



MaN & MaD Mayim Nokbin & Mayim Dukhrin *Female and Male Waters*

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We have now discussed the sefirot, the order of the worlds and the Partzufim that apply to them. Now I will explain how it is that the affairs of mankind have a strong influence on the order of and the building of the supernal worlds.

Being that all worlds are interconnected, they are also interdependent. Our physical world, being as it is at the center of the universe, holds tremendous power over the alignment and function of the upper worlds. Our physical world is kind of a spiritual anchor that keeps the entire universe stable and grounded in the raging waters of G-d's ultimate essence, the Ayn Sof.

The great rule of the Kabbalah states that the physical plane is the equal and opposite counterpart of the spiritual plane, and as it is above, so it is below, and vice versa. Therefore, whatever actions we perform here in the physical world have profound ramifications in the supernal worlds. We become responsible for the creation of our own heaven and hell. This is the result of G-d giving to mankind his greatest gift: free will, i.e., the freedom to choose our destiny and to create our own reality, all within the context of the laws of the universe.

In order for us to solicit assistance from G-d, we have to desire it. For as we have learned, it is the power of desire that first stimulated the creation of the universe. Our desire for G-d and His intervention must be strong and well defined. This desire for G-d and His righteousness on behalf of the individual or on behalf of all Yisrael is called Mayim Nokbin (feminine waters), also better known by its capital letters, MaN.

Being that the relationship between Heaven and earth is represented as the love between the male (Heaven) and female (earth), the desire coming forth from the earth to "mate with her husband" (i.e., Heaven) is represented as the semen of the female, i.e., the feminine waters. In order for a "pregnancy and birth" to occur, the male must first release his seed. This means that only when there is desire from earth below is there power to awaken the desire of Heaven to look down upon us and bond with us. The



force of radiance that descends down from Heaven is, therefore, called Mayim Dukhrin, masculine waters, better known as MaD.

Whenever a Jew performs a commandment of the Torah, he elevates MaN. This, in turn, causes the descent of MaD. The merging of the two enables G-d's energy to become manifest here upon the earth.