Teshuva

You Can Always Come Home

CLEAN SYSTEM · CLEAN LINE · KING · MOTHER · YOUR COLOR · WILL



The door is always open,
and the line can be clean again.

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· *With the help of Heaven* ·

שׁוּבוּ אֵלַי וְאָשׁוּבָה אֲלֵיכֶם

Return to Me, and I will return to you.

MALACHI 3:7

OPENING

Opening Words

What Is Teshuva?

Teshuva is not a punishment. It is coming home.

You do not throw away a computer that caught a virus. You run an antivirus, clean it, and the system works again. So with a person: the virus is not you. The system is clean.

This door was opened before the world was created, and it does not close. You do not need to become someone else. You need to clean the line, and keep a clean line all the way to the Source, like a fiber-optic cable.

That is why teshuva is not a separate chapter. It runs through all the chapters: through Torah, through Shabbat, and through the Land of Israel.

Six gates in this book

The Gate of the Clean System, on the pure soul and the virus that is not you. The Gate of the Clean Line, on fiber optics and a rope tied again. The Gate of the King, on the order: we crown, we clean, and then it flows. The Gate of the Mother, on Binah who waits for her children. The Gate of Your Color, on a small opening the size of a needle's point. And the Gate of Will, on rising from my will to His will. And at the end, the closing chapter: how we connect to Atzilut.

· FIRST GATE ·

The Gate of the Clean System

A PURE SOUL · THE VIRUS IS NOT YOU · THE DOOR BEFORE THE WORLD · EVERY DAY · RETURN TO ME



You do not throw a computer that caught a virus into the trash. You run an antivirus, the infected file comes out, and the system works again. The virus is not you. The system is clean.

> אֱלֹקַי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה
>
> *"My God, the soul You gave me is pure."*
>
> — BERAKHOT 60B

FIRST GATE · GLOSSARY

Glossary of the Gate

The ideas of The Gate of the Clean System, in the holy tongue and in today's language

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Antivirus ANTIVIRUS

Teshuva. It does not wipe the computer, it only removes what does not belong.

Clean system CLEAN SYSTEM

"The soul You gave me is pure." The base is always clean.

Daily scan DAILY SCAN

"Let him return today, lest he die tomorrow." You do not wait for a crash.

Restore RESTORE

The door was opened before the world. You can always go back to the clean point.

§1 THE GATE OF THE CLEAN SYSTEM

The Virus Is Not You

> אֱלֹקַי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה. אַתָּה יְצַרְתָּהּ בִּי, אַתָּה נְפַחְתָּהּ בִּי, וְאַתָּה מְשַׁמְּרָהּ בְּקִרְבִּי
>
> *"My God, the soul You gave me is pure. You formed it in me, You breathed it into me, and You guard it within me."*
>
> — BERAKHOT 60B

Every morning we say: pure. Not "was pure," but pure, now.

What stuck along the way is not you. It is a foreign file. Teshuva takes it out, and what remains is you.

§2 THE GATE OF THE CLEAN SYSTEM

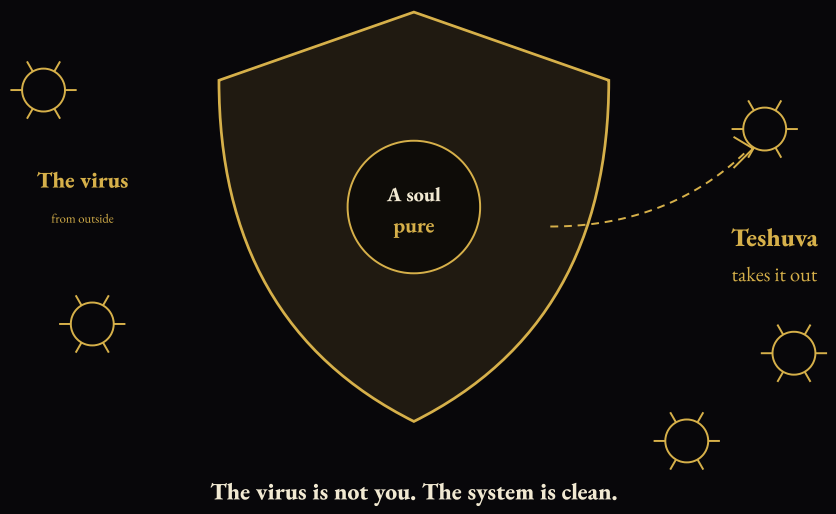
The Door Before the World

> שִׁבְעָה דְּבָרִים נִבְרְאוּ קוֹדֶם שֶׁנִּבְרָא הָעוֹלָם, וְאֵלּוּ הֵן: תּוֹרָה, וּתְשׁוּבָה
>
> *"Seven things were created before the world was created, and these are they: Torah, and teshuva..."*
>
> — PESACHIM 54A

Before man was created, the way back was already there.

It is not a repair invented after the fall. It was part of the plan from the beginning.

♦ A drawing for §2 · The Gate of the Clean System



The system is clean. The virus is outside, and teshuva takes it out

§3 THE GATE OF THE CLEAN SYSTEM

A Scan Every Day

> שׁוּב יוֹם אֶחָד לִפְנֵי מִיתָתֶךָ... יָשׁוּב הַיּוֹם, שֶׁמָּא יָמוּת לְמָחָר, וְנִמְצָא כָּל יָמָיו בִּתְשׁוּבָה
>
> *"Return one day before your death... let him return today, lest he die tomorrow, and so all his days are spent in teshuva."*
>
> — SHABBAT 153A

You do not wait for the computer to crash. You run a small scan, every day.

And so, without drama, all your days become days of teshuva.

§4 THE GATE OF THE CLEAN SYSTEM

Two Directions

שׁוּבוּ אֵלַי וְאָשׁוּבָה אֲלֵיכֶם

"Return to Me, and I will return to you."

— MALACHI 3:7

You take one step, and He is already on His way to you.

The connection works from both sides.

IN SHORT

The soul is pure, always. What sticks to it is not the soul, and teshuva takes it out. The door was opened before the world, and every day is a chance for a small scan. And whoever comes back finds that He is already coming back to him.

THE GATE IN ONE LINE

The virus is not you. The system is clean.

