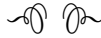


INDEX



A

Aaron, disciples of, 312
Abraham, 112, 250
Abyss, crossing the, 24–25, 240
Action, as a garment, 59
Adam, 243, 286, 302
Ahavat Yisrael, concept of, 131
Akiva, Rabbi, story of, 183, 306
Aleph Society, 272, 274
Alertness, constant, 218–219,
318–319
Angel of Death, 175
Angel-like teachers, 317
Angels: and the animal soul, 63,
257; bad, 311; creating, 146–147,
289, 296; knowledge of, 154;
seeing, issue of, 169, 301; types of,
259; and the view of children in
Judaism, 95, 269–270
Anger, sin of, commentary on the,
204–205
Animal soul, the, 62, 63–64, 65, 67,
257
Appreciation, difficulty with, 224,
321
Ark of the Covenant, 32
Artificial means, being suspicious of,
210–211, 317
Ascension: descent for the sake of,
67–68, 258–259; path of, 72, 261

Assimilation, losing Jews through,
126, 133, 279–280
Avodah Zarah 17a, 318
Avot, 316
Awareness: of the Divine presence,
4, 229; inner growth required for,
5–6, 229–230; as a requisite for
willfulness, 207

B

Baal ha Tanya (Rabbi Schneur
Zalman of Liadi), 61, 94, 123,
150, 189, 238
Baal Shem Tov (Rabbi Yisrael ben
Eliezer), xxi, 7, 15, 19, 92,
163, 234
Balance, previous, losing one's,
178–179, 304–305
Bava Metzia 33b, 314, 315
Belief: acquiring, 51–52, 252–253;
in the existence of God, 49, 251;
the Torah not commanding, 54,
254
Berachot 60b, 181, 306
Biology: definition of a Jew as
beyond, 122–123, 278–279;
realm of, contradiction of the, in
physical laws, 114, 115
Blasphemy, 16

Index

- Bleeding demographically, 125, 279
Blessing After the Meals, 250
Blessing evil, capacity for, as well as good, 200, 312
Blessing God for both good and evil, 181, 305
Blessing or curse, accepting being a Jew as a, choice about, 134, 285
Blessings, saying, 6
Broken cord, tying the, binding man to God, 179–180, 305
Broken heart, wholeness of a, 189, 308
- C**
- Candide* (Voltaire), 307
Candle of God, The (Steinsaltz),
 excerpts from: on faith, 254–255;
 on the soul, 256; on struggles,
 battles, and trials, 304; on
 suffering, 306–307, 309
Candle simile/metaphor, 244
Chaim Vital, Rabbi, 109
Challenge, constant, 175, 302
Channeling God, 150–152, 290–291
Character education, 212–214
Chariot, the (*Merkavah*), 122
Chesed, 147
Children: teaching, so what they
 learn is correct, 83, 265; view of,
 in Judaism, 95, 269–270; wisdom
 of, 74, 262
Christianity, long controversy with,
 result of the, 122
Climbing from level to level,
 173–174, 301
Clinging to God, 6, 230
Code of Law. *See Shulkhan Arukh*
 (Code of Law)
Commandments: careful
 performance of, as essential, 280;
 carrying out, 157, 293; details of,
 ceasing to be burdensome, 264;
 weighing Torah against, 145–146,
 288. *See also mitzvah/mitzvot*
Commercialized mysticism, 166–167
Communion with God, 212
Comparing people, basis for, 82–83,
 264–265
Complacency, 186
Concealment of God, 20–21
Connection: to God, permanent,
 42, 248; to the Jewish family, as
 beyond choice, 119, 277; of the
 Jews with the Torah and the Torah
 with God, 211–212; between the
 Kabbalah and Talmud, 167–168,
 300; to Torah, 291; with the
 Torah, many ways to a, 138, 286
Consciousness: of Divinity, 32, 243–
 244; extent of, of God's presence,
 28, 242; level of, for participation
 in *mitzvot*, 142
Constant challenge, 175, 302
Contemplating God, 3–7, 227–231
Continuity, concern for, 111–112, 274
Contradictions, logical, and faith,
 52, 253
Creation: continuous, 10, 26, 42–43,
 240–241, 248–249; making sense
 of, 187–188, 307; purpose of,
 32–33, 68, 187
Creatures, defining, 312
Crisis, passing through some sort of, as
 often necessary, 186–187, 306–307
Curiosity, 154
Curse or blessing, accepting being a
 Jew as a, choice about, 134, 285
- D**
- David and Goliath, xvii
David, King, 151

