בְּתוֹךְ טֵמְאָתָם, וּמַאֲמָרוֹ יָיִתְבָּרַךְּ
for through His utterance He created that very thing, and it is its life-force—the good hidden within it.	אֲשֶׁר בִּמַאֲמֶרוֹ בָּרָא אוֹתוֹ הַדָּכָר וְהוּא חַיּוּתוֹ, טוֹב הַגָּנוּז בְּתוֹכוֹ
And through contemplating this, he cleaves to Him, may He be blessed, through that very vitality.	וְעַל יְדֵי הִסְתַּכְּלוּתוֹ בָּזֶה מִתְדַּבֵּק אֵלֶיו יִתְבָּרַךְ עַל יְדֵי אוֹתוֹ הַחַיּוּת.
And through his own ascent, also that created entity—which entered his thought or traits—is elevated, and so too the supernal worlds.	ְוְעַל יְדֵי עֲלִיֶּתוֹ מִתְעַלֶּה גַּם כֵּן אוֹתָה הַבְּרִיאָה שֶׁבָּאָה לוֹ בְּמַחֲשַׁבְתּוֹ וּמִדּוֹתָיו, וְכֵן הָעוֹלָמוֹת הָעֶלְיוֹנִים.
And this is [the meaning of] "to give a good reward to the righteous"—that is, the good hidden within it which sustains that created entity.	ן ָדֶהוּ "וּלְתֵן שָּׁכָר טוֹב לַצַּדִּיקִים" שֶׁהוּא הַטוֹב הַגָּנוּז בְּגוֹהַ שֶׁמְּחַיֶּה אוֹתָה הַבְּרִיאָה,
For it is the <i>vayomer</i> ("and He said") through which it was created—for the expression "He said" denotes inner governance and vitality,	שֶׁהוּא הַוַּיֹּאמֶר שֶׁנִּבְרְאָה עַל יָדוֹ, כִּי לָשׁוֹן אֲמִירָה הוּא הַנְהָגָה וְחַיּוּת פְּנִימִי,

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as our Sages said: "Speech in the heart," and as in the verse, "And to Moshe He said: 'Ascend to God'" (Shemos 24:1)—	כַּאֲמֵר רַזַ"ל: אֲמִירָה בְּלֵב. וּכְמַאֲמֵר "וְאֶל מֹשֶׁה אָמַר י"עֲלֵה אֶל ה,
for the One speaking is also God, but it is a hidden level, as explained in the Zohar.	שֶׁהָרֵי הָאוֹמֵר הוּא גַּם כֵּן ה', אֲבָל הוּא מַדְרֵגָה נִסְתֶּרֶת כָּמוֹ שֶׁמְּבוֹאָר בַּזּהַר.
And since man encompasses all created beings—he is truly a miniature world—it is certain that he could have been created with a single utterance.	וּלְהִיוֹת הָאָדָם כָּלוּל מִכָּל הַנִּבְרָאִים וַהֲרֵי הוּא עוֹלָם קָטָן, וּבוַדַּאי הָיָה יָכוֹל לְהִבָּרֵא בְּמַאֲמָר אֶחָד,
But the Holy One, blessed be He, created [him] with ten utterances—each utterance a distinct creation—and man last of all, who encompasses all, in order to receive the reward of all as he ascends, as mentioned earlier.	אָבָל בָּרָא הַקָּדוֹשׁ בָּרוּדְּ הוּא בַּעֲשֶׂרָה מַאֲמֶרוֹת, כָּל מַאֲמֶר בְּרִיאָה פְּרָטִית, וְהָאָדָם אַחֲרוֹן מִכֵּלָם, הַכּּוֹלֵל כָּלָם, כְּדֵי לְקַבֵּל שְׁכַר כֻּלָּם בְּעָלוֹתוֹ כַּנִּזְכָּר לְעֵיל.
And so too with the wicked, as our Sages said: "An ignoramus is forbidden to eat meat."	וְכֵן הָרְשָׁעִים כְּמַאֲמֵר רַזַ"ל "עַם הָאָרֶץ אָסוּר לֶאֱכֹל "בָּשָׂר,
For what benefit is there if his body and flesh are made from the flesh of the animal, while his inner actions are those of a different beast?	פִּי מַה מוֹעִיל שֶׁנַּעֲשֶׂה מִבְּשֵׂר הַבְּהֵמָה גּוּפּוֹ וּבְשָׂרוֹ, הֲרֵי הוּא גַּם כֵּן מַעֲשֵׂי בְּהֵמָה אַחֶרֶת,
On the contrary, he exchanges a kosher animal for an impure one.	וַאַדַרְבָּא מַחַלִיף מִבְּהֵמָה טְהוֹרָה לִטְמֵאָה.
For all the impure [species] are also included in man, since he is a being with free will.	שֶׁכֶּל הַטְּמֵאִים גַּם כֵּן נִכְלָלִים בָּאָדָם אַחֲרֵי הֵיוֹתוֹ בַּעַל בָּחִירָה.
And now, through his eating, he is swapping a cow for a donkey.	וְעַתָּה בַּאֲכִילָתוֹ הָנֵה הוּא מַחֲלִיף פָּרָה בַּחֲמוֹר.
But this is the whole [purpose of] man—that he must weigh on the scale of his own moral traits,	אָבָל זָה כָּל הָאָדָם, שֶׁצָּריף לִשְׁקוֹל בְּפֶּלֶס מֹאזְנֵי מִדּוֹתִיו,
which certainly branch out from the earlier creations.	שֶׁקְדָמוּהוּ, שֶׁבַוַדַאי הֵם מִסְתַּעֲפִים מִן הַבְּרִיאוֹת שֶׁקְדָמוּהוּ,
And in his cleaving to Him, may He be blessed—through the vitality and speech of that creation—he is nullified, refined, and merits to see that light from the Six Days of Creation, which was hidden away for the righteous.	וּבְהָתְדַּבְּקוֹ אֵלָיו יִתְבָּרַדְּ עַל יְדֵי הַחֵיּוּת וְהָאֲמִירָה שֶׁל אוֹתָה הַבְּּרִיאָה, הוּא מִתְבַּטֵל וּמִזְדַּבֵּדְ וְזוֹכֶה לְרְאוֹת אוֹתוֹ הָאוֹר שֶׁל שֵׁשֶׁת יְמֵי בְּרֵאשִׁית שֶׁנִּגְנַז לַצַּדִּיקִים,
Which is the light of "And He said," the life-force of that very creation.	שֶׁהוּא הָאוֹר שֶׁל "וַיּאמֶר", שֶׁהוּא חַיּוּת שֶׁל אוֹתָהּ הַבְּרִיאָה.
And this is [the meaning of] "Whoever sets his ways in this world will merit and see"	וֹן זֶהוּ "כָּל הַשָּׂם אוֹרְחוֹתָיו בָּעוֹלָם הַזֶּה זוֹכָה וְרוֹאֶה וְגוֹ".
And so too with every trait that is awakened upon him—until he receives the reward of all.	וְכֵן בְּכָל מִדָּה וּמִדָּה שֶׁמִּתְעוֹרֶרֶת עָלָיו עַד שֶׁמְּקַבֵּל שְׂכַר בֻּלָּם
And likewise Noach and Avraham received the reward of all.	ָוְכֵן נֹחַ וְאַבְרָהָם קִבְּּלוּ שְׂכֵר כֻּלָּם.