· SECOND GATE ·

The Gate of the Clean Line

FIBER OPTICS · SINS BECOME MERITS · A ROPE TIED AGAIN · A CLEAN PUZZLE PIECE



Copper touches the current, heats up and loses some of it. A fiber-optic cable only marks a path for the light and does not touch it. Teshuva is cleaning the line, so the light passes through clean, without interference.

> כִּי־בַיּוֹם הַזֶּה יְכַפֵּר עֲלֵיכֶם לְטַהֵר אֶתְכֶם מִכֹּל חַטֹּאתֵיכֶם לִפְנֵי ה' תִּטְהָרוּ
>
> *"For on this day He will atone for you, to cleanse you from all your sins; before the Lord you shall be cleansed."*
>
> — LEVITICUS 16:30

SECOND GATE · GLOSSARY

Glossary of the Gate

The ideas of The Gate of the Clean Line, in the holy tongue and in today's language

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Fiber optics FIBER

A line the light passes through clean, without losing anything on the way.

Interference NOISE

What builds up in the line. The sin is not the light, it is the noise.

Knot SPLICE

A rope that tore and was tied again, stronger at the knot.

Fit FIT

A clean puzzle piece slips into place, and connects to all the others.

§1 THE GATE OF THE CLEAN LINE

Like Merits

> גְּדוֹלָה תְּשׁוּבָה שֶׁזְּדוֹנוֹת נַעֲשׂוֹת לוֹ כִּזְכִיּוֹת
>
> *"Great is teshuva, for deliberate sins become for him like merits."*
>
> — YOMA 86B

It is not only cleaning. What got in the way becomes strength.

The place where the line was blocked becomes the place where it is widest.

§2 THE GATE OF THE CLEAN LINE

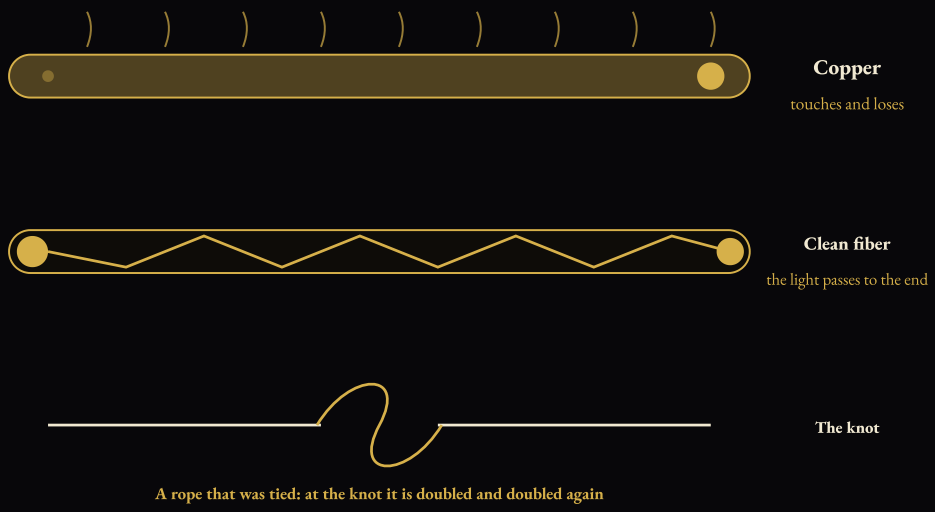
The Rope That Was Tied

> כְּמָשָׁל חֶבֶל הַנִּפְסָק וְחוֹזֵר וְקוֹשְׁרוֹ, שֶׁבִּמְקוֹם הַקֶּשֶׁר הוּא כָּפוּל וּמְכוּפָּל
>
> *"Like a rope that tore and was tied again: at the place of the knot it is doubled and doubled again."*
>
> — TANYA, IGGERET HATESHUVA 9

A rope that tore and is tied again is doubled at the knot.

Whoever came back is connected more strongly than before.

♦ A drawing for §2 · The Gate of the Clean Line



A copper line that loses along the way, and a clean fiber the light passes through to the end

§3 THE GATE OF THE CLEAN LINE

A Clean Puzzle Piece

> לֹא מָצָא הַקָּדוֹשׁ בָּרוּךְ הוּא כְּלִי מַחֲזִיק בְּרָכָה לְיִשְׂרָאֵל אֶלָּא הַשָּׁלוֹם
>
> *"The Holy One, blessed be He, found no vessel that holds blessing for Israel except peace."*
>
> — OKTZIN 3:12

A puzzle piece with glue all around it will not go into place. Teshuva cleans off the glue, and then it connects easily to the piece beside it, to another Jew, to the whole people of Israel.

And when all the pieces are in place, peace holds everything together.

IN SHORT

Teshuva cleans the line. What got in the way becomes strength, the rope that was tied is stronger, and the clean piece connects to all the others in peace.

THE GATE IN ONE LINE

Not a punishment. A cleaning.

· THIRD GATE ·

The Gate of the King

WAKE UP, SLEEPERS · WE CROWN · WE CLEAN · SEVENTY BULLS · HAPPY IS THE KING · AMONG MY PEOPLE



We crown. We clean. And then it flows. The order of the festivals is the order of teshuva: first we connect to the Source, then we clean the line, and then the abundance goes out to the whole world.

> וְאִמְרוּ לְפָנַי בְּרֹאשׁ הַשָּׁנָה מַלְכִיּוֹת זִכְרוֹנוֹת וְשׁוֹפָרוֹת. מַלְכִיּוֹת — כְּדֵי שֶׁתַּמְלִיכוּנִי עֲלֵיכֶם
>
> *"And say before Me on Rosh Hashanah: Kingship, Remembrance and Shofar. Kingship, so that you crown Me over you."*
>
> — ROSH HASHANAH 16A

THIRD GATE · GLOSSARY

Glossary of the Gate

The ideas of The Gate of the King, in the holy tongue and in today's language

Version update UPDATE

Every year a new version. You do not come with last year's teshuva.

Coronation ROOT ACCESS

First of all, He is the King. That is where everything starts.

Cleaning CLEAN

"Before the Lord you shall be cleansed." After the crowning comes the cleaning.

Distribution BROADCAST

"Seventy bulls for the seventy nations." The abundance goes out to the whole world.

