

## Working on the path of the just

### Introduction:

Tazria-Metzora presents the challenge of remaining holy within human bodies, which are masses of organic matter. These bodies are susceptible to disease and death; their infirmities are symptomatic of disorder in our relationship with God. Even birth, the most common and necessary of human functions, is accompanied with impurity that must be reckoned with before re-entry into God's community. The contaminations described in this portion affect objects, not just the human body. We are left with the conundrum of trying to be whole and right with God when we ourselves are neither whole nor right.

CHANT-- draw your servant to your will

### Part 1

#### Vigilance and alacrity

Away from the unwholesome and moving toward the wholesome

#### Cleanliness and abstinence

Cleaning up your act and moving inward, toward solitude for deeper introspection

CHANT-- create for me a pure heart

### Part 2

#### Purity and piety

Refinement of the heart, standing before the creator as an individual, cultivation of awe

CHANT-- you shall be Holy for I am Holy

### Part 3

#### Humility and fear of sin

Understanding our place within community and before the eternal

Continuing to look out for what we are blind to

Toward a practice of holiness

CHANT-- into your hands I entrust my soul

### Ending

NIGGUN-- Yedid Nefesh

