

אגוזים הנקראים לוזים, הם רומזים לבחינת לאה

The Luz: From the Three Weeks to Nachamu

THE TEACHING

A short Kabbalistic teaching on the לוז and the comfort that comes after the Three Weeks. Nuts called לוזים hint at לאה, the aspect at the back of the neck (ערה), who comes first; only after her does one enter the Holy Temple (בית המקדש), as Rashi explains that by way of Luz one enters לבית ק.

The לוז bone remains after the body is gone, and from it the body will be rebuilt at the revival of the dead (תחיית המתים). That is our main comfort, "נחמו נחמו" (ישעיה מ:א), "comfort, comfort."

MAIN POINTS

- Twice נחמו is 208 in gematria, the same as קדקד, the crown of the head, the aspect of the ערה, through which one enters לבית ק.
- The Three Weeks "בין המצרים" are twenty-one days, like the luz tree. So we eat an egg (ביצה) at the last meal before Tisha b'Av, for "תרנגלת מולדת לעשרים ואחד יום", "a hen gives birth in twenty-one days."
- Of the body it says "שכבי עד הבקר" (רות ג:יג), "lie until the morning", the time of the revival. "והנה בבקר והנה היא לאה" (בראשית כט:כה), "in the morning, behold, it was Leah": the לוז bone, from which the body is rebuilt.
- Yaakov's whole aim was Rachel, so of her sons it says "ולקדקד נזיר אחיו" (בראשית מט:כו) of Yosef, and "ובין כתפיו שכן" (דברים לג:יב) of Binyamin. Through לאה, who comes first, one can reach רחל.
- שכת נחמו equals ערה, ש"נ, the first letters of נחמו.

A PRACTICAL TAKEAWAY · OUR OWN REFLECTION

Even after destruction something small remains, like the לוז bone. From it Hashem rebuilds everything; that is the real comfort of נחמו.

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