

#### Introduction

This discourse by **Rabbi Menachem Mendel of Horodok** explores the essence of divine service through physicality, the true nature of reward and blessing, and the elevation of material desires when aligned with Hashem's will. Rabbi Menachem Mendel of Horodok (d. 1788) was a senior disciple of the Maggid of Mezritch and an early leader of Chassidus in White Russia and later in Eretz Yisrael. He led a large aliyah of Chassidim to Tiberias and authored *P'ri HaAretz*, a foundational Chassidic text. This discourse, centered around the verse "רְאֵה אָנֹכִי נוֹתֵן לִפְנִיכֶם הַיּוֹם בְּרָכָה וּקְלָלָה", analyzes the concept of berachah (blessing) from its mystical roots through its practical implications in mitzvos, middos, and even bodily function.

On their statement of blessed memory: "One who does not have earth to cover [blood], he grinds a gold dinar and covers [with that]" (Chullin 84a).	עַל מַאֲמָרֶם ז״ל מִי שֶׁאֵין לוֹ עָפָר לְכַסּוֹת שׁוֹחֵק דִּינֵר זָהָב וּמְכַסֶּה.
He opened with the portion "See, I am giving before you today" (Devarim 11:26), "the blessing that you shall listen" etc.	פָּתַח בְּפָרָשַׁת רְאֵה אָנֹכִי נוֹתֵן וְגוֹ׳ אֶת הַבְּּרָכָה אֲשֶׁר הִשְׁמְעוּ וְכו׳,
And first we must explain the statement of our Sages, of blessed memory—	ּוּבַתְּחָלָּה צָּרִיךְ לְבָאֵר מַאֲמֶרֶם זִּכְרוֹנֶם לִבְרָכָה
the question of Reish Lakish to Rabbi Yochanan on the verse "You shall surely tithe" (Devarim 14:22),	שְאֵלַת רֵישׁ לָקִישׁ לְרַבִּי יוֹחָנָן עַל פָּסוּק עַשֵּׂר הְעַשֵּׂר,
and he responded to him: "Tithe, so that you shall become wealthy." (Ta'anis 9a)	ָרְהַשִּׁיב לוֹ: עַשֵּׂר בִּשְׁבִיל שֶׁתְעַשֵּׁר.
And he asked: "But is it permitted to test the Holy One, blessed be He?"	יְהָקְשָׁה: וּמִי שָׁרֵי לְנִסוּיֵי לְהַקָּדוֹשׁ בָּרוּךְ הוּא ?
And he answered: "Yes! As it is said (Malachi 3:10), 'And test Me now with this, says Hashem"	וְהַשִּׁיב: אֵין! כְּמוֹ שֶׁנָּאֱמֵר וּבְחָנֵנִי נָא בָּזֹאת וְגוֹי.
And the matter is along the lines of what our Sages, of blessed memory, said:	וְהָעִנְיָן הוּא עַל דֶּרֶךְ אָמְרָם ז״ל—
"One who says: 'This sela is for charity on the condition that my son will live'—he is a completely righteous person" (Rosh Hashanah 4a).	הָאוֹמֵר סֶלַע זֶה לִצְדָקָה עַל מְנָת שֶׁיִחְיֶה בְנִי—הֲרֵי זָה צַדִּיק גָּמוּר.
And the question is strong: Why should he be called a completely righteous person?	רָנְהָרָ עִצוּמָה—לָמָה יִהְיֶה עוֹד צַדִּיק גָּמוּר?

But the matter is along the lines of what they said, of blessed memory:	אַבָל הָעִנְיָן הוּא עַל דֶּרֶךְ אָמְרָם ז״ל——
"One who betroths a woman on the condition that I am a completely righteous person—she is betrothed,	הַמְקַדֵּשׁ אֶת הָאִשֶּׁה עַל מְנָת שֶׁאֲנִי צַדִּיק גָּמוּר—הָרֵי זוֹ מְקוּדְּשֶׁת,
for perhaps he had a thought of repentance in his heart" (Kiddushin 49b).	וֹשֶּׁשֶּׁא הָרְהֵר הְּשׁוּבָה בְּּלְבּוֹ
That the wonder is great and immense before G-d—	אֲשֶׁר הַתְּמִיָּה גְּדוֹלָה וְרַבָּה לֵאֱלֹקִים—
for repentance must be with his whole heart, to return from the sins in his hand,	שָׁהָרֵי הַתְּשׁוּבָה צָרִידְּ לִהְיוֹת בְּכָל לְבּוֹ לְשׁוּב מֵצֲבֵירוֹת שֶׁבְּיָדוֹ,
to regret their doing—	רָט עַל עֲשִׂיָּתָם,
and how is it possible in one moment to return from his actions,	וְאֵיךְ הַדָּבֶר אֶפְשָׁרִי בִּרְגָע אֶחָד לְשׁוּב מִמַּעֲשָׂיו,
to change that which was loved and habituated until now—	לְשַׁנּוֹת אֶת הָאָהוּב וְהַמּוּרְגָּל עַד הַנָּה—
which are the sins and lusts that are what they are—	שֶׁהֵם הָעֲבֵירוֹת וְהַתַּאֲווֹת מֵה שֶׁהוּא,
and on the contrary, to love Hashem, may He be blessed, and His commandments,	וּבְהֶפֶךְ לֶאֱהוֹב אֶת ה' יִתְבָּרַךְ וּמִצְוֹתָיוּ,
which he hated until now and was not habituated in their practice?	אֲשֶׁר שָׂנֵא עַד הַנָּה וְלֹא הוּרְגַל בְּמַעֲשֵׂיהָם.
For behold, "This opposite that made G-d" (Koheles 7:14),	שָׁהַרֵי אֶת זָה לְעָמַת זֶה עָשָׂה הָאֱלֹקִים,
and the acts of lusts and physicality and other sins	וֹת וּגְשׁמִיּוּת וּשְׁאָרֵי עֲבֵירוֹת—וּמַעֲשֵׂה הַתַּאֲוֹוֹת וּגְשׁמִיּוּת וּשְׁאָרֵי
are from the side of impurity and the klipah,	הָם מִסְּטָרָא אַחֲרָא וּקְלִיפָּה,
and when a person is drawn after them—he is literally klipah and sitra achra,	אֲשֶׁר הָאָדָם בְּהָמֶּשְׁכוֹ אַחֲרֵיהֶם—הוּא קְלִיפָּה מַמֶּשׁ וּסִטְרָא אַחֲרָא,
and is opposed to Hashem, may He be blessed.	קרָנְגַד לַה' יִתָּ <del>כָּ</del> רָן.
And in what way, according to nature, is it possible to be transformed into one who loves Him and returns to Him?	וּבְאֵיזֶה דֶרֶךְ הַשָּׁבַע יָכוֹל לְהִתְהַפֵּךְ לְאֹהֲבוֹ וְלָשׁוּב אַלָיו?
And likewise, what is the matter that the Holy One, blessed be He,	רָכֵן מַהוּ הָעִנְיָן שֶׁהַקָּדוֹשׁ בָּרוּךְ הוּא —ַּרְבַן
accepts the baal teshuvah with both His hands immediately,	אָקַבֵּל לְבַעַל הְשׁוּבָה בִּשְׁתֵּי יָדָיו תֵּכֶף וּמִיָּד,
once he has left his evil deeds and refrains from doing them again—	אֲשֶׁר הִנִּיחַ אֶת מַעֲשֶּׁיו הָרָעִים מִלַּעֲשׂוֹתָם עוֹד,

