

# LECHEM HAPANIM HOLY EATING

**E**ating is one of the most profound actions that comprise our daily life. It is a microcosm of a much bigger dynamic in Creation. What is "holy eating"? It is saying the proper blessings before and after we eat, and remembering from where we are ultimately receiving our nourishment. The act of eating then joins soul and body together in holiness. Through this, a tremendous unification is made in all of the worlds that exist above us. The highest dynamic in Creation is reuniting the Creation with God. This is the purpose of Creation. Joining the soul and body together through holy eating mirrors the process of unifying the world with God. He sustains and nourishes the entire world just as the soul does with the body – the soul fills the body just as God fills the world. If we eat more consciously, it subdues and nullifies the negative forces in Creation that are nourished from the illusion that everything is a separate self-sustaining entity.

On a more fundamental level, since the human mind is incapable of completely fathoming the wondrous process of how all the worlds receive their vitality, the essence of holy eating is *emunah* – simple faith that the world is intimately run by the One Who created it, whether or not we understand how. Only through faith, which transcends all intellectual limitation, are the Jewish people able to safely pass through all other wisdoms and intellectual theories of the world. (see *Likutey Halachot, Techumim* 5) 