Index

- Day of Atonement (Yom Kippur), 163
Dear Son to Me, A (Steinsaltz), 279
Deism, 42
Delight (*oneg*), experiencing, 128
Demographic decline, 125, 279
Demons: thoughts giving birth to,
199, 311–312; as a type of
angel, 259
Denying God, paradox involving, 20
Derash (exegesis), 167
Desargues' theorem, 254, 320
Descent, for the sake of ascension,
67–68, 258–259
Destiny, of the estranged, 132–133,
283
Development of the world, darkness
requisite for, 23–24, 239
Diaspora, in the, 133, 279, 283, 284
Distortions, straightening out the,
177, 304
Divine commandments. *See Mitzvah/*
mitzvot
Divine essence, 10, 232
Divine flow, vi
Divine light, 142–143, 158
Divine planning process,
participating in, 152, 291
Divine presence. *See Shekkinah*
(Divine presence)
Divine soul, the, 62, 64, 65,
67, 220
Divine test, 55, 254–255
Divine Unity, 34, 37, 38, 156, 246
Divine Wisdom, 140, 141. *See also*
Torah, the
Divine work, task of, becoming
absorbed in the, 72–73, 261
Divinity: consciousness of, 32,
243–244; failing to distinguish the
instruments of, 148; seeing, issue
of, 238
Doubt, as always present, 51, 252
Drugs, being suspicious of,
210–211, 317
Dybbuk, 199
- ### E
- Ecclesiasties 12:2, 158
Ecclesiasties 12:6, 179
Ecclesiasties, book of, 74, 179, 262
Effort: cessation of, 265; questioning
if there is compensation for,
85–86, 265–266
Egotism, 149
Egyptians, ancient, 206
Ein Sof (Infinite One), meaning of,
239. *See also* God
Elazar ben Durdia, Rabbi, 214–215
Elijah the prophet, 203, 312, 313
Elisha, 151
Entropy, law of, 114, 115
Esau, 62
Essential Talmud, The (Steinsaltz),
excerpt from, on the nature of the
Torah, 287
Estranged, the, destiny of, 132–133,
283
Etz Chayyim 50:2, 62
Eve, 25, 286
Everything is for the best, 183–184,
306
Evil, 193–206, 309–312; blessing
God for good and, 181, 305;
capacity to bless, as well as good,
200, 312; existence of, 190; and
hope, 191; as a parasite, 194–195,
310; as something that must be
fought, 195–197, 310–311; as a
tool of good, 309; transforming,
into good, 199, 312; ultimate
judgment of, 159; understanding,
193–194, 309

Index

- Evil impulse: after defeating the, 198, 311; provocations of the, suffering more from the, 188–189
- Evil inclination: greater, 175–176; of idolatry, 241, 251, 282; struggle with, 197–198, 311
- Exile, 101, 129, 283
- Existence, struggle of, discovering harmony in the, 191–192, 309
- Exodus: essence of the, 3–4; meaning of the, 102; miracle of the, 101
- Exodus 20:2, 54
- Exodus 24:7, 48
- Exodus 33:20–23, 13
- Fooling oneself, 97, 270–271
- Forgetting: to seek God, 22; what was known, 205, 313–314
- Forgiveness, concept of, 16–17
- Freedom: elementary meaning of, 102, 272; meaning of, in terms of having a life goal, 103, 272; paradox involving, 120; spiritual, 101–102, 271; true, attaining, 100–101, 271
- Freud, S., 12
- “From Childhood to Old Age” (Steinsaltz), 280
- Functioning, higher level of, rising to a, 161–162, 296