בְּלִי שׁוּם טִצְדְּקוּת בָּעוֹלָם עַל מַה שֶּׁעָשָׂה כְּבָר,
אָדֶם לַחֲבֵרוֹ בַּטֶבַע בֵּין אָדָם לַחֲבֵרוֹ
שֶׁהְמְרָה וְהִכְעִיס אֶת חֲבֵרוֹ לַאֲלָפִים, וְאַחַר כָּךְ הִנִּיחַ מֵצֵשׂוֹתָהּ
וְכִי בִּשְׁבִיל זֶה לֹא יַחֲשׁוֹב וִיגַלְגֵּל עָלָיו מֵה שֶׁעָבַר, אָם לֹא בְּהַרְבּוֹת פִּיּוּסִים?
מַה שֶּׁאֵין כֵּן הַבַּעַל תְּשׁוּבָה דְאוֹרָיִיתָא—בְּחָרָטָה יַנְעַזִיבַת הַחֵטָא לָעוֹלֶם דַּי?
אֲבָל הָעַנָיָן הוּא כְּמוֹ שֶׁאָמְרוּ רַבּוֹתֵינוּ זְכְרוֹנָם לִבְרָכָה בַּש״ס וּבַוּהַר—
ָכִּי הַתְּשׁוּבָה נִבְרְאָה קוֹדֶם בְּרִיאָת הָעוֹלָם,
וּבָה נִבְרָא הָעוֹלָם,
מְפָּנֵי קִטְרוּג הַמַּלְאָכִים עַל בְּרִיאַת הָאָדָם.
ָןאָמְרוּ: זְמִין הוּא לְאַרְגְּזֵי קָמָדְ וּלְמֶחֲטֵי קָמָדְ.
קָּכָךְ בָּאָה הַתְּשׁוּבָה שֶׁיֵבָרֵא הָעוֹלָם בָּה—
ָשֶׁאָם יָשׁוּב—מִיָּד יְקַבְּלוּהוּ, יִהְיֶה אֵיךְ שֶׁיִּהְיֶה.
ָבָּלְתִּי הַבָּנַת הָעִנְיָן לְעָמְקוֹ,
עַל כָּל פָּנִים שָׁמַעְנוּ שֶׁהָעוֹלָם נִבְרָא בְּמִדַּת הַתְּשׁוּבָה.
נִמְצָא מֻכְרָח מִמֵּילָא עַל כָּל פָּנִים—
שֶׁכֹּחַ הַתְּשׁוּבָה תָּקוּעַ בְּכָל בְּרִיאַת הָעוֹלָם.
וָכַן וְעִקֶּר בְּתוֹךְ הָאָדָם,
שֶׁהוּא עוֹלָם קָטָן כָּלוּל בְּכָל הָעוֹלָמוֹת הַמִּשְׁתַּלְשְׁלִים מֵאִתּוֹ יִתְבָּרַךְּ,
שָׁהָרֵי כֹּחַ הַפּוֹצֵל בַּנְפְעָל.
וְלָכֵן בְּכָל מָקוֹם אֲשֶׁר יִמָּצֵא הָאָדָם אֶת וַפְּשׁוֹ
אָפָלוּ בַּעֹמֶק הַקְּלִיפּוֹת,

meaning, when he remembers himself—	רְצוֹנִי לוֹמֵר: כְּשֶׁיִזְכֹּר אֶת עַצְמוֹ—
how teshuvah preceded the world, and the world was created with it,	אֵיף הַתְשׁוּבָה קָדְמָה לָעוֹלָם וְהָעוֹלָם נִבְרָא עִמָּה,
and likewise man—	וְכֵן הָאָדָם—
it emerges, at the very least, that the power of teshuvah is embedded within him.	וַבְאָצָא עַל כָּל פָּנִים שֶׁכֹּחַ הַתְּשׁוּבָה הָקוּעַ בּוֹ.
And if he awakens within himself the power of teshuvah,	רְאָם יְעוֹרֵר בְּעַצְמוֹ אֶת כֹּחַ הַתְּשׁוּבָה—
to connect to it and to draw [himself] to its source, which is the root of his creation,	לְהָתְקִשֵּׁר אֵלֶיהָ וּלְהַמְשִׁיךּ אֶל שֶׁרְשָׁה שֶׁהוּא שׁׁרֶשׁ בְּרִיאָתוֹ,
and of his nature and qualities— and it precedes him—	וּטָבְעוֹ וּמִדּוֹתָיו וְהִיא קוֹדֶמֶת אֵלָיו
then automatically he will be transformed and changed from his nature and habit,	ָמְמֵילָא יִתְהַפֵּךְ וְיִשְׁתַּנֶּה מִטִּבְעוֹ וְהַרְגֵּלוֹ,
for he has ascended above the natural,	ָשֶׁהָרֵי נִתְעַלָּה לְמַעְלָּה מֵהַטִּבְעִי,
and has been shifted to the root of his creation and of the creation of all the worlds.	וָנֶעֱתַק אֶל שֹׁרֶשׁ בְּרִיאָתוֹ וּבְרִיאַת כָּל הָעוֹלָמוֹת כַּלְּם.
It thus emerges that his beginning and his end are from Hashem, may He be blessed—	ָנִמְצָא שֶׁתְּחָלָּתוֹ וְסוֹפוֹ מִן ה' יִתְבָּרַךְ,
as the saying goes: "One who comes to purify, they assist him" (Yoma 38b).	ָנְמָאֹמֵר: הַבָּא לְּטָהֵר—מְסַיְּעִין לוֹ.
Only the awakening must come from the person.	רַק הַהָּתְעוֹרְרוּת צָּרִיךְ לִהְיוֹת מָן הָאָדָם,
And after he is aroused and connects to a supernal power,	וָאַחַר שֶׁמְתְעוֹרֵר וּמִתְקַשֵּׁר בְּכֹחַ עֶלְיוֹן,
and refrains from doing his previous deeds—	-וּמֵנִיחַ מֵעֲשׂוֹת מַעֲשָׂיו הַקּוֹדְמִים
Through this, the attribute of teshuvah rests upon him—	עַל יְדֵי זֶה חָל עָלָיו מִדַּת הַתְּשׁוּבָה,
for there is no barrier to Hashem to bring salvation, for He is awesome.	פִּי אֵין מַעְצוֹר לַה׳ לְהוֹשִׁיעַ, כִּי נוֹרָא הוּא.
And this is: "Return to Me"—by the power of teshuvah that is within you—"and I will return to you," to assist you.	וְזֶהוּ שׁוּבָה אֵלֵי—בְּכֹחַ הַתְּשׁוּבָה שֶׁבָּכֶם—וְאָשׁוּבָה אֲלֵיכָם, לְסַיֵּעַ אֶתְכֶם.
And this is [the meaning of] "the Chayos run and return" (Yechezkel 1:14)—	וֶזֶהוּ וְהַחֵיּוֹת רָצוֹא וָשׁוֹב —
that the power of teshuvah within you is embedded in all the Holy Chayos,	שֶׁכֹּחַ הַתְּשׁוּבָה שֶׁבָּכֶם תָּקוּעַ בְּכָל חַיּוֹת הַקּדֶשׁ,

