

TRADITIONAL

Chabad Soul Tzafun

Contributed by [morah izzy](#)

Source: http://www.chabad.org/library/howto/wizard_cdo/aid/117123/jewish/12-Hidden.htm

In the Kabbalah, it is explained that there is something deeper than the soul. There is the body, the spirit, and then there is the essence. If the soul is light, then that essence is the source of light. If it is energy, then the essence is the dynamo. It is called "tzafun," meaning hidden, buried, locked away and out of reach.

Whatever we do, we dance around that essence-core, like a spacecraft in orbit, unable to land. We can meditate, we can be inspired, but to touch the inner core, the place where all this comes from, that takes a power from beyond.

On Passover night, we have that power. But only after all the steps before: Destroying our personachametz, preparing our homes for liberation, the eleven steps of the Seder until now. Then, when we are satiated with all we can handle, connecting every facet of ourselves to the Divine, that's when that power comes to us. Whether we sense it or not, tasteless as it may seem, the matzah we eat now reaches deep into our core and transforms our very being.

In general, it is this way: Those things you find inspiring and nice may take you a step forward. But if you want to effect real change, you need to do something totally beyond your personal bounds.