

Three Levels of the

SOUL

according to Rabbi Yehoshua Ibn Shuaib
Derasha for Parshat VaYechi

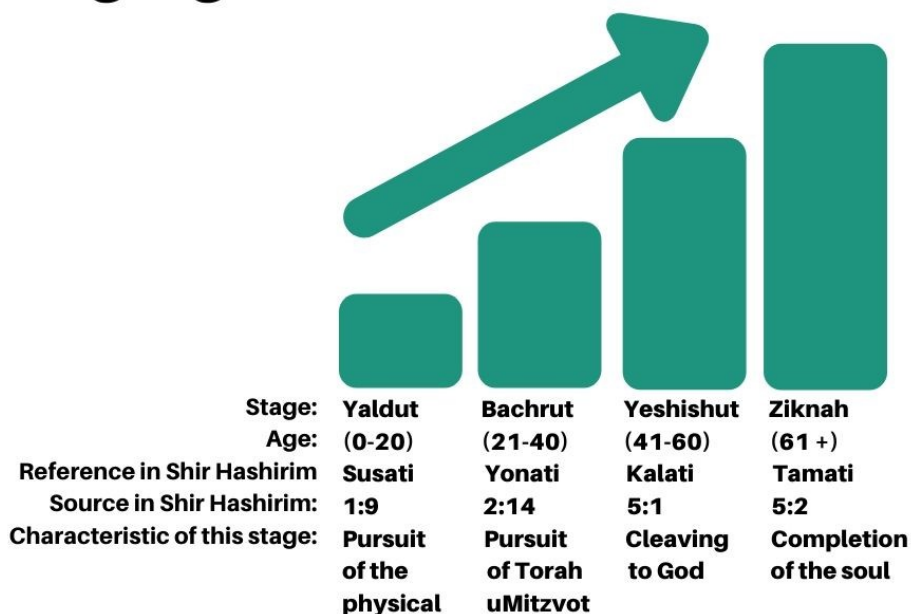
Nefesh - The force within us that drives us to physically grow and seek out physical sustenance, similar to that of plants. Most active in the "Aliya" periods. Housed in the Liver and departs us when we die.



Neshama - The force within us that promotes wisdom, and unique to humanity. Most active in the "Amida" periods. Housed in the Brain and remains with us after we die.

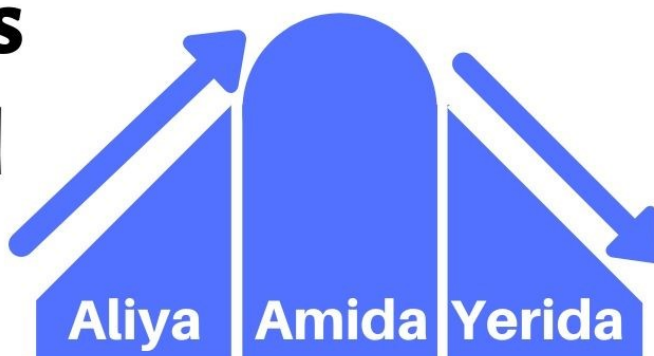
Ruach - The force within us that facilitates basic emotions and the five senses, pursues desires and seeks to avoid physical harm, similar to that of animals. Most active in the "Amida" periods. Housed in the Heart and departs us when we die.

Aging of the Soul



As we physically age, our soul ages as well. It passes through different stages, each of which contains its own priorities and emphasis. In the first two stages, the physical body is developing and strengthening. In the latter two stages, the physical body is weakening. As the body weakens, the soul transitions to more spiritual pursuits.

Phases of the Soul



Time of day when most active:	Morning	Afternoon	Night
Age when most active:	(0-20)	(21-40)	(41+)
Part of soul most active during this phase:	Nefesh	Ruach	Neshama