and all the more so in man, who is a complete world.	וּכָל שֶׁכֵּן בָּאָדָם שֶׁהוּא עוֹלָם מָלֵא.
And after reaching through teshuvah to a level above and prior to the creation of worlds and attributes—	ןאַחַר שֶׁמַּגִּיעַ בְּמַצְלַת הַתְּשׁוּבָה לְמַנְלָה וְקוֹדֶם בְּרִיאַת —הָעוֹלָמוֹת וְהַמִּדּוֹת
it follows automatically that now he is newly born.	מִמֵילָא הוּא שֶׁעַכְשָׁו נוֹלַד הוּא.
And this is [the meaning of] "a baal teshuvah is like a newborn child."	וְזֶהוּ שֶׁבַּעַל תְשׁוּבָה כְּקָטָן שֶׁנּוֹלַד דָּמֵי.
In straight formation, as Elokim created man upright upon the earth.	בְּתוֹלָדָה יְשָׁרָה, כַּאֲשֶׁר בָּרָא אֱלֹקִים אֶת הָאָדָם יָשָׁר עַל הָאָרֶץ.
And this matter is all-inclusive in Torah and mitzvos:	ּוְדְבַר זֶה כְּלָל בְּדוֹל בַּתּוֹרָה וּבַמִּצְוֹת
to draw upon oneself the sanctity of that mitzvah,	ָלְהַמְשִׁיךְ עַל עַצְמוֹ קְדָשַׁת אוֹתָה מִצְוָה,
and to sanctify oneself through its holiness,	ָהְלָהָתְקַדֵּשׁ בִּקְדָשְׁתָה,
and to draw living waters into his vessels—	וּלְשָׁאֹב מַיִם חַיִּים אֶל כֵּלָיוּ,
in such a way that he will see that he himself is included in Torah and mitzvos.	בְּאֹפֶן שֶׁיַּרְאֶה עִנְיָן הֶיוֹתוֹ הוּא עַצְמוֹ כָּלוּל מִן הַתּוֹרָה רָהַמָּצְוֹת.
And he needs only to awaken in the mitzvah the power of that mitzvah which is embedded within him,	וְאֵין צָרִידְ רַק לְעוֹרֵר בַּמָּצְוָה כֹּחַ אוֹתָהּ מִצְוָה הַתָּקוּעַ בְּעַצְמוֹ
and to connect with it through the supernal power—its root.	וּלְהָתְקַשֵׁר בָּה בַּכּתַ הָעֶלְיוֹן שָׁרְשָׁם.
Then he will be affected practically to perform that mitzvah,	אוֹ אָז יִתְפַּעֵל בְּפֹעַל מֵעֲשֵׂה אוֹתָה מִצְוָה,
for they are the acts of G-d, Who unifies all in oneness.	ָּכִי מַעֲשֵׂה אֱלֹקִים הַמָּה, הַמְיַחֵד אֶת הַכּּלֹ בְּאֶחָדוּת.
Not so when a person performs mitzvos and good deeds and teshuvah according to his intellect—	מַה שֶׁאֵין כֵּן כְּשֶׁאָדָם עוֹשֶׂה מִצְוֹת וּמַעֲשִׂים טוֹבִים —וּתְשׁוּבָה לְפִי שִׂכְלוֹ
"A man is praised by his understanding," but one who turns from evil becomes mocked—	יָהַלַּל אִישׁ וְסָר מֵּרֶע שֶׁמִּתְהַלֵּל,
for were it not for the Holy One, he would not succeed in changing.	שָׁאִלְמֶלֵא הַקָּדוֹשׁ בָּרוּךְ הוּא לֹא הָיָה בְּהַעְתָּקֶה—אֵינוֹ יָכוֹל לוֹ,
And [he] becomes materialized even in his good deeds.	וּמְתָגַשֵׁם בְּמַעֲשָׂיו הַטוֹבִים גַם כֵּן.
Not so as previously mentioned—	מַה שֶׁאֵין כֵּן כְּנַ״ל—ַ
where the person does nothing but merely awakens through the deed the power of the Torah or mitzvah.	שֶׁהָאָדָם אֵינוֹ עוֹשֶׂה כְּלוּם, כִּי אָם מְעוֹרֵר בַּמַּעֲשֶׂה אוֹתוֹ כֹּחַ הַתּוֹרָה אוֹ הַמִּצְוָה.
Then the teshuvah creates him through it, and he becomes connected through it,	אָזֵי הַתְּשׁוּבָה נִבְרָא הוּא עַל יָדָה וּמִתְקַשֵּׁר בָּה,

and he ascends in this elevation to the place of his root and the	
place of his vitality.	ָוְעוֹלֶה הוּא בְּמַעֲלָה זוֹ אֶל מְקוֹם שָׁרְשׁוֹ וּמְקוֹם חַיּוּתוֹ.
And from there he becomes blessed,	רָמְשָׁם מִתְבָּרַדְ,
for "there Hashem has commanded the blessing" (Tehillim	ָכִי שֶׁם צִוָּה ה׳ אֶת הַבְּרֶכָה,
133:3)—	77 <del>1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 </del>
which is called "day" and "gathering of waters," a supernal reservoir, the life of the King—	שֶׁהוּא נָקֶרָא יוֹם וּמִקְוֵה מֵיִם, בְּרֵיכָה עֶלְיוֹנָה, חַיֵּי הַמֶּלֶךְּ
as is known in Nedarim, where our Sages said: "Like one who vows by the life of the King."	ַבַּיָּדוּעַ בִּנְדָרִים שֶׁאָמְרוּ חֲזַ״ל: כְּנוֹדֵר בְּחַיֵּי הַמֶּלֶךְ.
Which is not the case with an oath, which is like swearing by the King Himself.	מַה שָׁאֵין כֵּן בִּשְׁבוּעָה שֶׁהוּא כְּנִשְׁבָּע בַּמֶּלֶךְ עַצְמוֹ.
And through this, he becomes connected to his root and essence—	ּבָזֶה מִתְקַשֵּׁר בְּעָקָרוֹ וְשָׁרְשׁוֹ
to faith, that he believes all the powers of Torah and teshuvah are embedded within him,	הַלֹּא לֶאֱמוּנָה שֶׁמַּאֲמִין שֶׁכָּל כּחוֹת הַתּוֹרָה וְהַתְּשׁוּבָה הָקִקוּעַ בְּעַצְמוֹ,
and within all of creation, and One G-d created them all—	וּבְכָל בְּרִיאַת הָעוֹלָם, וְאֵל אֶחָד בְּרָאָם,
and his spirit and soul he shall gather to Him with all his strength—	וְרוּחוֹ וּנְשֶׁמָתוֹ אֵלָיו יֶאֱסֹף בְּכָל כּחוֹ,
as the verse says (Yirmiyahu 4:1), "If you return, O Israel, to Me shall you return."	בְּמַאֲמֶר: אָם תָּשׁוּב יִשְׂרָאֵל—אֵלַי תָּשׁוּב.
And this is [the meaning of] "One who says: This sela is for charity so that my son shall live—he is a completely righteous person" (Rosh Hashanah 4a)—	וְזֶהוּ הָאוֹמֵר: סֶלַע זוֹ לְצְדָקָה בִּשְׁבִיל שֶׁיִחְיֶה בְנִי—הָרֵי זָה צַדִּיק גָּמוּר,
because he believed in Hashem, and it was accounted to him as righteousness (Bereishis 15:6),	ָּבִי הָאֱמִין בַּה׳, וַיַּחְשְׁבֶהָ לּוֹ צְדָקָה,
and he believes that the attribute of tzedakah has a supernal power and root—	יּמַאָמִין שֶׁמִדַּת הַצְּדָקָה יֵשׁ בָּה כֹּחַ וְשֹׁרֶשׁ לְמַעְלָה—
to give insight to the poor, which is the Shechinah, which is called "Tzedakah."	לְמַשְׂכִּיל אֶל דָּל, שֶׁהִיא הַשְּׁכִינָה שֶׁנִקְרֵאת צְדָקָה,
For when Tzedek is revealed, she is called "Even HaTzedek" (stone of righteousness),	ָּבִי דְאָתְגַלִּיאַ צֶדֶק—ןְאָתְקָרְיָיא אֶבֶן הַצֶּדֶק,
from the side of Chochmah.	מָסִטְרָא דְּחָרְמָה.
And "sela" is called "even" (stone)—this is "this sela for tzedakah,"	, וְסֶלַע נִקְרָא אֶבֶן—זֶהוּ סֶלַע זוֹ לִצְדָקָה

