

# THINK TWICE BEFORE YOU EAT MEAT

## KASHRUT BULLETIN # 60

*"The most upright butcher is a partner of Amalek."*

*(Kiddushin 82a)*

### WHO CAN CONTRADICT THE WORDS OF THE PELE YOETZ?

*It is extremely difficult to find meat that is kosher according to all views. I, therefore, derive much pleasure from the pious that are careful not to eat meat. (Pele Yoetz, taref).*

### Prohibited Foods Contaminate a Person's Soul

The prohibition of the foods that the Torah prohibited is not due to the harm they cause one's health, for the nations eat all those things deemed disgusting for us, and they are, nevertheless, strong and untiring. The G-dly Torah did not come to cure the bodies of men and to seek their health but to seek the health of the soul and to cure its illnesses. The Torah prohibited certain foods because they contaminate and sully the pure soul and create in the person's nature an obstruction and deterioration of his desires, whence they create an evil nature in a person, from which the spirit of contamination originates, the spirit that contaminates the thoughts and deeds and drives out the spirit of purity and sanctity. concerning this spirit, King David begged, "And Your Holy Spirit remove not from me (Ps. 51)." And he said, "A pure heart create in me, O L-rd, and a proper spirit renew in my midst." Therefore, G-d said, "Do not contaminate your souls..,and do not become unclean through them." For this was the matter of the obstruction and the uncleanness. The reason for its prohibition is that nature of the body be balanced and that from its foods will emanate pure blood, not contaminated thick and coarse blood. (Rabbi Don Isaac Abarbanel, Shemini).