§1 THE GATE OF THE KING

Wake Up, Sleepers

עוּרוּ יְשֵׁנִים מִשְּׁנָתְכֶם וְנִרְדָּמִים הָקִיצוּ מִתַּרְדֵּמַתְכֶם וְחַפְּשׂוּ בְּמַעֲשֵׂיכֶם וְחִזְרוּ בִּתְשׁוּבָה וְזִכְרוּ בּוֹרַאֲכֶם

"Wake up, sleepers, from your sleep, and you who slumber, rise from your slumber. Search your deeds, return in teshuva, and remember your Creator."

— RAMBAM, LAWS OF TESHUVA 3:4

The shofar is an alarm clock. Not to frighten. To wake.

No one runs last year's version. Every year we start again.

§2 THE GATE OF THE KING

Seventy Bulls

הֲנֵי שִׁבְעִים פָּרִים כְּנֶגֶד מִי — כְּנֶגֶד שִׁבְעִים אוּמּוֹת

"These seventy bulls, for whom are they? For the seventy nations."

— SUKKAH 55B

Rosh Hashanah: we crown. Yom Kippur: we clean. Sukkot: the abundance goes out to the whole world.

First the King, then the cleaning, and then the pipe is open to everyone.

♦ A drawing for §2 · The Gate of the King



We crown, we clean, and then it flows: Rosh Hashanah, Yom Kippur, Sukkot

§3 THE GATE OF THE KING

Happy Is the King

> בְּשָׁעָה שֶׁיִּשְׂרָאֵל נִכְנָסִין לְבָתֵּי כְּנֵסִיּוֹת וּלְבָתֵּי מִדְרָשׁוֹת וְעוֹנִין יְהֵא שְׁמֵיהּ הַגָּדוֹל מְבוֹרָךְ, הַקָּדוֹשׁ בָּרוּךְ הוּא מְנַעְנֵעַ רֹאשׁוֹ, וְאוֹמֵר: אַשְׁרֵי הַמֶּלֶךְ שֶׁמְּקַלְּסִין אוֹתוֹ בְּבֵיתוֹ כָּךְ
>
> *"When Israel enter the synagogues and houses of study and answer 'May His great name be blessed,' the Holy One, blessed be He, nods His head and says: Happy is the King who is praised this way in His house."*
>
> — BERAKHOT 3A

On coronation day you do not come with a list of requests. You come to crown.

Whoever rises above his private concerns touches His will, and there everything falls into place. "Whoever answers 'Amen, yehei shmei rabba mevarach' with all his strength, his harsh decree is torn up" (Shabbat 119b).

§4 THE GATE OF THE KING

Among My People

> וַתֹּאמֶר בְּתוֹךְ עַמִּי אָנֹכִי יֹשֶׁבֶת
>
> *"And she said: I dwell among my own people."*
>
> — II KINGS 4:13

The Shunammite woman did not ask the king for a private favor. "I dwell among my own people."

It is not only personal. It is much bigger. Whoever is part of the whole is connected to all the abundance of the whole.

IN SHORT

The shofar wakes us up. First we crown, then we clean, and then the abundance goes out to the whole world. We do not come with a list of requests, but to crown Him, as part of the whole.

THE GATE IN ONE LINE

We crown. We clean. And then it flows.

· FOURTH GATE ·

The Gate of the Mother

TASHUV HEH · BINAH IS A MOTHER · THE MOTHER SITS ON THE CHICKS · BRING US BACK · YESTERDAY AND TODAY



A mother does not wait for her child with a list. She waits for him. So is the higher teshuva: Binah is called a mother, and she sits on the chicks, keeping them warm and waiting.

וְהָאֵם רֹבֶצֶת עַל־הָאֶפְרֹחִים אוֹ עַל־הַבֵּיצִים

"And the mother sits on the chicks or on the eggs."

— DEUTERONOMY 22:6

FOURTH GATE · GLOSSARY

Glossary of the Gate

The ideas of The Gate of the Mother, in the holy tongue and in today's language

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Home HOME

Teshuva is not a trip to a new place. It is coming home.

Two floors TWO LEVELS

"Tashuv Heh": the lower Heh and the upper Heh. Coming back, and rising.

Warmth WARMTH

The mother sits on the chicks. Teshuva is born from love.

Switching modes SWITCH

Yesterday far, today close. One full switch.

---

§1 THE GATE OF THE MOTHER

Tashuv Heh

> תְּשׁוּב ה', ה' תַּתָּאָה – תְּשׁוּבָה תַּתָּאָה, ה' עִילָּאָה – תְּשׁוּבָה עִילָּאָה
>
> *"Tashuv Heh: the lower Heh is the lower teshuva, the upper Heh is the higher teshuva."*
>
> — TANYA, IGGERET HATESHUVA 4, CITING THE ZOHAR

The word "teshuva" itself is "tashuv Heh": the letter Heh goes back to its place.

There is a teshuva that repairs, and a teshuva that rises. The first cleans the line, and the second connects it upward.

§2 THE GATE OF THE MOTHER

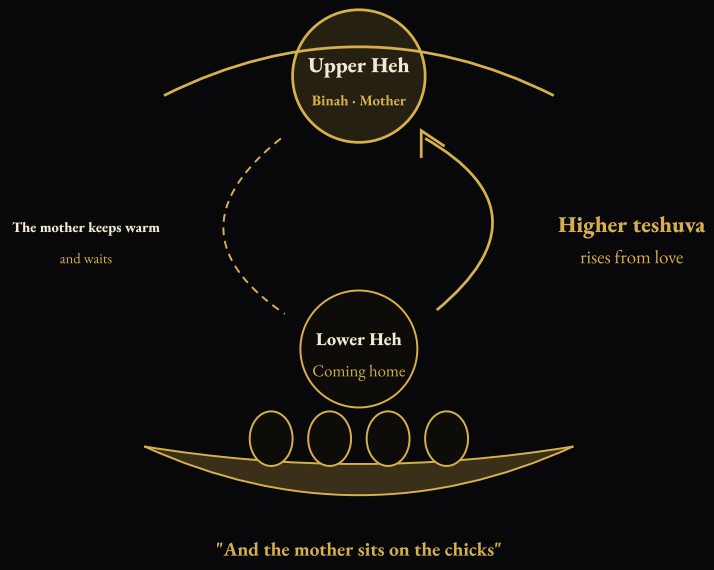
The Mother Waits

> דְּבִינָה – אִיהִי תְּשׁוּבָה עִילָּאָה, וְהָאֵם רוֹבֶצֶת עַל הָאֶפְרוֹחִים
>
> *"For Binah is the higher teshuva, and the mother sits on the chicks."*
>
> — TANYA, IGGERET HATESHUVA 9

Binah is a mother. She does not judge. She keeps you warm.

