

כְּשֶׁאָדָם מְשִׂיחַ עֲצָמוֹ בְּשִׂמְחָה שֶׁל מִצְוָה, וְהַשְׂמִיחָה

Joy That Reaches the Feet

THE TEACHING

A short Torah about joy that reaches the feet. Sometimes the joy of a mitzvah (שִׂמְחָה שֶׁל מִצְוָה) is so great that it reaches down to a person's feet, and he dances for joy. That is "וְנָבִיא לִבָּב חֻמָּה" (תהלים צ:ב) "וְנָבִיא", the prophet, comes to the heart.

The feet are נֶצֶחַ and הוֹר, the level of the prophets (נְבִיאִים). Through the joy in the heart (לֵב) they are lifted up to the heart. That is the dance: each time, he lifts his feet. And everything called a foot (רֶגֶל) rises with it.

MAIN POINTS

- When one learns Torah or does a mitzvah with such joy, all those who support the Torah (תומכי דאורייתא) are raised: "צֶדֶק יִקְרָאֵהוּ לְרִגְלוֹ" (ישעיה מא:ב), righteousness calls to his feet. Torah and mitzvos are called צֶדֶק: "כִּי כָל מִצְוֹתֶיךָ צֶדֶק" (תהלים קיט:קעב).
- Bad speech is called a foot, "לֹא רֵגֶל עַל לְשׁוֹנוֹ" (תהלים טו:ג), and it too is lifted.
- Money is called a foot, "וְיָאֵת הַיְקוּם אֲשֶׁר בְּרִגְלֵיהֶם" (דברים יא:ו), "the wealth at their feet." And all the lower levels (הַמַּדְרָגוֹת הַתַּחְתּוֹנוֹת): Torah and mitzvos call them up.
- So the Sages said: "מִי שֶׁאֵין לוֹ בָּנִים, יְשִׁיחַ אֶת אִשְׁתּוֹ בְּדִבְרֵי מִצְוָה". A wife is called a foot, "רֵגְלִי חֲסִידִיו יִשְׁמֹר" (שמואל א ב:ט); through the joy she is bound to צֶדֶק, called הָא, the root of seed: "הָא לְכֶם זֶרַע" (בראשית מז:כג).
- A son too: "בֶּרֶא כֶּרַע דְּאֲבוּהִי", "a son is his father's leg."
- And faith (אמונה) is called a foot: "כָּא חֲבִקוּק וְהֶעֱמִידֵן עַל אֲחַת" (מכות כד), Chavakuk stood all the mitzvos on one, on faith. All of them are lifted by joy.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

When you have a mitzvah in your hands, let the joy go all the way down. What stands lowest in you can rise the highest.

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