

As part of spiritual practice within corporeality, the Baal Shem Tov taught about food and taste, based on the verse, "Taste and see that the Lord is good." (Psalms 34:9) Based on this teaching, we shall explore and then engage in the spiritual practice of mindful eating.

בשם אור אלקי, הריב"ש ז"ל על פסוק טעמו וראו כי טוב ה'. דבכל אוכל ומשקה יש בהם מתיקות וטעם טוב ותענוג רוחני. בודאי הטעם והתענוג ההוא נלקח מעולם התענוג, ונתגשם בתענוג וטעם הגשמי שבאוכל ומשקה. וא"כ מהראיה ההוא שבשעת אכילתו והרגשת תענוג הגשמי ידבק את עצמו בו, שהוא תענוג של כל התענועים. וז"א טעמו וראו כי טוב ה'. שבאוכל ומשקה הוא ה' יתברך, שנלחק ממנו, ואם כן ראוי שתדבק על ידי אכילתם בו יתברך.

הבעש"ט - מובא בר' אברהם ישכר בער רבינוביץ מרדומסק, חסד לאברהם, דף קד ע"ב

In the name of the Divine Light, R. Israel Baal Shem Tov, may his memory be for a blessing, on the verse "taste and see the Lord is good." That in all food and drink there is sweetness and good taste and spiritual pleasure. Certainly this taste and pleasure is taken from the World of Pleasure and is corporealized in the corporeal pleasure and taste in the food and drink. And if so, from this proof, [we learn] that at the time of his eating and the experience of the corporeal pleasure he cleaves himself to it, for it is the pleasure of all pleasures. And this is what is said, "taste and see the Lord is good." That in food and drink is Him, HaShem, may He be blessed, for it is taken from Him. And if so, it is fitting they will cleave to Him, may He be blessed, through their eating.

The Baal Shem Tov – brought by R. Abraham Issachar Baer Rabinowitz of Radomsk, in *Hesed I'Avraham*, p. 104b

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