Whoever reflects on God's greatness, love is born in him. And that is the higher teshuva.

♦ A drawing for §2 · The Gate of the Mother



The lower Heh and the upper Heh: coming home, and rising to Binah, the mother

§3 THE GATE OF THE MOTHER

Bring Us Back

> הֲשִׁיבֵנוּ ה' אֵלֶיךָ וְנָשׁוּבָה חַדֵּשׁ יָמֵינוּ כְּקֶדֶם
>
> *"Bring us back to You, Lord, and we will return; renew our days as of old."*
>
> — LAMENTATIONS 5:21

Sometimes there is no strength to come back alone. So we ask: bring us back.

The longing itself is already a step on the way home.

§4 THE GATE OF THE MOTHER

Yesterday and Today

> כַּמָּה מְעֻלָּה מַעֲלַת הַתְּשׁוּבָה. אֶמֶשׁ הָיָה זֶה מֻבְדָּל מֵה' אֱלֹקֵי יִשְׂרָאֵל
>
> *"How exalted is the level of teshuva. Yesterday this person was separated from the Lord, God of Israel..."*
>
> — RAMBAM, LAWS OF TESHUVA 7:7

Yesterday he was far. And today, says the Rambam, he is "cleaving to the Shechinah."

It does not take years. One full move, from far to near.

IN SHORT

Teshuva is "tashuv Heh," the Heh returns: coming back, and rising. Binah is a mother who waits and keeps warm. Whoever longs is already on the way, and whoever comes back passes all at once from yesterday to today.

THE GATE IN ONE LINE

A mother does not wait with a list. She waits for you.

· FIFTH GATE ·

The Gate of Your Color

LIKE THE POINT OF A NEEDLE · THE PLACE WHERE RETURNEES STAND · FALLS SEVEN TIMES AND RISES · NEW EVERY MORNING · ONE DAY



Each person comes back from their own place, in their own way. There is no one teshuva that fits everyone. There is an opening, however small, and it opens wide.

חֲדָשִׁים לַבְּקָרִים רַבָּה אֱמוּנָתֶךָ

"They are new every morning; great is Your faithfulness."

— LAMENTATIONS 3:23

FIFTH GATE · GLOSSARY

Glossary of the Gate

The ideas of The Gate of Your Color, in the holy tongue and in today's language

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Small opening SMALL PORT

Like the point of a needle. Enough for the connection to begin.

Streak STREAK

We count days of connection, not mistakes.

Reboot RESTART

"The righteous falls seven times and rises." We fall, we get up, we keep going.

New morning NEW DAY

There is no copy of yesterday. Every morning starts again.

§1 THE GATE OF YOUR COLOR

Like the Point of a Needle

> פִּתְחוּ לִי פֶּתַח אֶחָד שֶׁל תְּשׁוּבָה כְּחַדָּה שֶׁל מַחַט, וַאֲנִי פּוֹתֵחַ לָכֶם פְּתָחִים שֶׁיִּהְיוּ עֲגָלוֹת וּקְרוֹנִיּוֹת נִכְנָסוֹת בּוֹ
>
> *"Open for Me one opening of teshuva like the point of a needle, and I will open for you openings that wagons and carriages can enter."*
>
> — SHIR HASHIRIM RABBAH 5:2

You do not need to open the whole gate. Only a needle's hole.

The rest He opens, so wide that wagons pass through it.

§2 THE GATE OF YOUR COLOR

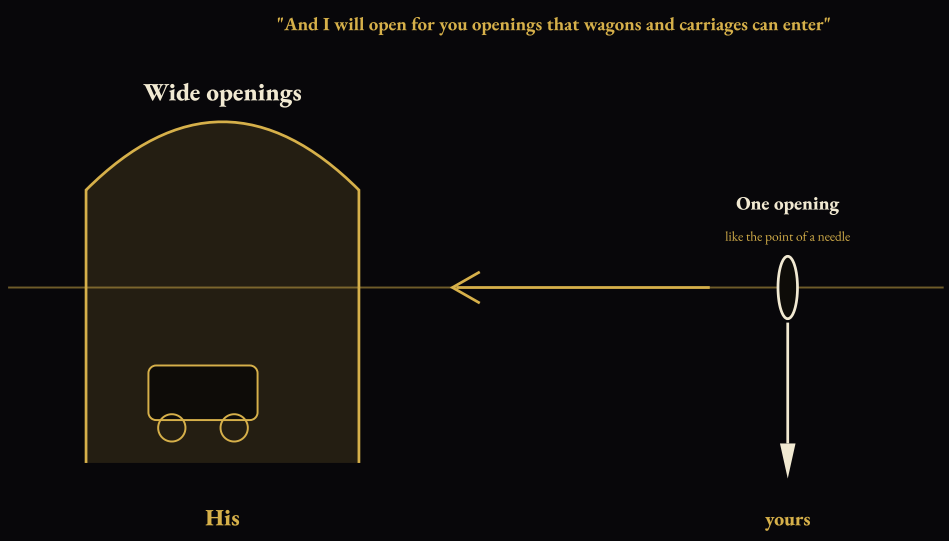
The Place of Those Who Return

> מָקוֹם שֶׁבַּעֲלֵי תְשׁוּבָה עוֹמְדִין — צַדִּיקִים גְּמוּרִים אֵינָם עוֹמְדִין
>
> *"In the place where those who return stand, the completely righteous do not stand."*
>
> — BERAKHOT 34B

Whoever came back stands in a place that even the completely righteous do not reach.

Your path, with all its turns, is exactly what brings you there.

♦ A drawing for §2 · The Gate of Your Color



One opening like the point of a needle, and it opens into a gate wagons pass through

§3 THE GATE OF YOUR COLOR

Falls Seven Times and Rises

כִּי שֶׁבַע יִפּוֹל צַדִּיק וָקָם

"For the righteous falls seven times and rises."

— PROVERBS 24:16

Like a streak in an app: one day goes dark, and the next day the streak continues.

We do not count mistakes. We count days of connection.