F

- Faith, 47–55, 251–254; as an inheritance, 50, 252; as the key, 50–51, 252; path of, 47–48, 251; power of, 49–50, 252; way to, 53, 254
- Fake teachers, 212–214, 317–318
- Falling and rising, 174, 175, 302
- Family: finding one’s, to which one belongs, 119–120, 277; real, but not perfect, 118, 277; way of moving together as a, Judaism as, 120–121, 278
- Family ties, 117, 276
- Fear of God: genuine, 45, 250; having a, because one feels him, 45–46, 250–251
- Festivals: as internal events, 82, 264; and spiritual development, 90
- Finding God: adventure of, 26, 241; seeking and, 21–22
- Finding one’s purpose, importance of, 69, 259
- Focusing on God, 6, 230
- Following God, decision of, 3, 227–228

G

- Galut Bavel*, 283
- Gaon of Vilna, 299
- Garden of Eden, 72, 304
- Garments of the soul, 59, 255
- Genesis 25:23, 62
- Genesis 42:12, 273
- Gevurah*, 147
- Gift, special, each person having a, 69–70, 259
- Goal: of always aiming for greater heights, 91–92, 268; of life, great happiness is not a, 99–100, 271; of one’s own, having a, 103, 272
- God: as an actuality, not an abstraction, 6–7, 230–231; as always present, 33–34, 244–245; first emanation from, 239; holding dual conceptions of, instead of pocketing, 17, 235–236; infantile images of, 48; no before or after in, 11, 232–233; nothing other than, 10–11, 232; reaching out by, 40–41, 247; realizing nothing can occur without, 15–16, 234–235;

Index

- seeing that there is no large or small to, 11, 233; as that which cannot be grasped, 9–10, 231; those who have not found, 73, 261–262
- Golden Calf, the, 112
- Good: evil as a tool of, 309; transforming evil into, 199, 312
- Good and bad deeds, as neither complementary nor opposites, 159, 294
- Good and bad qualities, as not absolute, 217, 318
- Good and evil: blessing God for, 181, 303; capacity to bless, 200, 312; struggle between, greatness of man stems from the, 198
- Good teachers, 212, 317
- “Good vs. Evil” (Steinsaltz), 310–311
- Grace After Meals, 6, 249
- Gratitude: acts of, to God, allowing nothing to interfere with, 44–45, 249–250; simple emotion of, 43–44, 249
- Greatness of God: contemplating the, 5, 229; difficulty understanding the, 11
- Guide to Jewish Prayer, A* (Steinsaltz), excerpts from: on contemplating God, 230; on faith, 253; on the inconceivable God, 235–236
- Guilt, degree of, as proportional to one’s level of knowledge, 207–208, 315
- H**
- Hadassah International, educators from, program for, xix
- Halakkah (Jewish law), 147, 149, 246, 281, 298, 301. *See also Shulkhan Arukh* (Code of Law)
- Hanegbi, Y., xviii
- Hanukkah, 161
- Happiness: great, as not the goal of life, 99–100, 271; greatest, is the pleasure of being alive, 71–72, 261; pursuit of, 99–103, 271–272
- Harmony, discovering, in the struggle of existence, 191–192, 309
- Harvest, festival of, 90
- Hasidism: emphasis in, on direct communication, xx–xxi; as a form of applied Kabbalah, 166, 231, 299; founder of, xxi; questioning, 6–7
- Heaven: and climbing from level to level, 174; concept of the Torah as, 212, 317; gateway to, issue of a, 210, 211; gladness in, 55, 254–255; and God’s greatness, 5; living for the sake of, 219–220, 319; path to, 261; and scripture, 288; Torah study for the sake of, 148–149, 289–290; the *tzaddikim* in, 11
- Hebrew, 118
- Hell, 191, 192, 210
- Heresy, 315
- Hidden Law, 166
- Hiddenness of God, 19, 236
- Hide-and-seek analogy, 20, 22, 237
- Higher Power, recognition of a, 52–53, 253
- Hillel the Elder, 93, 312, 313
- Holiness, perception of, 12, 81, 264
- Holocaust, the, 126
- Holy Ark, 151
- Holy Land, 78, 263
- Holy Temple, the: annex of, one’s life as an, 93, 268; destruction of, 130–131, 282–283
- Home, truth of being, 121, 278
- Hope, 188, 190–191, 307