as is known—this is the unification of the Holy One, blessed be He.	אָהוא יָחוּד קַדְשָׁא בְּרִיךְ הוּא —שָׁהוּא יִחוּד קַדְשָׁא
And he believes there is power in this mitzvah to draw life to the heart,	וּמַאָמִין שָׁיֵשׁ כּּחַ בְּמִצְוָה זוֹ לְהַמְשִׁיךּ חַיּוּת לְלְבָן,
for the Torah and the mitzvah are the life of the worlds, as mentioned above.	פִי הַתּוֹרָה וְהַמִּצְוָה הֵן חַיֵּי הָעוֹלָמוֹת כְּנִזְכָּר לְעֵיל.
And now, as he performs this mitzvah, he desires through it to connect above the middos and prior to the creation of the world—	וְעַמָּה בַּעֲשׂוֹתוֹ מִצְוָה זוֹ רוֹצֶה בָה לְהָתְקּשֵׁר עִמָּה קמַעְלָה מִן הַמִּדּוֹת וְקוֹדֶם בְּרִיאָת הָעוֹלָם—
to the place of the Life of all Worlds.	לָמְקוֹם חַיֵּי הָעוֹלָמִים.
And the well-trodden path by which he ascends and becomes connected to his root—	ּקָדֶרְךְ הַכְּבוּשָׁה שֶׁעוֹלֶה וּמִתְקַשֵּׁר בְּשֶׁרְשָׁה —
it is the public path through which vitality flows into all the worlds.	הוּא הַשְּׁבִיל הָרַבִּים שֶׁהַחַיּוּת נִשְׁפָּעִים אֶל כָּל הָעוֹלָמוֹת.
And this is: "So that my son shall live"—as is known that the worlds and the middos of the seven days of creation are called "ben Y-H."	וְזֶהוּ: בִּשְׁבִיל שֶׁיִחְיֶה בְּנִי, כִּיְדוּעַ שֶׁהָעוֹלֶמוֹת וְהַמִּדּוֹת שֶׁבְּשָׁבְעַת יְמֵי הַבִּנְיָן נִקְרָא בֵּן י־״ה.
And for this reason, teshuvah is called "Binah"—for it is the place of contemplation, as explained in the maamar.	וְעַל שֵׁם כָּךְ נִקְרֵאת הַתְּשׁוּבָה "בִּינָה", שֶׁהִיא מְקוֹם הַתְבּוֹנְנוּת, כַּמְבוֹאָר בַּמַּאֲמָר.
And through contemplation comes transformation—	ָוְעַל יְדֵי הָתְבּוֹנְנוּת הוּא הַהִּשְׁתַנוּת,
and "wisdom gives life to those who possess it" (Koheles 7:12), for there is the source of life.	וְהַחָּכְמָה תְּחַיֶּה בְעַלֶּיהָ, כִּי שָׁם מְקוֹר הַחַיִּים.
And this is [the meaning of] "shall live my son"—"ben Yud," for Yud is Chochmah, the source of all.	וְזֶהוּ "יְחָיֶה בְּנִי", בֵּן "י'", כִּי "י'" הִיא חָכְמָה, מְקוֹר הַכֹּל
If so, he is certainly a completely righteous person—	ןָאָם כַּן, בְּוַדָּאי הוּא צַדִּיק גָּמוּר,
for a completely righteous person is one who connects the upper worlds with the lower ones.	כִּי צַדִּיק גָּמוּר הוּא הַמְקַשֵּׁר הָעוֹלְמוֹת הָעֶלְיוֹנִים עִם הַתַּחְתּוֹנִים.
And this is: "Tithe so that you shall become wealthy" (Ta'anis 9a)—	ןוֶדָהוּ: "עַשֵּׂר בִּשְׁבִיל שֶׁתְעַשֵּׁר",
"for the sake of" (bishvil) specifically—	"אָקָא" דַּןקָא" דָןקָא.
for it is that very path ("shvil") embedded in him—	ָשֶׁהוּא אוֹתוֹ שְׁבִיל הַהָּקוּעַ בְּעַצְמוֹ,
the power of this mitzvah—whereby he becomes wealthy as well.	בֹתַ מִצְוָה זוֹ שֶׁמְתְעַשֵּׁר גַם הוּא בְּעַצְמוֹ.

And automatically he is blessed from the source of blessings,	וּמִמֵּילָא מִתְבָּרֵךְ מִמְּקוֹר הַבְּרָכוֹת,
which is the root and origin and source of the path—	שֶׁהוּא שׁרֶשׁ הַתְּחָלָּה וּמוֹצָא הַשְּׁבִיל,
which is the supernal blessing.	ָּטֶהוּא בְּרָכָה עֶלְיוֹנָה.
If so, he is not testing the Holy One, blessed be He—	אָם כֵּן, אֵינֶנָּה מְנַסָּה לַ'ה׳ יִתְבָּרַךְּ,
only that his intention is to draw the Life of the King from the Life of all Worlds,	רַק שֶׁכַּוָנָתוֹ לְהַמְשִׁיךּ חַיֵּי הַמֶּלֶךְ מֵחַיֵּי הָעוֹלָמִים,
and [to draw] blessings upon the head of the righteous.	וּבָרָכוֹת לְרֹאשׁ צַדִּיק.
And even though he knows that through this he will certainly become wealthy and blessed—	אַף שֶׁיוֹדֵעַ שֶׁבוַדַּאי עַל יְדֵי זֶה יִתְעַשֵּׁר וְיִתְבָּרֵךְ גַּם הוּא—הוּא
what of it, if his sole intention is to cleave to the Living Life?	מַה בְּכָדְ, אָם כַּוָנָתוֹ רַק לְהָדָּבֵק בְּחֵי הַחַיִּים?
Moreover, even the simplest faith—that the mitzvah causes unification and an increase of blessing from Above to below—	וְאוֹלָם, גַם הָאֱמוּנָה כִּפְשׁוּטָה—שֶׁהַמִּצְוָה גּוֹרֶמֶת יִחוּד —וְתוֹסֶפֶת בְּרָכָה מִלְמַעְלָה לְמַטָּה
and he performs the mitzvah of giving only so that he will become wealthy or that his son shall live—	ְעוֹשֶׂה מִצְוַת הַנְּתִינָה רַק כְּדֵי שֶׁיִּתְעַשֵּׁר אוֹ שֶׁיִחְיֶה בְּנוֹ
it effects its true impact.	אֶמֶת פָעוּלָתוֹ אֱמֶת.
For his faith is so strong that the deed arouses the faith and the vitality.	אַחֲרֵי שֶׁצֶמוּנָתוֹ חַזָּקָה כָּל כָּךְ שֶׁגוֹרֵם הַמַּצְשֶׂה מְעוֹרֵר הָצֶמוּנָה וְהַחַיּוּת.
And this is: "The righteous lives by his faith" (Chavakuk 2:4),	"וְזָהוּ: "צַדִּיק בָּאֱמוּנָתוֹ יִחְיֶה,",
and "the reward of a mitzvah is the mitzvah" (Avos 4:2)—	"ן"שְׂכַר מִצְוָה—מִצְוָה,
for he desires to give, he scatters [his wealth], and more is added to him—so he may give again one hundred times.	פֵיוָן שֶׁמִּתְאַנָּה לָתֵת—מְפַזֵּר, וְנוֹסָף עוֹד בְּּכְדֵי שֶׁיַחֲזוֹר וִיִתַן מֵאָה פְּעָמִים.
And this is: "See, I [give]"—	ןֹזֶהוּ: "רְאֵה, אָנֹכִי
for "see" is Chochmah, as the saying goes: "My heart has seen much wisdom" (Koheles 1:16),	שֶׁ"רְאֵה" הוּא חָכְמָה, כְּמַאֲמָר: "לִבִּי רָאָה הַרְבֵּה "חָכְמָה,
and "Anochi" refers to Binah.	וּפֵירוּשׁ "אָנֹכִי" הוּא בִּינָה.
For the three first [sefiros]—Kesser, Chochmah, Binah—are not called by name, but rather "I."	שֶׁג׳ רִאשׁוֹנוֹת—כֶּתֶר, חָכְמָה, בִּינָה—אֵינָן נִקְרָאִים "[בְּשֵׁם], אֶלָּא "אֲנִי,
And the "chaf" [of Anochi] is Kesser.	ַרָהָפֶ״ף הוּא כֶּתֶר.
And this is: "I place before you today"—	"וְזֶהוּ: "נוֹתֵן לִפְנֵיכֶם הַיּוֹם
meaning, that "today," which is Anochi, which is Binah, which is teshuvah—	פֵּירוּשׁ: שֶׁהַיּוֹם הַהוּא, שֶׁהוּא "אָנֹכִי", שֶׁהוּא "בִּינָה", —שֶׁהִיא הַתְּשׁוּבָה