§4 THE GATE OF YOUR COLOR

One Day

כִּי טוֹב־יוֹם בַּחֲצֵרֶיךָ מֵאָלֶף

"For one day in Your courts is better than a thousand."

— PSALMS 84:11

One connected day is worth more than a thousand.

And do not leave the field: even after a hard day, tomorrow is a new day.

IN SHORT

Each person comes back from their own place. You open a small opening, and it opens wide. Whoever came back stands in a high place, whoever falls gets up, and one connected day is worth more than a thousand.

THE GATE IN ONE LINE

One small opening. The rest is up to Him.

· SIXTH GATE ·

The Gate of Will

LEAVING · DECIDING · WITH THE WILL OF THE HEART · A PSALM FOR THE SHABBAT DAY · AND YOU SHALL RETURN TO THE LORD



Teshuva begins in the mind and ends in the will. From my will, to His will. And there, in the world of will, it meets Torah, Shabbat and the Land of Israel.

> וְשַׁבְתָּ עַד־ה' אֱלֹקֶיךָ וְשָׁמַעְתָּ בְקֹלוֹ
>
> *"And you shall return to the Lord your God, and listen to His voice."*
>
> — DEUTERONOMY 30:2

SIXTH GATE · GLOSSARY

Glossary of the Gate

The ideas of The Gate of Will, in the holy tongue and in today's language

Closing CLOSE

Leaving what got in the way, and putting it out of your mind.

Deciding COMMIT

"And he resolves in his heart." One clear decision.

The will of the heart INTENT

"With the will of the heart, even more." Will is stronger than any other power.

Full connection FULL SYNC

"And you shall return to the Lord." To, right up to the Source.

§1 THE GATE OF WILL

What Teshuva Is

> וּמַה הִיא הַתְּשׁוּבָה. הוּא שֶׁיַּעֲזֹב הַחוֹטֵא חֶטְאוֹ וְיסִירוֹ מִמַּחֲשַׁבְתּוֹ וְיִגְמֹר בְּלִבּוֹ שֶׁלֹּא יַעֲשֶׂהוּ עוֹד
>
> *"And what is teshuva? That the sinner leave his sin, remove it from his thoughts, and resolve in his heart never to do it again."*
>
> — RAMBAM, LAWS OF TESHUVA 2:2

Leaving, getting it out of your head, and deciding. Three simple steps.

You do not need to understand everything. You need to want.

§2 THE GATE OF WILL

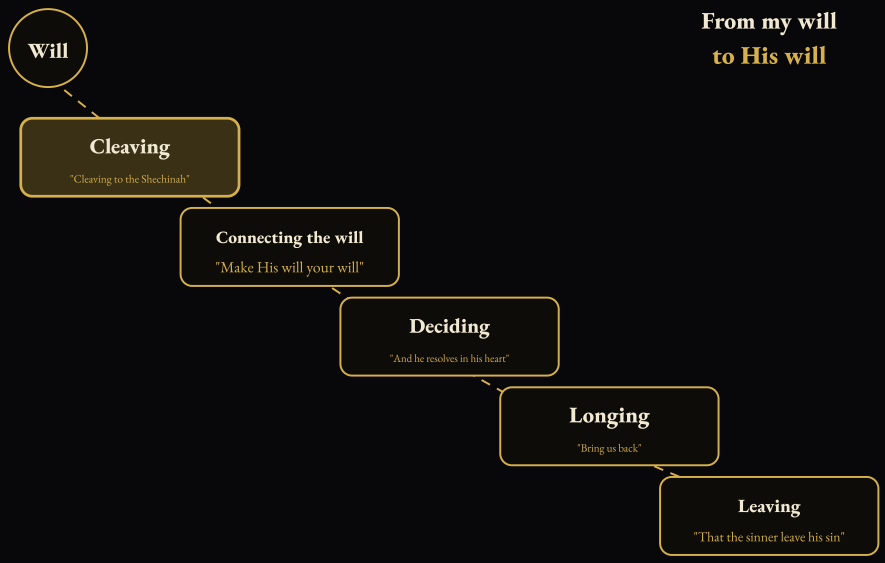
With the Will of the Heart

> דְּאִינּוּן מָשְׁכֵי עֲלַיְיהוּ בִּרְעוּתָא דִּלְבָּא יַתִּיר וּבְחֵילָא סַגִּי לְאִתְקָרְבָא לְמַלְכָּא
>
> *"For they draw themselves with the will of the heart, even more, and with great strength, to come close to the King."*
>
> — TANYA, IGGERET HATESHUVA 8, CITING THE ZOHAR

Whoever comes back draws himself to the King with the will of his heart, more than anyone.

This is the world of will. My will and His will, on one line.

♦ A drawing for §2 · The Gate of Will



From my will to His will: leaving, longing, deciding, connecting, cleaving

§3 THE GATE OF WILL

A Psalm for the Shabbat Day

> כָּךְ הִיא כֹּחָהּ שֶׁל תְּשׁוּבָה וַאֲנִי לֹא הָיִיתִי יוֹדֵעַ, מִיָּד עָמַד אָדָם הָרִאשׁוֹן וְאָמַר... מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת
>
> *"'So great is the power of teshuva, and I did not know.' At once Adam stood and said: 'A psalm, a song for the Shabbat day.'"*
>
> — BERESHIT RABBAH 22:13

When Adam discovered the power of teshuva, he sang to Shabbat. "Shabbat" and "teshuva" come from the same root.

Shabbat is the time when the line cleans itself, and teshuva passes through it.

§4 THE GATE OF WILL

And They Are Redeemed at Once

> וּכְבָר הִבְטִיחָה תּוֹרָה שֶׁסּוֹף יִשְׂרָאֵל לַעֲשׂוֹת תְּשׁוּבָה בְּסוֹף גָּלוּתָן וּמִיָּד הֵן נִגְאָלִין
>
> *"And the Torah has already promised that in the end Israel will do teshuva at the end of their exile, and at once they are redeemed."*
>
> — RAMBAM, LAWS OF TESHUVA 7:5

Each person's teshuva is part of everyone's teshuva.

"And you shall return to the Lord your God... and the Lord your God will bring back your captivity" (Deuteronomy 30:2–3). The clean pipe connects the person, the people and the Land.

IN SHORT

Leaving, putting it out of your mind, and deciding. The will of the heart draws a person to the King more than any other power. Teshuva passes through Shabbat, through Torah and through the Land, and connects all of them to the will.

