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Healing ourselves with Rebbe Nachman's Teachings
NACHAL YISRAEL – TORAH CENTER

PARSHAT NASO . 5775 . VOL. 3

The Power of Speech

By Yisrael & Sarah Levy
Edited by Yossef Levy

In this week's parsha we learn about the power of our speech, specifically when it comes to making a *neder* (promise). When a person makes a *neder*, he immediately becomes obligated to follow through. If a person makes a *neder* on something that was permissible to him and promises to abstain from it, the item then becomes forbidden to him, just as any other prohibited item in the Torah.

Isn't it odd, that by saying something, one can put a prohibition onto himself as if it was directly from the Torah? The item can be innately permissible from the Torah. However, just by making a *neder*, the item obtains the same status as something that is innately prohibited in the Torah (i.e., bacon).

So why is this the case? To start off, it is important to understand the purpose of a *neder*. When one makes a *neder*, the purpose is to sanctify oneself, or bring oneself closer to *Hashem*. Therefore the utterance of a *neder* is one's expression of his desire to come closer to *Hashem*. As a result, the *neder* obtains the status of Torah; therefore the object becomes prohibited to him at the same level as an item prohibited in the Torah. In addition, from what has been brought down in the Zohar, the source of a Jewish soul is *Hashem* Himself, which ultimately, is the same source as the Torah. Therefore, when a person expresses his desire to come closer to *Hashem*, he is expressing Torah. This expression is solidified by the way of a *neder*.

There are times when *Hashem* gives a person the strength to overcome his *yetzer harah* (evil inclination,) making it possible to do so without a vow even being made. However, if a person fears that he is unable to overcome his *yetzer harah*, then how will a *neder* help him? A *neder* provides a person with extra strength. When one makes a *neder*, he draws upon a

superior power that was not accessible to him without the *neder*. As such, the Torah is strict on fulfilling a *neder*, as it draws on a superior force to help a person come closer to *Hashem*.

One example of the power of a *neder* comes from Megilat Ruth which we recently read on Shavuot. Boaz, the tzadik who married Ruth, made the *neder* to be responsible for her care, and was able to overcome his *yetzer harah*. The Gemara adds, that without this *neder*, Boaz might not have been able to overcome his temptation.

May we all merit to use the power of our own speech to come closer to *Hashem*.

Shabbat Shalom.

Based on Likutey Halakhot, Birkot Hashkhar 5



Nachal Yisrael Events & Simchas

We would like to wish a Mazal Tov to Rabbi Dr. Eytan & Sarah Cowen on the birth of their lovely daughter.

*****Join us for a special family Shabbaton for men and women featuring world renowned singer, Cantor Shimon Sibony.**

SAT May 30th, 2015

**Location: Nachal Yisrael Torah Centre - 3683 Bathurst St.,
Services - Shacharit: 10:00 a.m.**