behold, it precedes and is before the middos and the seven days of construction.	הָנֵה קוֹדֶם וְלִפְנֵי הַמִּדּוֹת וּשְׁבַעַת יְמֵי הַבִּנְיָן.
And this is [the meaning of] that He said "before you" in plural form—	וָזָהוּ שֶׁאָמַר "לִפְנֵיכֶם" לָשׁוֹן רַבִּים—
and on that very day are included both the blessings and the curses,	וּבְאוֹתוֹ הַיּוֹם נִכְלָלִים הַבְּרָכוֹת וּקְלָלוֹת,
for judgments are aroused from it.	הַּנִין מָתְעָרִין מָבַּה.
And this is: "The blessing, that you shall listen"—	אָשֶׁר הִּשְׁמְעוּ - "ן זֶהוּ: "אֶת הַבְּרָכָה אֲשֶׁר הִּשְׁמְעוּ
as is known regarding the intent of the phrase "Who sanctified us"—	אָשֶׁר קִדְשָׁנוּ "אֲשֶׁר - בַּיָּדוּעַ מִכַּוָּנַת "אֲשֶׁר -
for "asher" is what sanctifies.	פָּי "אֲשֶׁר" הוּא הַמְקַדֵּשׁ.
And this is: "you shall listen"—for teshuvah is the place of hearing,	ָן זֶהוּ "תִּשְׁמְעוּ"—כִּי הַתְּשׁוּבָה הִיא מְקוֹם הַשְּׁמִיעָה,
as in the saying: "Listen and your soul shall live" (Yeshayahu 55:3).	בְּמַאֲמֶר: "שָׁמְעוּ וּתְחִי נַפְּשְׁכֶם".
And afterward it says: "to the commandments of Hashem your G-d"—	וְאָמֵר אַחַר כָּדְ: "אֶל מִצְוֹת ה׳ אֱלֹקֵיכֶם"—
which is the place where the middos are unified and connected in their root,	שֶׁהוּא מָקוֹם שֶׁהַמִּדוֹת מְיֻחָדִים וּמְקֵשָּׁרִים בְּשָּׁרְשָׁם,
in the matter of mitzvah, from the language of "commanding to," as is known from elsewhere—	בְּעִנְיַן מִצְוָה מִלְּשׁוֹן לְצַוּוֹת לָזֶה, כַּיָּדוּעַ מִמֶּקוֹם אַהֵר—אַהֵר
and similar to the intention in the blessing: "in His commandments and commanded us" etc.	יּרְעִנְיַן הַכַּנָנָה בִּבְרָכָה: "בְּמִצְוֹתָיו וְצִנָּנוּ" וְגוֹי.
And the order of the verse is: "The blessing"—	קַרָא דְּקָרָא הוּא: "אֶת הַבְּּרָכָה"—
it is the drawing of the blessing in this order: "That you shall listen to the commandments" etc.	הוּא הַמְשָׁכַת הַבָּּרָכָה בְּסֵדֶר זֶה: "אֲשֶׁר תִּשְׁמְעוּ עַל מָצְוֹת" וְגוֹ׳.
And in the manner of the verse: "That you shall listen"—	ֿוְעַל דֶּרֶדְ הַפָּסוּק: "אֲשֶׁר תִּשְׁמְעוּ"—
that you shall draw yourselves to the commandments of Hashem.	שָׁהַמְשִׁיכוּ עַצְמְכֶם אֶל מִצְוֹת ה׳.
"See, I place before you today a blessing and a curse, the blessing" etc.	רְאֵה אָנֹכִי נוֹתֵן לִּפְנֵיכֶם הַיּוֹם בְּרָכָה וּקְלֶלָה, אֶת הַבְּרָכָה כו׳.
The Rebbe was precise with the expression "noten" ("I place"), which is like a physical act of giving, from hand to hand.	דְּקְדֵּק הָרַב לְשׁוֹן "נוֹתֵן", שֶׁהוּא כְּמוֹ דָבָר גַּשְׁמִי, הַנּוֹתֵן מִיָּד לְיָד.

And the Rebbe prefaced this with the words of the author of <i>Avodas HaKodesh</i> , who questioned all the physical rewards in the Torah—	וְהָקְדִּים הָרֵב לָזֶה דִּבְרֵי הַבַּעַל עֲבוֹדַת הַקֹּדָשׁ, שְׁהָקְשָׁה עַל כָּל הַיִּעוּדִים הַגַּשְׁמִיִים שֶׁבַּתּוֹרָה
such as: "If in My statutes you walk I will give your rains in their season" (Vayikra 26:3–4),	נָתַתִּי גִּשְׁמֵיכֶם בְּעָתָּם", וְנָתַתִּי גִּשְׁמֵיכֶם בְּעָתָּם",
for this is greatly puzzling: is the reward for mitzvos merely physicality?	אֲשֶׁר הַתְּמִיָּה רַבָּה—וְכִי כָּל שְׂכֵר הַמִּצְוֹת הוּא זֶה !?הַגַּשְׁמִיּוּת
And the author of that book said: the Torah does not mention these promises as reward,	וְאָמֵר בַּעַל הַסֵּפֶר הַנ״ל שֶׁלֹּא הָזְכִּירָה הַתּוֹרָה הַיִּעוּדִים דֶּרֶךְ שָׂכָר,
but rather as a manner of conduct—such that this will happen as a matter of course.	אָלָא דֶּרֶךְ הַנְהָגָה—שֶׁמִמֵילָא יִהְיֶה כֵן עִמּוֹ.
"If you walk in My statutes"—the reward of a mitzvah is a mitzvah, and the spiritual cleaving;	אָם בְּחָקֹתֵי תֵּלֵכוּ"—שְׂכַר מִצְוָה מִצְוָה, וְהַדְּבֵקוּת" ,הָרוּחָנִית
but the physical follows automatically and so it will be: "I will give your rains"	אֲבָל הַגַּשְׁמִיּוּת מִמֵּילָא יִפְּשֵׁךּ, וִיהִי כֵן—"וְנָתַתִּי "גִשְׁמֵיכֶם
For surely it will be so, after he has cleaved to divine vitality.	שֶׁבָּוַדַאי יִהְיֶה כֵן אַחַר הֱיוֹתוֹ דְּבוּק בְּחַיּוּת אֱלֹהִית.
But this is not said as a reward.	אַבָל אַין זֶה אָמוּר לְשֶׂכָר.
Now, the concept and expression of "berachah" (blessing) is from the root of "berichas mayim" (a flowing of water)—	וְהַנֵּה עִנְיַן וְלָשׁוֹן "בְּרֶכָה" הוּא לְשׁוֹן "בְּרִיכַת בימִיִם
which means the outpour and flow [of vitality].	ָשֶׁהוּא הַנְּבִיעָה וְהַשְׁפָּעָה.
But most blessings [people seek] are in physicality,	אָבֶל רֹב בְּרָכוֹת בַּגַּשְׁמִיּוּת
which is the matter of expansion and fulfillment of physical desire,	אָנְיַן הָתְפַּשְׁטוּת וּמִלּוּי חֶפְצוֹ בַּגַּשְׁמִיוּת,
even in excess,	אַפָּלוּ בִּדְבָרִים הַמִּיתָּרִים
and this is extremely repulsive.	הוא מָאוּס מְאֹד.
For behold, lusts are named after mud, filth, and excrement—	דְהַנֵּה הַתַּאֲנָה נִקְרֵאת עַל שֵׁם טִיט וְצוֹאָה וּלְכָלִיךְ כָּל דָּבָר—דָּבָר
and they are not from Hashem,	ן הַשֵּׁם הִיא,
rather worse than mud and excrement and stench—	אֶלֶא יוֹתֵר גָּרוּעַ מִּטִּיט וְצוֹאָה וְסֵרָחוֹן,
for the whole concept of stench is the destruction and ruin of its original existence,	שֶׁכֶּל עִנְיַן סֵרָחוֹן הוּא הַכִּלָּיוֹן וְהַפְּסֵד מֵהֶיוֹתוֹ הָרָאשׁוֹן,
that it has begun to rot.	שָׁהַתְחִיל לְהַסְרִיחַ.
And so it is with every physical lust that generates its own consequence—	וְכֵן כָּל תַּאֲנָה גַשְׁמִית שֶׁמוֹלִיד בְּעַצְמוֹ תּוֹלַדְתּוֹ—