THE GATE IN ONE LINE

From my will, to His will.

· CLOSING CHAPTER ·

How We Connect to Atzilut

THE WORLD OF WILL · ONE BOOK IN FOUR CHAPTERS · THE PLAN · THE PLACE · THE TIME · THE CLEAN PIPE



This book was about teshuva. But teshuva is not a book on its own. It is the fourth chapter of one great book, and it runs through all the chapters. Atzilut is the world that is right up against the Source. It is the world of will. Whoever connects to His will is connected to Atzilut.

> עֲשֵׂה רְצוֹנוֹ כִּרְצוֹנֶךָ, כְּדֵי שֶׁיַּעֲשֶׂה רְצוֹנְךָ כִּרְצוֹנוֹ
>
> *"Make His will your will, so that He will make your will His will."*
>
> — AVOT 2:4

CLOSING CHAPTER · GLOSSARY

Glossary of the Gate

The ideas of How We Connect to Atzilut, in the holy tongue and in today's language

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The plan BLUEPRINT

Torah. The blueprint the world was built by.

The place LOCATION

The Land of Israel. The point God's eyes are always on.

The time TIME SLOT

Shabbat. The day the whole world rests and receives.

The Clean Pipe CLEAN LINE

Teshuva. What keeps the line open, so that everything can flow.

§1 HOW WE CONNECT TO ATZILUT

The World of Will

> עֲשֵׂה רְצוֹנוֹ כִּרְצוֹנְךָ, כְּדֵי שֶׁיַּעֲשֶׂה רְצוֹנְךָ כִּרְצוֹנוֹ. בַּטֵּל רְצוֹנְךָ מִפְּנֵי רְצוֹנוֹ
>
> *"Make His will your will, so that He will make your will His will. Set aside your will before His will."*
>
> — AVOT 2:4

Above wisdom and the mind there is will. That is where everything begins. Whoever wants what He wants is already there.

This is Atzilut: not more knowledge, but one will. My will and His will, on one line.

§2 HOW WE CONNECT TO ATZILUT

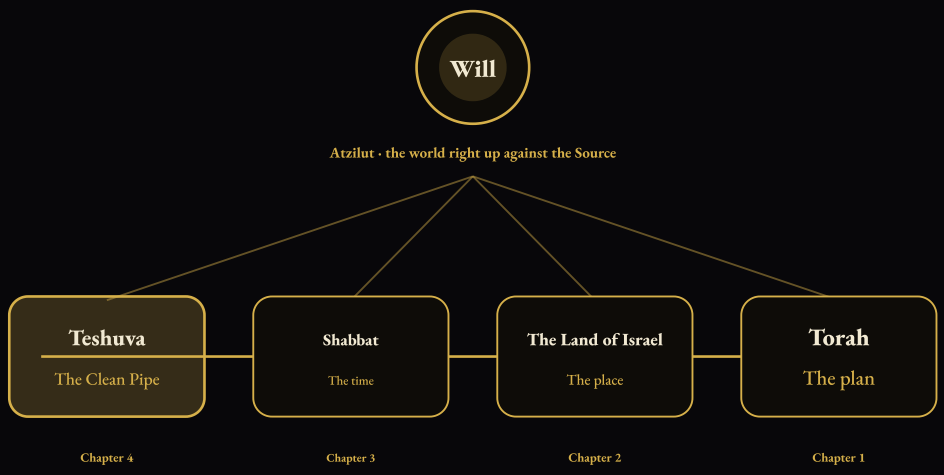
Three Gifts

> שָׁלֹשׁ מַתָּנוֹת טוֹבוֹת נָתַן הַקָּדוֹשׁ בָּרוּךְ הוּא לְיִשְׂרָאֵל, וְכֻלָּן לֹא נִתָּנָן אֶלָּא עַל יְדֵי יִסּוּרִין. אֵלּוּ הֵן: תּוֹרָה, וְאֶרֶץ יִשְׂרָאֵל, וְהָעוֹלָם הַבָּא
>
> *"The Holy One, blessed be He, gave Israel three good gifts, and gave all of them only through suffering. These are they: Torah, the Land of Israel, and the World to Come."*
>
> — BERAKHOT 5A

The Sages list the gifts in order: first Torah, then the Land of Israel, and then the World to Come.

Torah is the plan. The Land of Israel is the place where the plan is built. And what waits at the end is the World to Come.

♦ A drawing for §2 · How We Connect to Atzilut



One book in four chapters: Torah, the Land of Israel, Shabbat, teshuva, and from all of them one line to the will

§3 HOW WE CONNECT TO ATZILUT

One Sixtieth

> שַׁבָּת, אֶחָד מִשִּׁשִּׁים לָעוֹלָם הַבָּא
>
> *"Shabbat is one sixtieth of the World to Come."*
>
> — BERAKHOT 57B

You can taste the World to Come already now, once a week. Shabbat is the taste.

That is why Shabbat stands in third place: it is the time when the World to Come enters our week.

§4 HOW WE CONNECT TO ATZILUT

The Clean Pipe

> גְּדוֹלָה תְּשׁוּבָה שֶׁמַּגַּעַת עַד כִּסֵּא הַכָּבוֹד, שֶׁנֶּאֱמַר: שׁוּבָה יִשְׂרָאֵל עַד ה' אֱלֹהֶיךָ
>
> *"Great is teshuva, for it reaches up to the Throne of Glory, as it says: Return, Israel, up to the Lord your God."*
>
> — YOMA 86A

And what connects it all? All three gifts are given "through suffering," and of suffering it says there: "they scour away all of a person's sins." Scouring is cleaning.

That is teshuva. Not a punishment, a cleaning. It is the clean pipe that runs through all the chapters, and it reaches all the way to the Throne of Glory, to the Source.

IN SHORT

Torah is the plan, the Land of Israel is the place, Shabbat is the time, and teshuva is the clean pipe. Four chapters in one book, and all of them rise to the will.

THE GATE IN ONE LINE

Whoever wants what He wants is already in Atzilut.

CLOSING

My Teshuva

How each person cleans the line in their own way

Teshuva is one for everyone. And still each person comes back from their own place. Here are some of the ways, each with its source.

