WORDS OF WISDOM FROM

לרפואה שלימה ליוסף יצחק בן ברכה

PARSHAS NITZAVIM

Soul Sync

This week's Parsha, Nitzavim, is always read on the Shabbos before Rosh Hashana. There are so many things about this Parsha that connect to Rosh Hashana. Nitzavim speaks of our commitment to Hashem, His Torah, and Mitzvahs. It teaches about Teshuva, repentance, and tells of our return to Hashem in this dark exile. How Hashem will gather us from the farthest places. It is clearly talking about us and our time, as we sit on the threshold of Moshiach's coming.

Being that the Parsha speaks about Teshuva as the prelude to the ingathering of the exiles, and being that we want it to happen already, let's talk about Teshuva.

Teshuvah means "return to Hashem." On a basic level, this means to regret your way, ask for forgiveness, and get back on Hashem's path.

For a person who has broken trust and wants to once again be trusted, being remorseful and saying "I'm sorry" is not enough. He needs to reach higher, find a greater level of character and prove himself worthy.

However, Teshuva could be so much more. Even the holiest of people can tap into the power of Teshuva.

The verse says "and you will return until Hashem your G-d."

What does "until" mean? Also, when you say return, it implies going back to a place or situation you were in before. What place are we

speaking of here?

HOWEVER CLOSE YOU ARE TO G-D, YOU CAN **ALWAYS GET** CLOSER.

This takes us to a whole new level of Teshuva, to a place where we are in perfect harmony with Hashem.

Each of us has a Neshama, a piece of Hashem inside of us. It is our essence. Over time

we could become so involved in the physical, mundane world, that our Neshama gets forgotten. Even Mitzvahs could be done out of habit, void of meaning.

Teshuva is connecting to your G-dly essence, your Neshama. It is a journey to your core, every step you take inward brings clarity. You see how you are one with Hashem, and that He loves you because you are part of

Him. When you connect at this level, the lower levels of Teshuva are automatic. How could you remain the same after connecting so deeply? Regret, remorse, and bitterness over your previous state will overtake you, and you become closer to Hashem.

Being that our Neshama is infinite, there are always deeper/higher levels to connect to. Through Teshuva even a Tzadik can find new levels of G-dliness to connect to.

Your essence is already there, your Neshama has always been at the highest level. You now have to "return until Hashem," return to where your Neshama is one with Hashem. Since Hashem is infinite, so is our journey, giving us the ability to get ever closer.

Suffering also brings you closer to Hashem. We have suffered enough. Perhaps Hashem wants our closeness to come from our own initiative.

Being a father and a husband, I love my family to no end, as any father and husband would, and still, there is great pleasure when the love and closeness from my family are from their own initiative.

In preparation for Rosh Hashana, let us take the initiative and get closer to Hashem. May He, with his fatherly love, send Moshiach and gather the exiles.

May you be inscribed and sealed for a good and sweet year.

Despite facing one of life's most difficult challenges, Rabbi Yitz 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





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