it is stench, meaning destruction and ruin from its original state,	הוּא הַפַּרָחוֹן, שֶׁהוּא הַכִּלָּיוֹן וְהַכְּטֵד מֵהֱיוֹתוֹ הָרְאשׁוֹן,
which was the love of Hashem, may He be blessed.	ּשֶׂהוּא אַהְבַת ה׳ יִתְבָּרַדְ.
And just as human excrement smells more than all others, as explained in the laws regarding distancing oneself from excrement during Krias Shema—specifically human excrement and not that of animals or birds—this is its nature: that according to a person's greatness, so too is his fall.	וּכְמוֹ שֶׁצוֹאַת אָדָם מְסָרַחַת יוֹתֵר מִכּוּלֶּם, כַּמְבוֹאָר בְּהַרְחָקַת ק״ש—דַּוְקָא מִצוֹאַת אָדָם וְלֹא שֶׁל בְּהֵמוֹת וְעוֹפוֹת—וְזָהוּ עַנְיָנוֹ: שֶׁלְפִי גָּדְלוֹ תִּהְיָה מַפַּלְתּוֹ
For after man, who rises above all others, therefore the ruin and destruction within him is a complete reversal—from the highest peak to the lowest pit.	אַחַר הֶיוֹת הָאָדָם הָעוֹלֶה עַל כּוּלָם—לָכֵן הַהֶּפְסֵד וְהַכָּלְיוֹן שֶׁבּוֹ הוּא מֵהֶכֶּף לְהֶפֶּף: מֵאִיגְּרָא רָמָא לְבִירָא עֲמִיקְתָא.
And in proportion to the degree of the ruin is the intensity of the stench—unlike with other living creatures.	וּלְפִי עֵרֶךְ גֹּדֶל הַהָּפְסֵד—בֵּן גֹדֶל הַפֵּרָחוֹן, מַה שֶּׁאֵין בֵן בִּשְׁאָר בַּעֲלֵי חַיִּים.
And similarly is the fulfillment of lusts, which is the greatest loss and most severe destruction—a complete inversion from the love of Hashem, blessed be He, Who is Infinite, to the love of lusts, G-d forbid.	וְעַל דֶּרֶךְ זֶה בִּמְלוּאֵי הַתַּאֲווֹת, שֶׁהוּא הַהֶּפְסֵד הַיּוֹתֵר גָּדוֹל וְכִלְּיוֹן חָרוּץ—מֵהֶפֶּךְ לְהֶפֶּךְ: מֵאַהַבַּת ה׳ יִתְבָּרַךְּ שֶׁהוּא אֵין־סוֹף, אֶל אַהְבַת הַתַּאֲווֹת, רַחֲמָנָא לִצְלָן.
Certainly there is no comparison to the magnitude of the stench and loathsomeness.	בְּוַדַּאי אֵין עֵרֶךּ אֶל גֹּדֶל הַפֵּרָחוֹן וְהַמֵּאוּס.
And this is [the meaning of] "all expressions of kindness are disgrace and loathsomeness," as the verse says regarding forbidden relations: "it is kindness" (Vayikra 20:17), and they shall be cut off.	וְזֶהוּ שֶׁכֶּל לָשׁוֹן חֶסֶד הוּא חֶרְכָּה וּמֵאוּס, כְּמַאֲמַר בְּבָּרָשַׁת עֲרָיוֹת: "חֶסֶד הוּא וְנִכְרְתוּ".
And the explanation is that "chesed" means "chissuda"—from the structure of kindness stem lusts.	וּפֵירוּשׁ לָשׁוֹן "חָסוּדָא", כִּי מִבְּנְיַן הַחֶסֶד מִסְתַּעֲפִים הַתַּצְווֹת.
And this is the meaning of "My soul grew disgusted with you" said in the rebuke—	ןֹזֶהוּ "וְגָעֲלָה נַפְשִׁי אֶתְכֶם" הָאֲמוּר בַּתּוֹכֵחָה—
that divinity recoils from its ruin, which are the lusts and transgressions—	שָׁהָאֱלוֹקוּת מוֹאֵס בְּהֶפְסֵדוֹ, שֶׁהֵם הַתַּאֲווֹת וְהָעֲוֹנוֹת,
meaning: like a person who recoils from the stench that comes out from him and his own corruption.	רְצוֹנִי לוֹמַר: כְּאָדָם שֶׁמוֹאֵס בַּסֵּרְחוֹן הַיּוֹצֵא מִמֶּנוּ וְהֶפְּסֵדוֹ.
And in this way, the eye of Bilaam the wicked was blinded—because he said and described the intimacy of Israel,	וְעַל דֶּרֶךְ זֶה נִסְתַּמָּה עֵינוֹ שֶׁל בִּלְעָם הָרָשָׁע—עַל שָׁאָמַר וּמִפַּפֶר אָת רִבְעוֹ שֶׁל יִשְׂרָאֵל,
saying: "Who is holy and whose servants are holy—should gaze upon such a thing?"	שֶׁאָמַר: מִי שֶׁהוּא קָדוֹשׁ וּמְשֶׁרְתָיו קְדוֹשִׁים—יַסְתְּכֵּל !?בְּדָבָר זָה

That is: the matter of lust and revulsion.	שֶׁהוּא עִנְיַן הַתַּאֲנָה וְהַמֵּאוּס.
But in truth, the matter is not as he said.	אֲכָל בָּאֱמֶת אֵין הָעַנְיָן כִּדְבָרִיו.
For to separate entirely from physicality is contrary to halachah,	ָשֶׁהַפְּרִישׁוּת מִכָּל גַּשְׁמִיוּת—נֶגֶד גְּמִירָא אִי אָפְשָׁר.
for the verse says "you shall live by them" (Vayikra 18:5).	"שֶׁכְּתוּב: "וָחַי בָּהֶם
And though surely one who is pure and holy will be like the ministering angels—	אָם כִּי בֶּאֱמֶת בְּוַדַּאי מִי שֶׁהוּא טָהוֹר וְקָדוֹשׁ—יִהְיֶה כְּמַלְאָבֵי הַשָּׁרֵת,
still, the Torah was not given to angels.	אַר עַל פִּי כֵן—לֹא נִתְּנָה תּוֹרָה לְמַלְאָכֵי הַשְּׁרֵת.
For complete separation from all physicality is withdrawal into gevurah and strict judgment,	שֶׁהַפְרִישׁוּת מִכָּל וָכֹל—הוּא עִנְיָן הַהִּסְתַּלְקוּת מִן הַגְּבוּרָה וּמִדַּת הַדִּין,
which the world cannot endure unless through the inclusion of mercy with judgment—	שֶׁאֵין הָעוֹלֶם מִתְקַיֵּים בּוֹ—אֶלֶא עַל־יְדֵי שָׁתּוּף מִדַּת הָרָחֲמִים לְמִדַּת הַדִּין.
which is the scale and righteous balance that mediates between them.	שֶׁהוּא הַמֹּאֹזְנֵיִם וּמְאֹזְנֵי צֶדֶק הַמַּכְרִיעַ בֵּינֵיהֶם.
"He measures the path of his feet" (Mishlei 5:6), and all his middos are to know Hashem in all his ways,	פָּלֵס מַעְגַּל רַגְלָיו", וְכָל עִנְיָנֵי מִדּוֹתָיו לָדַעַת אֶת ה׳" בָּכָל דְּרָכִיוּ,
and all his deeds for the honor of his Creator, solely for Hashem alone.	וְכָל מַעֲשֶׂיו לִכְבוֹד בּוֹרְאוֹ—בָּלְתִּי לַה׳ לְבַדּוֹ.
And what is unnecessary must be destroyed,	וָהַמּוֹתָר יֵהָרֵס,
for when one brings the Creator into his actions, He enlivens the matter—	פִּי בְּהַכְנִיסוֹ הַבּּוֹרֵא בְּתוֹךְ מַעֲשֵׂהוּ—הָרֵי הוּא מְחַיֶּה הַדָּבָר,
as it says: "And You give life to them all" (Nechemiah 9:6).	פְמַאֲמַר: "וְאַתָּה מְחַיֶּה אֶת כֻּלָּם".
And certainly it will not rot or be destroyed or stink.	וּבוַדַּאי לֹא יִכְלֶה וְלֹא יַפְסִיד וְלֹא יִסְרַח.
And it is not called a "lust" at all,	ָןאֵינוֹ נִקְרָא תַּאֲנָה כְּלָל,
but rather a mitzvah—meaning "connection," for it is true attachment even in the lowest and most physical of things—	אֶלָּא מִצְוָה, לְשׁוֹן צִיוּתָא, שֶׁהוּא הַדְּבֵקוּת הָאֲמִיתִּי, —אֲפִלוּ בַּשְׁפָלִים וּבַתַּחְתוֹנִים וּבַגַּשְׁמִים
a pleasing aroma to Hashem, Who said and it was done—His will accomplished.	בֵיחַ נִיחוֹחַ לַה׳—שֶׁאָמֵר וְנַעֲשָׂה רְצוֹנוֹ.
And this is the greatest joy before Him, blessed be He—	ָרָהִיא הַשִּׂמְחָה הַיּוֹתֵר גְּדוֹלָה לְפָנָיו יִתְבָּרַדְ
and there is no end to the joy of serving Him through physicality—greater than all spiritual service.	וְאֵין קֵץ לְשִּׁמְחַת עֲבוֹדַת הַגַּשְׁמִים—יֶּתֶר עַל כָּל הָרוּחָנִים.
And the proof of this is that we await the resurrection of the dead in the future to come, may it be speedily.	וְהָרְאָיָה לְזֶה: שֶׁהָרֵי אֲנַחָנוּ מְצַפִּים לְתְחִיַּת הַמֵּתִים—שֶׁתִּהָיָה לֶעָתִיד בִּמְהֵרָה.