Who	How they clean the line	Source
Someone who wakes up in the morning	Says, "The soul You gave me is pure." The system is clean.	Berakhot 60b
Someone who thinks he is too far	Opens an opening the size of a needle's point. The rest is up to Him.	Shir HaShirim Rabbah 5:2
Someone who fell again	Gets up. "The righteous falls seven times and rises."	Proverbs 24:16
Someone in the synagogue	Answers "Amen, yehei shmei rabba" with all his strength.	Shabbat 119b
Someone who longs	"Bring us back to You, Lord, and we will return." The longing is already a step.	Lamentations 5:21
Someone who learns	Comes back through Torah. Whoever is used to one page reads two.	Tanya, Iggeret HaTeshuva 9
Someone who keeps Shabbat	"A psalm, a song for the Shabbat day." Shabbat and teshuva come from the same root.	Bereshit Rabbah 22:13
Someone who gives	"Three things cancel harsh decrees: prayer, charity and teshuva."	Bereshit Rabbah 44:12
Someone who connects people	Cleans off the glue, and connects to everyone. "A vessel that holds blessing."	Oktzin 3:12
Someone who wants one more day	Counts days of connection. "For one day in Your courts is better than a thousand."	Psalms 84:11
Everyone, every day	"Let him return today, lest he die tomorrow."	Shabbat 153a

CLOSING

The Book in One Line

Teshuva is not a punishment. It is a cleaning. The soul is clean, and the virus is not you. We clean the line, we crown, and then the abundance flows. Binah waits like a mother, each person comes back from their own place through a small opening, and his will connects to His will. It is the clean pipe that runs through all the chapters: Torah, the Land of Israel and Shabbat.

CLOSING

Afterword

The door has been open since before the world was created. It never closed, and it never will.

You do not need to become someone else. You need to go back to being who you are: a pure soul, a clean line.

"Return to Me and I will return to you." One step of yours, and He is already on His way to you.

You can always come home.

APPENDIX

The Sources in Full

Every source quoted in the book, in its own words, in the order of the gates

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The Gate of the Clean System

The Virus Is Not You (Berakhot 60b)

אֱלֹקַי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה. אַתָּה יְצַרְתָּהּ בִּי, אַתָּה נְפַחְתָּהּ בִּי, וְאַתָּה מְשַׁמְּרָהּ בְּקִרְבִּי

"My God, the soul You gave me is pure. You formed it in me, You breathed it into me, and You guard it within me."

The Door Before the World (Pesachim 54a)

שִׁבְעָה דְּבָרִים נִבְרְאוּ קוֹדֶם שֶׁנִּבְרָא הָעוֹלָם, וְאֵלּוּ הֵן: תּוֹרָה, וּתְשׁוּבָה

"Seven things were created before the world was created, and these are they: Torah, and teshuva..."

A Scan Every Day (Shabbat 153a)

שׁוּב יוֹם אֶחָד לִפְנֵי מִיתָתֶךָ... יָשׁוּב הַיּוֹם, שֶׁמָּא יָמוּת לְמָחָר, וְנִמְצָא כָּל יָמָיו בִּתְשׁוּבָה

"Return one day before your death... let him return today, lest he die tomorrow, and so all his days are spent in teshuva."

Two Directions (Malachi 3:7)

שׁוּבוּ אֵלַי וְאָשׁוּבָה אֲלֵיכֶם

"Return to Me, and I will return to you."

The Gate of the Clean Line

Like Merits (Yoma 86b)

גְּדוֹלָה תְּשׁוּבָה שֶׁזְּדוֹנוֹת נַעֲשׂוֹת לוֹ כִּזְכֻיּוֹת

"Great is teshuva, for deliberate sins become for him like merits."

The Rope That Was Tied (Tanya, Iggeret HaTeshuva 9)

כְּמָשָׁל חֶבֶל הַנִּפְסָק וְחוּזַר וְקוּשְׁרוּ, שֶׁבְּמָקוֹם הַקֶּשֶׁר הוּא כָּפוּל וּמְכוּפָּל

"Like a rope that tore and was tied again: at the place of the knot it is doubled and doubled again."

A Clean Puzzle Piece (Oktzin 3:12)

לֹא מָצָא הַקָּדוֹשׁ בָּרוּךְ הוּא כְּלִי מַחֲזִיק בְּרָכָה לְיִשְׂרָאֵל אֶלָּא הַשָּׁלוֹם

"The Holy One, blessed be He, found no vessel that holds blessing for Israel except peace."

The Gate of the King

Wake Up, Sleepers (Rambam, Laws of Teshuva 3:4)

עוּרוּ יְשֵׁנִים מִשְּׁנָתְכֶם וְנִרְדָּמִים הָקִיצוּ מִתַּרְדֵּמַתְכֶם וְחַפְּשׂוּ בְּמַעֲשֵׂיכֶם וְחִזְרוּ בִּתְשׁוּבָה וְזִכְרוּ בּוֹרַאֲכֶם

"Wake up, sleepers, from your sleep, and you who slumber, rise from your slumber. Search your deeds, return in teshuva, and remember your Creator."

Seventy Bulls (Sukkah 55b)

הָנֵי שִׁבְעִים פָּרִים כְּנֶגֶד מִי — כְּנֶגֶד שִׁבְעִים אוּמּוֹת

"These seventy bulls, for whom are they? For the seventy nations."

Happy Is the King (Berakhot 3a)

בְּשָׁעָה שֶׁיִּשְׂרָאֵל נִכְנָסִין לְבָתֵּי כְּנֵסִיּוֹת וּלְבָתֵּי מִדְרָשׁוֹת וְעוֹנִין יְהֵא שְׁמֵיהּ רַבָּא מְבוֹרָךְ, הַקָּדוֹשׁ בָּרוּךְ הוּא מְנַעְנֵעַ רֹאשׁוֹ, וְאוֹמֵר: אַשְׁרֵי הַמֶּלֶךְ שֶׁמְּקַלְּסִין אוֹתוֹ בְּבֵיתוֹ כָּךְ

"When Israel enter the synagogues and houses of study and answer 'May His great name be blessed,' the Holy One, blessed be He, nods His head and says: Happy is the King who is praised this way in His house."

Among My People (II Kings 4:13)

וַתֹּאמֶר בְּתוֹךְ עַמִּי אָנֹכִי יֹשֶׁבֶת

"And she said: I dwell among my own people."

