

Parshat Lech Lecha: Go To Yourself!

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In the Torah Portion of Lech Lecha Hashem tells Avraham “Go out, from your land, from your birthplace, and from your father’s house. Go to the land that I will show you.”

Reb Noson explains the deeper meaning of these verses. He tells us that Lech Lecha literally means “go to yourself.” Wherever you go, go to your true self, the place inside where you can really be you. In that deep, inner place you can express yourself in real truth and honesty. But in order to find that true self inside, each of us has to leave behind our land, our birthplace, and our father’s house.

Our land is our desire for material things, beginning with money. It’s our materialism.

Our birthplace is our physical cravings and desires of the body.

Our father’s house represents our ancestry, which represents

our thoughts and desires to receive respect from others, and to be honored by them.

These three types of desire deter us from finding, expressing and living our truth, which is the truth of the soul. Money, physical cravings, and the intense desire for respect and honor block us from being able to go to the land that Hashem will show us. This land is the land of pure spiritual expression and holiness. This is the land where you are able to live in a way that is true and honest to who you really are. This is the land in which you can connect to and serve Hashem.

May you have a day in which you can really feel, express, and live your soul's truth.

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