And not every person merits this—for the wicked do not.	ַוְלֹא כָל אָדָם זוֹכֶה, שֶׁלֹא כֵן הָרְשָׁעִים.
And it seems puzzling: what is the joy in the renewal of the physical body, and its embodiment?	וּלְכָאוֹרָה תַּמָה: מַהוּ עִנְיַן הַשִּׂמְחָה בְּהִתְחַדְּשׁוֹ שֶׁל ?הַגוּף הַגַּשְׁמִי וְהִלְבַּשְׁתּוֹ
Is it not better for him to remain in the upper worlds without a body?	קָלא טוֹב לוֹ אָז בָּעוֹלָמוֹת הָעֶלְיוֹנִים בְּלִי גּוּף?
But the truth is as we have said: the greatness of the joy of serving the Creator through the body is boundless.	אֲבָל הָאֱמֶת הוּא כִּדְבָרֵינוּ: מִגֹּדֶל שִׂמְחַת עֲבוֹדַת הַגּוּף לַבּוֹרֵא יִתְעַלֶּה—אֵין קֵץ.
And this is what Moshe requested—to enter the Land of Israel.	ָוְזֶהוּ שֶׁבָּקֵשׁ מֹשֶׁה לִּכָּנַס לְאֶרֶץ יִשְׂרָאֵל.
For was it to eat its fruits that he desired?	יְנְכִי לֶאֱכוֹל מִפָּרְיָה הָיָה צָרִידְ?
Rather, to fulfill the mitzvos dependent on the land—while still in a body.	אֶלָא לְקַיֵּם הַמִּצְוֹת הַתְּלוּיוֹת בָּאֶרֶץ, בְּעוֹדוֹ בַּגוּף.
And behold, the matters of desires and middos in physicality which are for the sake of a mitzvah—such as love in the context of being fruitful and multiplying, or fear in capital cases when judging one who is liable—these are gifts within man, which the Holy One, blessed be He, took from their supernal officers at the giving of the Torah.	וְהִנֵּה עִנְיָנֵי הַתַּאֲווֹת וְהַמִּדוֹת בַּגַּשְׁמִיּוּת שֶׁהֵמָּה לְשֵׁם מִצְוָה, כְּמוֹ הָאַהֲבָה בְּפָרוּ וּרְבוּ, וְהַיְּרְאָה בְּדִינֵי נְפָשׁוֹת לָדוּן הַמְחוּיָּב—הֵם מַתָּנוֹת בָּאָדָם אֲשֶׁר לָקַח הַשֵּׁר עָלָיו מִשָּׂרֵי הָעֶלְיוֹנִים בְּקַבָּלַת הַתּוֹרָה,
as explained in the Zohar, that if not for [the giving of the Torah], "you shall not commit adultery" would have implied even with one's own wife, and likewise "you shall not murder."	פַּמְבוֹאָר בַּזּהַר שֶׁבִּלְעָדֵי הָכֵן—"לֹא תִנְאָף" אֲפִּלוּ עִם אָשְׁתּוֹ מַשְׁמָע, וְכֵן "לֹא תִרְצָח".
But what is for the sake of a mitzvah is the life-force of that desire, which Yishmael and Edom's heavenly ministers relinquished from their own domains.	אָבָל מַה שֶׁהוּא לְצֹרֶךּ מִצְוָה—הוּא הַחַיּוּת שֶׁל אוֹתָהּ תַּאֲוָה, שֶׁוִּיתְרוּ יִשְׁמָעֵאל וָאֱדוֹם שֶׂרִים הָעֶלְיוֹנִים מִשֶׁלָהֶם.
And this is why the eye of Bilaam the wicked was blinded regarding the above wonder:	ּוְזֶהוּ שֶׁנִסְתַּמָה עֵינוֹ שֶׁל בִּלְעָם הָרָשֶׁע עַל תְּמִיָּתוֹ הַנ״ל:
for surely, the indulgence of physical desires for bodily pleasure is stench, filth, and excrement—	שֶׁבוַדַּאי מוֹתַר הַתַּאֲווֹת הַגַּשְׁמִיוֹת לְהָנָאַת הַגּוּף—הֵם ,סֵרָחוֹן, לְכְלוּךְ וְצוֹאָה
even when technically permitted, the Holy One, blessed be He, abhors it.	אַפִּלוּ בְּמוּתָר לוֹ—הַשֵּׁם יִתְבָּרֵךְ מוֹאֵס בּוֹ.
But what is for the need of the body and for the sake of a mitzvah—surely Hashem looks upon it and illuminates it,	אֲבָל מַה שֶׁהוּא לְצוֹרֶךְ הַגּוּף וּלְשֵׁם מִצְוָה—בוַדַּאי ה׳ מָסְתַּכֵּל וּמֵאִיר בּוֹ,
when one inserts his intention for His glory, may He be blessed.	בְּהַכְנִיסוֹ כַּוָּנָתוֹ לְכְבוֹדוֹ יִתְבָּרֵדְ
And that spark gives life and illuminates all things,	ןאוֹתוֹ נִיצוֹץ מְחַיֶּה וּמֵאִיר אֶת הַכּּלֹ,

