



One might think that *sefiros*, *partzufim*, worlds, and souls, are all different realities, and they are. They have to be interconnected because they all belong to the same Creation. The amazing thing is just how interconnected they are.

In the end, each is just a different name for the same level. For example, the lowest *sefirah* through which God filters His light to execute His will is *Malchus*. But *Malchus* is also the level of *Asiyah*, the world of action of which our world is a part. Another name for this level is *Nukvah* (female), which is the name of the *partzuf*.<sup>1</sup> And finally, all of these correspond to the lowest level of soul called *Nefesh*.

The same is true for the next level up, the level after

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<sup>1</sup> See my book, *Highest Knowledge Ever* for explanations of each.

that, and all the levels after that, all the way to the “top” of Creation, as follows:

<i>Letter</i>	<i>Sefirab</i>	<i>Partzuf</i>	<i>Olam</i>	<i>Soul Level</i>	<i>Pardes</i>
<b><i>Kotz</i></b>	<i>Keser</i>	<i>Arich Anpin</i>	<i>Adam Kadmon</i>	<b><i>Yechidab</i></b>	
<b><i>Yud</i></b>	<i>Chochmah</i>	<i>Abba</i>	<i>Atzilus</i>	<b><i>Chayab</i></b>	<i>Kabbalah</i>
<b><i>Heb</i></b>	<i>Binah</i>	<i>Imma</i>	<i>Beriyab</i>	<b><i>Nesbamab</i></b>	<i>Talmud</i>
<b><i>Vav</i></b>	<i>Chesed-Yesod</i>	<i>Zebr Anpin</i>	<i>Yetzirab</i>	<b><i>Ruach</i></b>	<i>Misbmab</i>
<b>Sin causes separation here</b>					
<b><i>Heb</i></b>	<i>Malchus</i>	<i>Nukvah</i>	<i>Asiyab</i>	<b><i>Nefesh</i></b>	<i>Chumash</i>

This shows that when a person sins and causes the final *Heb* to become distanced from the upper three letters of the *Shem Hovayab*, they cause the soul level of *Nefesh*, the engine of the body, to become distanced from the levels above it. This means the amount of Divine light coming down to the person is greatly reduced, denying them the opportunity to feel spiritual and deluding them into thinking that spirituality is not real.

The level of *Nefesh* is also called the “animal soul,” because animals have it as well and it is basically only responsible for keeping the “animal” part of us alive. As such, it has no sense of spirituality or conscience of its own, which is why the secular world feels no remorse for ignoring God. That only begins on the level of *Ruach*.

And so does a person, so to speak. As the *Arizal* says,

we are not our bodies but our souls.<sup>2</sup> A soul is inherently Godly and wants nothing other than being connected to God every possible moment of life. But a person won't know that unless its energy can make it down to the level of the *Nefesh* so we can feel it in our body as well.

It is similar to how electricity works. The wire in the wall because it is attached at one end to an energy source continuously has electrons in it that want to flow through the wire as long as they can. But if the light switch is off, the connection between the wire in the wall and the section that continues on to the light is broken, and the electrons are forced to stop at the broken connection, leaving the room in darkness.

By flicking the switch on the connection is made, the circuit is completed, and the electrons can continue their journey, causing a light to illuminate a room, or a heater to warm a space, etc. It is amazing how much good can come from the simple flicking of a switch.

Similarly, the soul level of *Yechidah* constantly receives spiritual energy from *Ohr Ain Sof* (God), which then continues on its way down through *Chayah*, *Neshamah*, and *Ruach*. If the spiritual connection between *Ruach* and *Nefesh* is complete, then the light makes it to the body, and a person becomes spiritually energized.

If not, then the opposite results, which has been the case for so many throughout history, and especially today.

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<sup>2</sup> *Sba'ar HaGilgulim*, Introduction 1.

Since the *Vav* corresponds to the level of *Ruach*, it is the *Vav* that inspires *teshuvah*, something everyone wants innately to do, but so few people ever realize in life...until too late.

This is why *teshuvah* usually begins with a Torah idea, with *Da'as*, which is specifically associated with the *Vav*. Someone learns something spiritual and it resonates with them because it talks to their *Ruach* buried within them. It surfaces unconscious knowledge taught to us at birth by the angel<sup>3</sup> which was covered over by layers of superficial knowledge and countless distractions.

And just like that, a connection is built between a person's *Ruach* and their *Nefesh*, and the process of *teshuvah* begins. As the person learns more, their *Ruach* will draw their *Nefesh* closer, higher. The *Shem Hovayah* will become complete through them, as will their own soul as a result, the very definition of personal rectification.

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<sup>3</sup> *Niddah* 30b.