

Parasha Meditation Re'eh

Devarim 11:26-16:17

By Rebbetzin Chana Bracha Siegelbaum

Discovering our Personal Mission in Life

Introduction

To Fulfill our Purpose in Life

Our *Parasha* opens with the words, “See, this day I set before you the blessing and the curse.”¹ *Netivat Shalom* explains in the name of the Arizal that the true blessing is when we fulfill our personal mission, and do the rectifications for which we were brought into this world; whereas, the curse is when someone works hard without fulfilling his personal mission. “See, this day I set before you” indicates that Hashem gives each of us all the necessary conditions and tools to fulfill our mission. Each and every situation that we are placed in, all our challenges and tests, all facilitate us in fulfilling our purpose in the world. Through the circumstances in which Hashem places us, we can learn to find our personal mission in life. This is the meaning of “The blessing **that** (אשר/ *asher*) you shall hear...”² It doesn’t state – “The blessing **if** you listen to the mitzvot...” – because the blessing is unconditional. It is already given through all the situations in which Hashem places us, for the sake that we learn from our experiences about our purpose in life. All we need is to be mindful and conscious of what we can learn from each challenge that we face. Therefore, Hashem instructs us to see – experience everything that Hashem is constantly giving (נותן/*noten*) us, for the sake of blessing if we only listen.³

Discovering our Mission from the Repeated Patterns of our Life

How can we learn about our purpose in life from our circumstances? I believe that every person has a pattern of repeated situations, or types of people in their life, which serve as clues to their personal mission. For example being faced repeatedly with obnoxious people, provoking us to anger, could be a sign that our purpose in life is to overcome our tendency towards anger. Personally, in my life, the circumstances I have experienced clearly indicate that part of my purpose in life is to accept and even try to be happy, when others limit my scope, by starting competing projects. Some people have tests with *parnassah* (livelihood), always struggling to put bread on the table. Their purpose may be accepting their lot in life and working hard to make due with little.

¹ Devarim 11:26.

² Devarim 11:27.

³ *Netivat Shalom, Parashat Re'eh*, p. 75.



Midreshet
B'erot Bat Ayin

Holistic Torah Study for Women

(011-972-2) 995-4945

info@berotbatayin.org

www.berotbatayin.org

Becoming Aware of the Mission of Each and Every Day

"See, I set before you this day..."⁴ Just as every person has a particular mission in life, each of our days as well has a special rectification. Whatever is possible to rectify today, is different than the rectification for yesterday and tomorrow. This is why Hashem renews the creation of the world every single day, as we pray on Shabbat:

"מְחַדֵּשׁ בְּכָל יוֹם תְּמִיד מֵעֲשֶׂה בְּרֵאשִׁית" / *mechadesh b'chol yom tamid ma'ase bereishit* – "...renewing the original creation each and every day."⁵

The blessing is to "hear" and fulfill the purpose and mission of each particular day. For this reason, every single day, a Heavenly Voice goes out and calls "return wild children!"⁶ The reason new Heavenly Voice is necessary daily, is because each day has its particular mission. All the things that happens to us during the day, call out to us to return and fulfill the particular mission of that day.⁷

Seeing with the Eyes of the Heart

Why does the Torah open with the word "*Re'eh*" – "See" rather than for example: "Know"? The heart has the power to both hear and see.⁸ Seeing is a higher level than hearing. The first level is "the days will speak".⁹ The High Holidays will speak to the Jewish heart. When we become mindful of these holy days, we can hear the voice of these days through the ears of our heart. The next level is when the days not only speak, but roar with all their might: "The lion roars, who will not fear?"¹⁰ The Hebrew word for "lion" – אַרְיֵה / "*arieh*" is an acronym for Elul, Rosh Hashana, Yom Kippur, Hoshana Rabah.¹¹ These days are the foundation for the entire year. The highest level, however, is when we see clearly with the eyes of our heart beyond any doubt that the blessing is to listen to Hashem, and that the "Torah is life and goodness."¹² Therefore, "chose life!"¹³

The Wakeup Call to Be Mindful of the Rosh Hashana Vision

We always read *Parashat Re'eh* on the Shabbat that precedes *Rosh Chodesh* Elul. The Torah calls us to "see" that in only one month "I will give you the day" – The holy day of Rosh Hashana, and now is the time to start preparing for this holy and awesome day. The blessing is to hear with our hearts how "the voice of my beloved knocks,"¹⁴ and calls the Jewish soul to awake from its slumber. This is why we begin to blow the Shofar on *Rosh Chodesh* Elul. Already on the Shabbat when we bless the new month of Elul, the gates of Heaven open, and the vision of Rosh Hashana emanate. According to how much we prepare ourselves before Rosh Hashana, is our merit attaining the source of blessing on Rosh Hashana!

⁴ *Devarim* 11:26.

⁵ Shabbat, Morning Prayer.

⁶ *Zohar Chadash, Midrash Ha'ne'elam, Eichah.*

⁷ *Netivat Shalom, Parashat Re'eh*, p. 77.

⁸ *Zohar*, Part 2: 116b).

⁹ *Iyov* 32:7.

¹⁰ *Amos* 3:8.