like the idea of a lamp: a small spark of light drives away all the darkness of the room,	כְּענְיָן הַנֵּר, שֶׁהוּא נִיצוֹץ אוֹר קָטָן—דּוֹחֶה אֶת כָּל הַחֹשֶׁךְ מָן הַחָדֶר,
and causes the possibility to see everything in the room.	וּגוֹרֵם אֶפְשָׁרוּת הַהָּסְתַּבְּלוּת בְּכָל הַחֶדֶר.
And this is the idea of blessing that branches from the thing through the act of the mitzvah within it,	וְזֶהוּ עָנְיָן הַבְּרָכָה הַמִּסְתַּעֵף בַּדָּבָר עַל־יְדֵי מַעֲשֵׂה הַמִּצְוָה שֶׁבְּתוֹכוֹ,
like the blessing from tithing.	רְּעִנְיֵן הַבְּרָכָה מִן הַמַּעֲשֵׂר.
And not only in positive commandments, but even in prohibitions, which are 365 like the 365 sinews—	וְלֹא דַּוְקָא בְּמִצְוֹת עֲשֵׂה, אֶלָּא אֲפָלוּ בְּלֹא תַעֲשֶׂה, שֶׁהֵם שֵׁשׁ מֵאוֹת וְחָמֵשׁ כְּמוֹ שֵׁשׁ מֵאוֹת וְחָמֵשׁ גִּידִין—שֶׁהֵם שֵׁשׁ מֵאוֹת וְחָמֵשׁ גִּידִין
like the river Nagid, which is a drawing down of light and vitality through the mitzvos, which are the limbs of the soul.	עַל שֵׁם נָהָר נָגִיד, שֶׁהוּא הַמְשֶׁכַת אוֹר וְחַיּוּת בַּמִּצְוֹת, שֶׁהֵם אֵבָרֵי הַנְּשָׁמָה.
And thus the fruit of his womb is blessed through the mitzvah of "you shall not commit adultery."	וְכֵן מִתְבָּרֵךְ פְּרִי בִטְנוֹ בְּמִצְוַת "לֹא תִנְאָף".
But the blessing is not called after the physical extension,	אֲבָל אֵין הַבְּרָכָה נִקְרֵאת עַל שֵׁם הַגַּשְׁמִיּוּת בְּהָתְפַּשְׁטוּתוֹ
rather the spark of intention for His glory, blessed be He, that is inserted into the physicality—	אֶלָּא נִיצוֹץ כַּוָּנַת כְּבוֹדוֹ יִתְבָּרֵךְ שֶׁהוּא מַכְנִיס בְּתוֹךְ הַגַּשְׁמִיוּת
that is what is called "blessing."	הוּא הַנָּקָרָא בָּרָכָה.
As the Zohar says: "He is blessed and He is blessing," because intention causes Hashem's looking upon it.	פְּמַאֲמֵר הַזּהַר: "אִיהוּ בָּרוּךְ וְאִיהוּ בְּרָכָה", כִּי הַכַּוָּנָה גוֹרֶמֶת בְּהִסְתַּכְּלוּתוֹ יִתְבָּרֵךְ בּוֹ.
And the proof: "See, I"—which is the idea of "Anochi Hashem Elokecha,"	ְוָהָרְאָיָה: "רְאֵה אָנֹכִי"—שֶׁהוּא עִנְיַן "אָנֹכִי ה׳ אַלֹקִידְּ,"
which is His oneness, blessed be He, to draw into oneself in actuality the unity of His name,	שֶׁהוּא אַחְדוּתוֹ יִתְבָּרֵךְ—לְהַמְשִׁיךְ עַל עַצְמוֹ בְּפּוֹעַל אֶת יִחוּד שְׁמוֹ יִתְבָּרֵךְ,
this seeing and perception is what "gives before you a blessing"	וּרְאִיָּה וְהִסְתַּכְּלוּת זוֹ—הִיא הַנּוֹתֵן לִפְנֵיכֶם בְּרָכָה
and the blessing is not on the physical act,	ָןאֵין הַבְּרָכָה עַל מַצְשֵׂה הַגַּשְׁמִיּוּת,
but "the blessing, that you shall listen to the commandments of Hashem"—	אָלָא: "אֶת הַבְּרָכָה אֲשֶׁר תִּשְׁמְעוּן אֶל מִצְוֹת הי"
which is the idea of "in all your ways know Him."	יִשֶׁהוּא עִנְיַן: "בְּכָל דְּרָכֶיךְ דָעֵהוּ".
And perhaps this is the meaning of: "your fear and dread shall be upon all the beasts of the field"—	וְאוּלֵי זֶהוּ פֵּירוּשׁ: "וּמוֹרַאֲכֶם וְחָתְּכֶם יִהְיֶה עַל כָּל "חַיַּת הָאָרֶץ

for the fear of Hashem within man is what causes influence and flow upon all animals of the earth.

כִּי יִרְאַת ה׳ שֶׁבָּאָדָם—הִיא הַהַשְׁפָּעָה שֶׁפַע עַל כָּל חַיַּת הָאָרֵץ.

#### **NOTE Summary**

The discourse opens with a striking question: Why are the Torah's rewards seemingly physical—rain, food, children—when the soul's true fulfillment lies in spiritual closeness to Hashem? Quoting the *Avodas HaKodesh*, the Rebbe explains that these "rewards" are not transactional, but natural outcomes of spiritual alignment: the physical blessings come *mimela* (automatically) when one's soul is attached to holiness.

He then introduces the deeper concept of *berachah* as spiritual flow—like a wellspring that overflows into the world. Yet, when this flow manifests in unrefined physicality—such as lust for bodily pleasure without spiritual intention—it becomes corrupted and repulsive, termed in Chazal as filth or stench. This descent, particularly when originating from a lofty soul, is far more devastating than for animals or non-spiritual beings, echoing the rule that "the higher something is, the lower it falls."

The discourse proceeds to distinguish between **ta'avos for pleasure** (which result in decay) and **ta'avos for mitzvah purposes**, such as intimacy in the context of *pru urvu* or fear when judging capital cases. These are spiritual tools, gifted to man at Har Sinai, which the nations of Yishmael and Edom refused to accept. Such desires, when used in divine service, draw light into the world and are sanctified by Hashem's gaze.

This, explains the Rebbe, is the meaning of true *berachah*: not the physical outcome, but the **divine spark of kavannah** (intention) for Hashem's honor that enlivens the act. Even mitzvos like *lo tinaf* and *ma'aser* have the power to draw down blessing, not due to the act itself, but because of the holiness embedded in the person's intention. This is echoed in the Zohar's teaching: "He is blessing and He is blessed"—Hashem's gaze is drawn by human kavannah.

The Rebbe elaborates that through inserting kavannah, one becomes like a lamp: a tiny flame that illuminates an entire room. So too, one's mitzvah performance can flood the material world with light. He applies this also to negative commandments, which correspond to the 365 sinews of the soul, acting as conduits for vitality. Even the prohibition of *lo tinaf* becomes a source of blessing when observed with purity.

Moshe Rabbeinu's longing to enter Eretz Yisrael is interpreted in this light—not to eat its fruits, but to perform **physical mitzvos** within a body, expressing that the ultimate spiritual joy is in serving Hashem through materiality. This is why *techiyas hameisim* is so central: the physical body, when used in divine service, becomes holier than the spiritual realms.

#### **Practical Takeaway**

The physical world is not an obstacle to holiness but its vessel—when filled with kavannah for Hashem. Eating, intimacy, work, speech, and even fear can become divine acts when aligned with Torah. Blessing flows not from the deed alone, but from the spark of intentional godliness inserted into the act. One must approach

every mitzvah and moment with the aim to unite with Hashem. That very consciousness turns decay into blessing, stench into light, and body into soul.

#### **Chassidic Story**

When Rabbi Menachem Mendel of Horodok arrived in Eretz Yisrael, the Chassidim who had made aliyah with him faced immense material hardship—lack of food, poor housing, and dangerous surroundings. One of the Chassidim asked the Rebbe how they could possibly serve Hashem with joy in such physical deprivation.

The Rebbe pointed to a small clay lamp flickering weakly in a dark room. "See," he said, "even this tiny flame pushes away the entire darkness. When one puts kavannah into even a small act—eating a crust of bread, saying a word of Torah, refraining from anger—that act lights up worlds. Here, in Eretz Yisrael, without the luxuries, our kavannah is pure. Every bite for the sake of a mitzvah shines like the Menorah in the Beis HaMikdash."

This became a foundation for Chassidus in Eretz Yisrael: physical poverty transformed into spiritual wealth through kavannah.

(Source: Toldos Avos, oral traditions of the students of MM Horodoker)

END NOTE