The Gate of the Mother

Tashuv Heh (Tanya, Iggeret HaTeshuva 4, citing the Zohar)

תְּשׁוּב ה', ה' תַּתָּאָה – תְּשׁוּבָה תַּתָּאָה, ה' עִילָּאָה – תְּשׁוּבָה עִילָּאָה

"Tashuv Heh: the lower Heh is the lower teshuva, the upper Heh is the higher teshuva."

The Mother Waits (Tanya, Iggeret HaTeshuva 9)

דְּבִינָה – אִיהִי תְּשׁוּבָה עִילָּאָה, וְהָאֵם רוֹבֶצֶת עַל הָאֶפְרוֹחִים

"For Binah is the higher teshuva, and the mother sits on the chicks."

Bring Us Back (Lamentations 5:21)

הֲשִׁיבֵנוּ ה' אֵלֶיךָ וְנָשׁוּבָה חַדֵּשׁ יָמֵינוּ כְּקֶדֶם

"Bring us back to You, Lord, and we will return; renew our days as of old."

Yesterday and Today (Rambam, Laws of Teshuva 7:7)

כַּמָּה מַעֲלָה מַעֲלַת הַתְּשׁוּבָה. אֶמֶשׁ הָיָה זֶה מֻבְדָּל מֵה' אֱלֹקֵי יִשְׂרָאֵל

"How exalted is the level of teshuva. Yesterday this person was separated from the Lord, God of Israel..."

The Gate of Your Color

Like the Point of a Needle (Shir HaShirim Rabbah 5:2)

פִּתְחוּ לִי פֶּתַח אֶחָד שֶׁל תְּשׁוּבָה כְּחַדָּה שֶׁל מַחַט, וַאֲנִי פּוֹתֵחַ לָכֶם פְּתָחִים שֶׁיִּהְיוּ עֲגָלוֹת וּקְרוֹנִיּוֹת נִכְנָסוֹת בּוֹ

"Open for Me one opening of teshuva like the point of a needle, and I will open for you openings that wagons and carriages can enter."

The Place of Those Who Return (Berakhot 34b)

מָקוֹם שֶׁבַּעֲלֵי תְשׁוּבָה עוֹמְדִין — צַדִּיקִים גְּמוּרִים אֵינָם עוֹמְדִין

"In the place where those who return stand, the completely righteous do not stand."

Falls Seven Times and Rises (Proverbs 24:16)

כִּי שֶׁבַע יִפּוֹל צַדִּיק וָקָם

"For the righteous falls seven times and rises."

One Day (Psalms 84:11)

כִּי טוֹב־יוֹם בַּחֲצֵרֶיךָ מֵאָלָף

"For one day in Your courts is better than a thousand."

The Gate of Will

What Teshuva Is (Rambam, Laws of Teshuva 2:2)

וּמַה הִיא הַתְּשׁוּבָה. הוּא שֶׁיַּעֲזֹב הַחוֹטֵא חֶטְאוֹ וְיסִירוֹ מִמַּחֲשַׁבְתּוֹ וְיִגְמֹר בְּלִבּוֹ שֶׁלֹּא יַעֲשֶׂהוּ עוֹד

"And what is teshuva? That the sinner leave his sin, remove it from his thoughts, and resolve in his heart never to do it again."

With the Will of the Heart (Tanya, Iggeret HaTeshuva 8, citing the Zohar)

דְּאִינּוּן מְשָׁכֵי עֲלַיְיהוּ בִּרְעוּתָא דְלִבָּא יַתִּיר וּבְחֵילָא סַגִּי לְאִתְקָרְבָא לְמַלְכָּא

"For they draw themselves with the will of the heart, even more, and with great strength, to come close to the King."

A Psalm for the Shabbat Day (Bereshit Rabbah 22:13)

כָּךְ הִיא כֹּחָהּ שֶׁל תְּשׁוּבָה וַאֲנִי לֹא הָיִיתִי יוֹדֵעַ, מִיָּד עָמַד אָדָם הָרִאשׁוֹן וְאָמַר... מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת

"'So great is the power of teshuva, and I did not know.' At once Adam stood and said: 'A psalm, a song for the Shabbat day.'"

And They Are Redeemed at Once (Rambam, Laws of Teshuva 7:5)

וּכְבָר הִבְטִיחָה תּוֹרָה שֶׁסּוֹף יִשְׂרָאֵל לַעֲשׂוֹת תְּשׁוּבָה בְּסוֹף גָּלוּתָן וּמִיָּד הֵן נִגְאָלִין

"And the Torah has already promised that in the end Israel will do teshuva at the end of their exile, and at once they are redeemed."

How We Connect to Atzilut

The World of Will (Avot 2:4)

עֲשֵׂה רְצוֹנוֹ כִּרְצוֹנְךָ, כְּדֵי שֶׁיַּעֲשֶׂה רְצוֹנְךָ כִּרְצוֹנוֹ. בַּטֵּל רְצוֹנְךָ מִפְּנֵי רְצוֹנוֹ

"Make His will your will, so that He will make your will His will. Set aside your will before His will."

Three Gifts (Berakhot 5a)

שְׁלֹשׁ מַתָּנוֹת טוֹבוֹת נָתַן הַקָּדוֹשׁ בָּרוּךְ הוּא לְיִשְׂרָאֵל, וְכֻלָּן לֹא נָתָנָן אֶלָּא עַל יְדֵי יִסּוּרִין. אֵלּוּ הֵן: תּוֹרָה, וְאֶרֶץ יִשְׂרָאֵל, וְהָעוֹלָם הַבָּא

"The Holy One, blessed be He, gave Israel three good gifts, and gave all of them only through suffering. These are they: Torah, the Land of Israel, and the World to Come."

One Sixtieth (Berakhot 57b)

שַׁבָּת, אֶחָד מִשִּׁשִּׁים לָעוֹלָם הַבָּא

"Shabbat is one sixtieth of the World to Come."

The Clean Pipe (Yoma 86a)

גְּדוֹלָה תְּשׁוּבָה שֶׁמַּגַּעַת עַד כִּסֵּא הַכָּבוֹד, שֶׁנֶּאֱמַר: שׁוּבָה יִשְׂרָאֵל עַד ה' אֱלֹהֶיךָ

"Great is teshuva, for it reaches up to the Throne of Glory, as it says: Return, Israel, up to the Lord your God."

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