¹¹ The *Shelah HaKodesh, Parashat Shoftim*: אלול, ראש השנה, יום כיפור, הושענא רבה.

¹² *Devarim* 30:15.

¹³ *Ibid.* 30:19.

¹⁴ *Shir Hashirim* 5:2.



Midreshet
B'erot Bat Ayin

Holistic Torah Study for Women

(011-972-2) 995-4945

info@berotbatayin.org

www.berotbatayin.org

Meditation

Make yourself comfortable and breathe deeply several times.

1. Get in touch with your heart and imagine mentally removing the *klipa* (husk) of the hearing center in your heart.
2. Keep breathing and open yourself to hear the Heavenly Voice calling you back to your purpose in life.
3. Visualize all the distractions in your life trying to divert you from your personal mission. They can take any form such as glittering movies, material goods, black clouds, or any other image that comes up for you.
4. Imagine chasing away all of these diversions one by one.
5. You are at a fork in the road. Before you lie two paths. Listen up and open yourself to hear the sound of the Shofar calling you towards the path to the life, love and blessing.
6. Return to your heart and imagine mentally removing the *klipa* (husk) of the vision center in your heart.
7. Visualize yourself standing before your cleared Torah path of your personal mission. See yourself take the first step towards the blessing. Continue to walk upon your personal pathway towards the light.
8. When you are ready, open your eyes and continue your day in a more mindful state of mind.

Notes

“See I place before you...” Why is the word “I” – (אנוכי/*Anochi*) necessary? This word is to connect us to the Ten Commandments which begins with (אנוכי/*Anochi*), and urge us to fulfill them, for they include all the mitzvot.¹⁵ Our *parasha* alludes to the eternal First Commandment, “I (*Anochi*) am Hashem your G-d...” Every Jew has the ability to believe so strongly in the Ten Commandments that they become visible to the eyes at the level of “seeing.” Therefore, although the word *Re’eh* is told to the entire Jewish people, it is written in singular language,¹⁶ because it refers to the Ten Commandments. They were written in singular for each and every person to relate to them on his or her level.

¹⁵ *Ba'al HaTurim, Devarim 11:26.*

¹⁶ *Re’eh* – ראה rather than ראו – *Re’u*.



Midreshet
B'erot Bat Ayin

Holistic Torah Study for Women

(011-972-2) 995-4945

info@berotbatayin.org

www.berotbatayin.org

About Us



Rebbetzin Chana Bracha Siegelbaum

Rebbetzin Chana Bracha Siegelbaum, a native of Denmark, is Founder and Director of Midreshet B'erot Bat Ayin. She holds a Bachelor of Education in Bible and Jewish Philosophy from Michlala Jerusalem College for Women, and a Masters of Art in Jewish History from Touro College. Chana Bracha also began her practice as a spiritual healer through Emuna, tefila and energy work. For more than two decades Chana Bracha has taught Bible studies with special emphasis on women's issues in Israel and the United States. She creates curricula emphasizing women's

spiritual empowerment through traditional Torah values. Midreshet B'erot Bat Ayin located in the Judean Hills of Israel offers a unique program to women of all ages and backgrounds to learn in a holistic Torah study environment that nurtures the mind, body and soul. Intensive textual study of Tanach, Halacha and Chassidut are woven together with creative spiritual expression, and connection with the land of Israel through organic gardening, herbology, Jewish sources of healing and sustainable living. Classes in Jewish mysticism, Chassidism and Jewish meditation are directed at the spiritual thirst so prominent in our times.

*In 2010 Rebbetzin Chana Bracha published her first book, *Women at the Crossroads: A Woman's Perspective on the Weekly Torah Portion*.*

Chana Bracha has a married son and several granddaughters. She lives with her husband and younger son on the land of the Judean hills, Israel.

If you are interested in:

Midreshet B'erot Bat Ayin contact info@berotbatayin.org or in Spiritual Healing with Rebbetzin Chana Bracha, please contact her at director@berotbatayin.org

or visit her blog: <http://rebbetzinchanabracha.blogspot.com/2010/11/emunah-healing-for-women.html>

Midreshet B'erot Bat Ayin – Holistic Torah Study for Women on the Land of Israel

At Midreshet B'erot Bat Ayin, we weave together Torah studies with creative spiritual expression, connecting with the Land of Israel, and healthy, organic lifestyles. In the heart of the Judean Hills, with its serene beauty, our students experience an approach to Judaism that bridges mind, body and soul. Midreshet B'erot Bat Ayin is designed as a micro-community within the Village of Bat Ayin where women of all ages and backgrounds engage in intense Torah learning as part of an integrated, participatory approach to Torah living.

Come Learn With Us!

Beginner and advanced levels are offered for women of all ages and religious backgrounds. Whether your interest in Judaism has recently been ignited, or you are seeking a wider perspective, Midreshet B'erot Bat Ayin offers the opportunity to improve your learning skills while strengthening your commitment to Judaism within the parameters of Halachah – all while engaging your inner creative spirituality, working the Land, and maintaining a healthy lifestyle.

Support Our School!

You have the unique opportunity to help us continue to build and amplify the light of Torah on the Land of Israel. With your help we can increase our ability to provide women an extraordinary Torah environment where they can build a solid Jewish foundation which will have an impact for generations to come.