Index

- Human creativity, difference between
Divine Creation and, 25–26
- Human progress, chart of, as not
simple, 88–89, 267
- Humility, 262
- Huxley, A., 210
- I
- “I” and “Mine” words, as
meaningless, 16, 235
- Ideology of evil, 195–196
- Idolatry: avoiding, 221–222, 320;
choosing death over, 110–111,
274; inclination toward, 241, 251,
282
- Ignorance, issue of, 266–267
- Imagination, contending with one’s,
222–223, 320
- In the Beginning* (Steinsaltz), excerpts
from: on the nature of the Torah,
287–288; on spiritual direction,
318, 321; on Torah study, 289–
290
- Inconceivable God, 9–17, 231–236
- Infinite light of God, 14–15, 234
- Infinite Light (*Ohr Ein Sof*),
meaning of, 239
- Infinite One (*Ein Sof*), meaning of,
239. *See also* God
- Infinite power of God, expression of
the, 24, 239–240
- Infinity: bridge to, 292;
contemplating, 228; endless
activity implied by, never growing
weary of, 321; imagining, 320;
implication of, 302; meaning
of, 231; perception of holiness
and, 12; the Torah comes to
man across, 137–138, 285–286;
walking the path to, 95, 270
- Inheritance, faith given as an, 50, 252
- Inspiration, source of, 34, 245
- Instability, necessity of, 178–179,
304–305
- Intention. *See Kavvanah* (intention)
- Interest, having, in almost
everything, 208–209, 315–316
- Intimacy with God, 37–46, 246–251
- Investigating, specifically, 204, 313
- Isaac, 112
- Isaac Luria, Rabbi, 7, 160
- Isaiah, 9
- Israel: attitude toward the state
of, 275; challenge of, 222;
concentration of holiness in, 81;
concept of, meaning of the, 114,
275; continual resanctification
of, 264; dark side of, 251; as an
entity, 121–122, 278; holiness of,
and the destruction of the Temple,
130–131, 282–283; looking to,
as the answer, issue of, 133–134;
loss of traditions in, 284; and the
path of faith, 47, 48; remnant of,
protecting, 123–124, 279; in a
state of deprivation and suffering,
131–132, 283
- J
- Jacob, 62, 112
- Jerusalem, welcoming the Holy Ark
back to, 151
- Jewish authorities, 168–169, 300
- Jewish community, defining,
109, 273
- Jewish, defining, 107–115, 272–226
- “Jewish Demography: An Alarming
Trend” (Steinsaltz), 279–280
- Jewish education: as lacking, 126,
280; need for, 128–129
- Jewish essence, regaining the,
129–130, 281–282