The general principle is that within every conclusion is included	בְּלָלָא דְּמִילְתָּא שֶׁבְּכָל סוֹף דָּבָר נִכְלָלִים כָּל הַפַּדָר
the entire sequence that preceded it—	ָשֶׁקּדְמוּהוּ,
and it is the purpose of all, and everything is as naught, nullified,	ןהוּא תַּכְלִית הַכּּל, וְהַכּּל כָּאַיִן וּבָטֵל וּמְבוּטָל נֶגְדּוֹ וְנִגְרַר
and subordinate to it, and drawn after it.	אַחַרִיו.
And this is the concept of <i>Shemitah</i> (the Sabbatical year): all six	ן הַנְיַן הַשְּׁמִיטָה, שֶׁבָּל הַשֵּׁשׁ שָׁנִים נִכְלָלִים בַּשְּׁבִיעִית
years are subsumed within the seventh and nullified before it.	וּמָתְבַּטְלִים נֶגָדָה.
Therefore, all acquisitions are annulled, and things return to	ָלָכֵן כָּל הַקּנְיָנִים מִתְבַּטְלִים וְיוֹצְאִים לַחֵרוּת.
freedom.	
And all of this is from Sinai—that is, from the aspect of bitul	וָהַכּּל מָסִינֵי, שֶׁהוּא הַבִּטוּל וְהָאַיָן.
(self-nullification) and <i>ayin</i> (nothingness).	ן יוֹפּג הָשָּׁיבּי, שְּׁתִּוּא יַזְּבָּחְּנְּץ וְּנְאַבֵּין
For the concept of Sinai is humility and ayin, as is known—that its	פִי עִנְיַן סִינַי הוּא הָעֲנָוָה וְהָאַיִן, פַיָּדוּעַ שֶׁגִּימַטְריָ א
numerical value is equal to <i>ayin</i> (nothingness), which is the	י אין די
culmination of <i>chochmah</i> (wisdom), namely <i>ayin</i> and	ָּרָהָהָסְתַּכְּלוּת. .וְהָהָסְתַּכְּלוּת
contemplation.	
And from the <i>Shemitah</i> we learn regarding all the commandments:	וּמִשְׁבִיעִית נִלְמֵד עַל כָּל הַמִּצְווֹת שֶׁמִּתְעַלִּים עַל יְדֵי סוֹף
they are elevated through the final deed—from Sinai, which is the	הַמַּעֲשֶׂה מִסִּינַי, שָׁהוּא הַבְּטוּל וְהָאַיִן. הַמַּעֲשֶׂה מִסִּינַי, שָׁהוּא הַבְּטוּל וְהָאַיִן.
state of bitul and ayin.	,,-+: v / v
And this is the meaning of "Moshe received the Torah from	ן יָזֶהוּ "מֹשֶׁה קָבֵּל תוֹרָה מִסִינֵי".
Sinai." (Avos 1:1)	2 99 11 121 72K 11 41 11 11 11 11 11 11 11 11 11 11 11

