

# WORDS OF WISDOM FROM RABBI YITZI

## PARSHAS KI SISA

### Using Regret to Our Advantage

In this week's Parsha, Ki Sisa, we read about the sin of the golden calf. Just months after Hashem freed us from the shackles of Egypt, just days after Hashem revealed His essence to us at Mount Sinai, we betrayed Him in the most hurtful way possible. We made and served a false god, and to throw salt on the wound we gave it credit for redeeming us from Egypt.

As a nation, this has been our biggest regret to date. It has also been our greatest catalyst to change and get closer to Hashem. It weighs heavily on our national conscience, and we continually atone for this grave blunder.

Ultimately, it is this that gave us the most powerful tool for atonement, the Thirteen Attributes of Mercy. It is what shaped us into the great, unwavering, G-d-centered, dynamic, world affecting people that we are.

All of us have regrets. All of us have done things that go against everything that we stand for at one time or another. Embarrassed and ashamed, it weighs heavy on us. It feels like a dark cloud following us around.

### USE GUILT AS A CATALYST FOR GROWTH, RATHER THAN A CAUSE FOR DEPRESSION

The question is: Do we let it bring us down into depression? Do we ignore it and become numb, cold, and insensitive? Or do you allow it to affect you and become a catalyst for positive change?

Falling into depression is not the way. Hashem wants us to serve Him with joy. Becoming cold and insensitive is simply not Jewish. A

Yid should be kind and caring.

Being cold or depressed is miserable and no way to live.

It's time to take the bull by the horns. Examine

the guilt. If the wrong can be righted, then, by all means, do so. If you hurt someone, apologize. You will be surprised how powerful an honest "I'm sorry" can be.

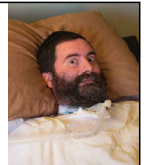
If it cannot be corrected, then allow the guilt to shape you into a better person. The guilt will then be transformed into the event that shaped you into the good person you have become. You will begin to see it as a positive rather than a negative.

Confined to a bed, I have a lot of time to think. How many experiences would I like to change? How many words would I like to take back? How many hurts would I like to soothe?

I know that your lives are busy, and it's hard to find the time for this kind of introspection. However, this exercise will unburden you. It will allow you to rise above the hurt, the shame, and the resentments. You will be happier, and those around you will be affected by the new and improved you.

If you can, please forgive me, please forgive yourself and forgive each other.

Despite facing one of life's most difficult challenges, Rabbi Yitzi Hurwitz continues to spread joy and faith to thousands around the globe. Diagnosed in 2012 with ALS, Rabbi Yitzi is now 95% paralyzed and no longer able to speak or breath on his own. Thanks to the miracle of technology, Rabbi Yitzi continues to spread his wisdom through his eyes, focusing on each and every letter of these Torah articles. Rabbi Yitzi, his wife Dina and their seven children are the Rebbe's Shluchim to Temecula, California.



*"Dear Rabbi Yitzi,  
I want to wish you a happy, healthy birthday!  
I loved your post a few weeks ago about the importance  
of music!  
Music is my life, and your song is so dear to me!*

- Judy H. Clifton, New Jersey

RABBI YITZI WOULD LOVE TO HEAR FROM YOU! SEND YOUR MESSAGE TO:  
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