Index

- Jewish family, the: described,
117–124, 276–279; in jeopardy,
125–134, 279–285
- Jewish jokes, having leaders who
don't understand, 128–129, 281
- Jewish knowledge, level of, 133
- Jewish law. *See* Halakkah (Jewish law)
- Jewish leaders, educated, need for,
128–129, 281
- Jewish teachers, willing, need for, 128
- Job 19:26, 54
- Joseph Karo, Rabbi, 168
- Joy: key to ensuring, 50–51, 252; of
performing *mitzvah/mitzvot*, 164;
season of, 90; source of, 34, 245
- Joys, of the next world, 192, 309
- Judah and Tamar, 49
- Judaism: accepting, as a better life,
224; the body and physical world
in, view of, 220–221, 319–320;
children in, view of, 95, 269;
converting to, 277; hiding the
mystical aspect of, 165–166; idea
of Heaven in, 317; importance of
the Temple to, 130–131; kosher-
centered, 127, 280–281; as the
Law and a life framework, 276;
as a religion, 119, 120–121, 277,
278; return to, 285; teaching, issue
of, 126; two branches of, 313;
uniting element of, 108, 272–273
- Judgment, 77–78, 204, 263
- K**
- “Kabbalah for Today” (Steinsaltz),
230–231
- Kabbalah, 165–169, 297–301;
definition of, 297–298; denying
the existence of, 165–166,
298–299; Hasidism as a form of
applied, 166, 231, 299; needed
knowledge of, 169, 300–301;
and Talmud, 167–168, 288, 300;
writings in, 62
- Kavvanah* (intention): demand
for, 6; importance of, 159–160,
160–161, 230, 295–296; and the
struggle with evil inclination, 197
- Kelipah* (husk), 309
- Key, special, to the private door of
the Torah, 75–76, 262
- Kiddush ritual, the, 281
- 2 Kings 3:11–15, 151
- Knowing God, 27–35, 241–245
- Knowing ourselves, way of, 114–115,
276
- Knowledge: degree of guilt as
proportional to one's level of,
207–208, 315; impression made
by, as something that cannot be
effaced, 205, 313–314; needed,
of the Kabbalah, 169, 300–301;
pretending, 213, 318; profane,
209, 210; sufficient, absorbing,
206, 314
- Kosher-centered Judaism, 127,
280–281
- Kotzker Rebbe (Menachem Mendel
of Kotzk), 41, 49, 247–248, 308
- Kurzweil, M., 245
- L**
- Lamentations, book of, 185, 306
- Law, the: as abstract, 141; Judaism
as, and a life framework, 276
- Laws. *See specific laws*
- Leader, true, 209, 316
- Learning and teaching, 203–215,
312–318
- Learning from the Tanya* (Steinsaltz),
excerpts from: on evil, 312; on the
inconceivable God, 234–235; on

Index

- Learning from the Tanya (Continued)*
intimacy with God, 248,
250–251; on learning and
teaching, 316; on looking for God,
237–238, 239; on suffering, 305,
308, 309; on Torah study,
291–292; on understanding
mitzvah/mitzvot, 292, 293
- Lechah Dodi*, 168
- Leibniz, 109, 190, 307
- Lenin, V., 88
- Levi Yitzchak of Berditchev, Rabbi,
91, 176, 295, 302–303
- Life: as not being a vicarious activity,
133–134, 284–285; questioning,
74–75, 262; real battles of, 218,
318; spiritual, measure of the, 77,
262–263; views of, 79–81
- Light of God, infinite, 14–15, 234
- Long Shorter Way, The* (Steinsaltz),
excerpts from: on contemplating
God, 228, 229; on the soul, 258;
on spiritual progress, 263
- Looking for God, 19–26, 236–241
- Love, of one's fellow Jews, 131
- Loving God, awakening the natural
impulse for, 44, 249
- M**
- Maggid M'esharim*, 168
- Maggid of Mezritch, 181, 209, 316
- Maimon, S., 209
- Maimonides (Rambam), 78,
130, 209
- Man, chief work of, 93–94, 269
- Mantras, being suspicious of,
210–211
- Marijuana, 317
- Mastery learning, 214
- Meditating: approach to, 228; on the
Divine, 4–5, 229
- Meizlish of Krakow and Warsaw,
Rabbi, 182–183
- Memory, issue of, 205, 313–314
- Menachem Mendel of Kotzk, Rabbi
(Kotzker Rebbe), 41, 49, 247–
248, 308
- Merkavah* (the Chariot), 122, 177
- Message, very clear, always
transmitting a, 31
- Metaphor, trapped by, 147–148, 289
- Midrash, language of the, 187
- Miracle of the Seventh Day, The*
(Steinsaltz), excerpt from, on
intimacy with God, 249–250
- Mishnah, the, 139, 152, 168
- Mitzvah/mitzvot*: attention to detail
when performing, 313; and
avoiding idolatry, 221; awareness
in undertaking performance of,
4; to believe in God, defining,
53; carrying out, ways of, 138;
fulfillment of, more than, 212;
immersion in, 241; importance of,
158–159, 294; importance of the
Temple to, 130, 131; intended use
of, 220; joy in the performance of,
164; and Kabbalah, 298; keeping
all, is not required of every person,
319; to love lower creatures, 313;
neglecting to perform, purposely,
206–207; as part of the whole,
157–158, 293–294; participation
in, level of consciousness for,
142; performing, as best one can,
156–157, 292–293; reason for
doing, 138; as a special key, 76;
spiritual essence of, 162–163, 296;
strength and capacity of, 160–161,
295–296; as a symphonic whole,
163–164, 297; three parts of,
161, 296; of the Torah, 138;
and Torah study, 145, 288, 290;