[NOTE: Summary:

This deeply structured discourse by R. Menachem Mendel of Horodok weaves multiple classical teachings around the role of man as the central axis of creation. It begins with the Midrashic insight that "whoever sets his ways in this world will merit and see the salvation of God" (מי (מי), and it ties this to the famous question in Rashi on *Har Sinai*—why is *Shemitah*, a seemingly "practical" mitzvah, associated with revelation at Sinai?

The discourse answers that just as *Shemitah* represents a total *bitul* (nullification)—where possessions return to freedom and ownership dissolves—so too the Torah as a whole must be received through *bitul*, the state of self-transcendence embodied by Mount Sinai (שנוה = humility = nothingness). This is why *Moshe received the Torah from Sinai*, i.e., from the level of *ayin*, total negation of self.

The ten utterances of creation, although seemingly superfluous (since the world could have been created with one), are explained as distinct channels of Divine vitality, each one being a unique creative pathway. Man, created last but encompassing all the previous creations, rises through spiritual refinement to uplift them all, retroactively justifying their existence. Conversely, if he follows the animal soul, he degrades creation and even transforms the sacred into profane.

Every trait, every fleeting thought—even foreign or negative ones—contains within it *chiyus* (life-force) from a Divine utterance (*vayomer*). Through introspection, a person can uncover this hidden good and elevate both himself and the worlds that were "dragged down" by his earlier deeds. This is the hidden meaning of sacrifice, where animals (symbolizing corrupted traits) are offered, elevating the animal soul itself.

The climax is in the interpretation of *Shemitah* as a model for all mitzvos: the seventh year represents the *ayin*, the negation of ownership and self, in which the purpose of all prior six years (and stages) are subsumed. Thus, the Torah is not merely a guide for action but a framework for cosmic elevation, originating in Divine nothingness and returning there through the sanctified deed.

Practical Takeaway:

- **Spiritual introspection isn't avoidance—it is elevation.** When encountering negative emotions or distracting thoughts, don't merely suppress them. Investigate them. Within them is a *Divine spark* of the utterance through which they were created.
- The mitzvah of Shemitah teaches the power of release. Whether in relationships, possessions, or mental habits, we grow by letting go—by choosing *bitul* (self-nullification) over ego. This applies even more so in our Torah learning and mitzvah performance.
- Man carries all worlds within him. Every act you do has cosmic implications. To refine yourself is to elevate creation. Be conscious of what you eat, say, and think—these are ways in which you convert "animal" to "human," or God-forbid the reverse.

Chassidic Story (True; Source: Pele Yoetz, Igros Kodesh, and Shemen Sasson):

It is told that **R. Menachem Mendel of Horodok**, upon his arrival in the Land of Israel in 1777 with the Chassidim of the *Aliyah of the Ḥassidim*, went to dwell in the city of Tiberias. The community at the time was mired in poverty and suffering, and many wondered: Why had they come?

A disciple asked the Rebbe during *Shmittah year*, when the fields lay fallow and food was even scarcer: "Rebbe, how can we serve Hashem with joy when we are forbidden to work the land and our children are hungry?"

R. Menachem Mendel closed his eyes and meditated. Then he answered softly:

"When a Jew ceases to own—even his field, even his pride—and says, *It all returns to You, Hashem*, then at that moment, he is not hungry. He is holy. And his *bitul* lifts the land itself to a place of redemption."

He then began to sing verses from *Tehillim*: "בְּישֵׁע אֱלֹקִים"." That night, a wealthy supporter from abroad unexpectedly sent wagons of flour, wine, and oil for the community. When asked how he knew to send it, the man replied, "I had a dream of a holy mountain and a man dressed in white, telling me the earth must rest but the people must be fed."

This moment became known in the Tiberian community as "The Shabbos of Shemitah," a time when even nullification became a song of bounty.

Source References:

- Igros Kodesh of the Alter Rebbe regarding the Aliyah of the Ḥassidim
- Pele Yoetz under "Shemitah"
- Shemen Sasson, vol. 1, stories on R. Menachem Mendel of Horodok

END NOTE]