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In 2008, Rav Moshe Weinberger of Kehillas Aish Kodesh in New York began a new series of shiurim based on the sefer "Da Es Atzmcha" (Getting to Know Yourself) by the author of "Bilvavi Mishkan Evneh."

In the words of Rav Weinberger, "I believe that klal Yisrael has been waiting for this sefer since Ma'amad Har Sinai."

The author here is basically introducing us to ourselves and who we are. Without having that information, that ability to enter into ourselves, our avodas Hashem (divine service) and the years that we spend in this world could chalilah (Heaven forbid) be a waste.

The s'forim hakedoshim tell us that every introduction to the sefer is the neshamah of the sefer; that's the place where the author, in a few words is giving himself over in such a way that we understand who he is...and what is he trying to convey to us.

Over the past year and a half or two we've been learning here in the Beis Medrash some of the basic yesodos (fundamentals) of the kochos hanefesh (powers of the soul); we're learning different pieces from Tzaddikim (righteous men), from different sforim (books); and before that I've been giving for almost two years shiurim (talks) on the inyan (topic) of menuchas hanefesh (inner peace). It has become very clear to us over time, how, in order to achieve menuchas ha'nefesh, we really have to understand what the nefesh (soul) is. And it's hashgachah pratis (personal divine attention), something that is very clear to me that Hakadosh Baruch Hu has sent into my personal life and into our lives, a Jew who is able to write sforim that have the most incredible way of opening up the most difficult inyanim and laying them out before our eyes in a very beautiful and clear way.

Therefore, I was so grateful to Hakadosh Baruch Hu, that davka (especially), as we were coming to the crossroads of this entire sugiya (specific topic) which is the sugiya of our lives, of who we are, the entire sugiya of the nefesh (soul) and of kochos hanefesh, to be able to achieve menuchas hanefesh

and to live our lives in the way that each and everyone of us is supposed to, each person in her way, in his way, that exactly at the time of the crossroads, Hakadosh Baruch Hu sent this particular sefer, "Da Es Atzmechah" (Know Yourself) written by the author of "Bilvavi Mishkan Evneh" which is very different from all his other s'forim. Those of you who are familiar with his s'forim - we've been learning them very carefully over these past few years - will notice immediately how different this sefer is. The mechaber (author) himself discusses this in the p'sichah, in the introduction to the sefer that we are going to be learning in a minute. ... I personally see that this is nachutz (urgent) for us right now, it's what's urgently needed for us right now, and it's the hemshech (continuation) of what we've been working on these past few years.

You know that the s'forim hakedoshim (holy writings) tell us that every introduction to the sefer is the neshamah (deepest soul) of the sefer; that's the place where the mechaber, or the author, in a few words is giving himself over in such a way that we understand who he is, and what he wants from this sefer; what is he trying to convey to us. What does he want us to learn from this sefer and how does he want us to grow from this sefer."

[1]

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[1]
http://www.ravmosheweinberger.com/ProductList/Lecture_Series/The_Bilvavi_Mishkan_Evneh_Series/Da_Es_Atzmechah_-_Getting_To_Know_Me.html