Index

- and transgressions, issue of, 159;
understanding, 155–164, 292–297;
as a vehicle for Divine Unity,
155–156, 292; what is offered to
the person who occupies himself
with, 30
- Moses, 9, 10, 13, 22, 23, 112–113,
204–205, 262
- Moses ben Maimon, Rabbi (Rambam/
Maimonides), 78, 130, 209
- Moses ben Nachman, Rabbi (Ramban/
Nachmonides), 112, 140, 218
- Moving, but staying in the same
place, 84–85, 265
- Mystical dimension of the Torah. *See*
Kabbalah
- N**
- Nachman of Bratslav, Rabbi, 37,
177, 230, 246, 307
- Nefesh* (vital soul), 64
- Neshamah* (Divine soul), 64
- Nisell, T., 279
- O**
- Obligations, 113, 127, 153, 275
- Obsession with God, 107–108, 272
- Obstinacy, persistence and, 112–113,
274–275
- Obvious, the, recognizing, 31–32, 243
- Ohr Ein Sof* (Infinite Light), meaning
of, 239
- On Being Free* (Steinsaltz), excerpts
from: on faith, 251; on the
inconceivable God, 234; on the
Jewish family in jeopardy, 284; on
the pursuit of happiness, 271; on
searching for one's purpose, 262;
on struggles, battles, and trials, 305
- On the Road with Rabbi Steinsaltz*
(Kurzweil), excerpts from: on faith,
254; on the Jewish family, 278; on
the Jewish family in jeopardy, 280;
on Kabbalah, 298–299, 299–300,
300–301; on knowing God,
245; on learning and teaching,
317, 318; on spiritual direction,
320; on spiritual progress, 265;
on struggles, battles, and trials,
304–305
- Oneg* (delight), experiencing, 128
- Opening the Tanya* (Steinsaltz),
excerpts from: on evil, 309;
on intimacy with God, 249;
on Kabbalah, 297–298; on
repentance, 266, 267, 268,
270–271; on the soul, 256–257;
on struggles, battles, and trials,
303–304; on suffering, 305,
307; on Torah study, 290; on
understanding *mitzvah/mitzvot*,
292–293, 296; on what it means
to be Jewish, 273
- Optimists, Jews as, 109–110, 273, 307
- Ortega y Gasset, J., 113
- P**
- Pain and sadness, difference between,
understanding the, 189–190, 308
- Pains, God needs our, 186, 306
- Paradox: confronting a, 20, 236–237;
of consciousness, 28; of creation,
240, 241; and faith, 52, 253;
involving freedom, 120
- Passover, 90
- Passover Haggadah, The* (Steinsaltz),
excerpt from, on intimacy with
God, 249
- Pastor role, 107

Index

- Patriarchs, 122
Peace of mind, 99, 271
Pebble metaphor, xvii
Penitent, true, 176, 303
Perception of God: limitation on our, 22–23, 238–239; as the One and Only, 233
Perception of holiness, 12, 81, 264
Permitting God to enter, 41, 247–248
Persistence and obstinacy, 112–113, 274–275
Pesbat (literal meaning), 167
Pharaoh, 16
Physical laws: biological realm in, contradiction of the, 114, 115; universe that transcends, repentance in a, 96–97, 270
Physical world, genuine spiritual achievement through the body and the, 220–221, 319–320
Pirkei Avot, 123, 152–153
Power: of faith, 49–50, 252; of prophecy, 313; of repentance, 175–176, 302–303
Power of God: infinite, expression of, 24, 239–240; instrument of the, 157
Prayer: and *kavvanah*, 6; as a time of battle between mighty forces, 177–178, 304; as a trial against oneself, 178, 304
Pregnant times, meaning of, 224–225
Presence of God, 189; in the, 29–30, 242; closeness of the, 38–39, 246–247; conscious of the, extent of, 28, 242; constant, 37–38, 246. *See also Shekkinah* (Divine presence)
Priest role, 107, 108
Profanity, mark of, leaving a, 303–304
Progress, making, 175, 302
Prophecy, power of, 313
Proverbs 20:27, 244
Psalms 19:1, 73
Psalms 94:12, 200
Purity of heart: ability to see dependent on, 78–79, 263; and temptation, 188–189, 307, 311
Purpose, searching for, 67–76, 69, 258–262, 259
- ### Q
- Qualities, specific, emphasis not on, but on the right measure, 217, 318
Quint, E., xix
- ### R
- Rabbah, 204
Rabbi, defining, 214–215, 318
Rabi, I., 154
Rambam (Maimonides), 78, 130, 209
Ramban (Rabbi Moses ben Nachman), 112, 140, 218
Reality: ceasing to be, 23; existing beyond the apparent limits of, 16–17, 235; overlooked, revelation as the recognition of an, 32–33, 244; transformed, 238; when performing *mitzvah/mitzvot*, 158, 294
Reaping, festival of, 90
Rebecca, 62, 112
Re-creation, looking for God in the, 25–26
Redemption, 130
Reincarnation, 70–71, 260
Relationship with God, type of, 39–40, 247
Religion, turning to, personal account of, 315–316

Index

- Remez* (hint), 167
Repentance (*teshuvah*), 87–97,
266–271; and contemplating
God’s greatness, 229, 230; essence
and process of, 320; essential
component of, 321; power of,
175–176, 302–303; shock of, 88,
266–267; starting point of, 245;
story of, 214–215
Restatement of Rabbinic Civil Law,
A (Quint), xix
Revealed Law, 166
Revelation: and consciousness of
Divinity, 32, 243–244; and
Creation, 240; and existence, 23;
God reaching out to men as, 25;
as the recognition of an overlooked
reality, 32–33, 244
Revolt of the Masses, The (Ortega y
Gasset), 113
Role models, 213
Rosenberg, D., xix
Ruach (spirit), 64
- S**
- Sabbath (Shabbat), 127–128, 151,
220, 281
Sadness: pain and, difference
between, understanding the,
189–190, 308; strategy to banish,
190, 308
Saints, calculations of who are,
belong to God, 77–78, 263. *See*
also Tzaddik/tzaddikim
1 Samuel 17:40, vi
2 Samuel 6:14, 151
Sarah, 112
Schneur Zalman of Liadi, Rabbi
(Baal ha Tanya), 61, 94, 123, 150,
189, 238
Scholarly guilt, 207
Science, study of, 209–210, 316
Scripture: basic ingredient of, 299;
Heaven and, 288; proper relation
to, 149–150, 290; studying, with
God, 152–153, 291
Secular weekend, 127, 128
Seeking: few, 22, 237–238; and
finding God, 21–22
Sefer Etz Chayyim (Rabbi Chaim
Vital), 109
Sefer Yitzirah, 309
Sefirah/sefirot: diagram of the,
147; Kabbalah speaks of, 298;
proper functioning of the,
world dependent on, 249; and
questioning which soul will rule
the, 64–65
Self-deception, capacity for, 83–84,
265
Self-nullification, 150–151
Sensory images, removing, that
prevent seeing, 27, 241
Setbacks, experiencing, 174, 302
Shabbat (the Sabbath), 127–128,
151, 220, 281
Shabta, Y., xviii
Shavuot, 90
Shaw, S., xviii
Shekkinah (Divine presence):
awareness of, 4, 229; dwelling
place for the, 93, 268; injury
inflicted on the, 131; revelation
of the, 32, 243–244; telling about
the, in the *Zohar*, 7, 189; vehicle
of the, 157. *See also* Presence of
God
Shema, prayer of the, 158–159
Shimon bar Yochai, Rabbi, 7
Shulkhan Arukh (Code of Law):
following the, as not enough, 164,
297; instruction of the, on how to

Index

- Shulkhan Arukh (Continued)*
wake in the morning, 176–177;
and the mark of profanity,
303–304; writer of the, 168
- Simcha Bunim, Rabbi, 29, 30
- Simple Words* (Steinsaltz), xx, 232–233
- Sinners, calculations of who are,
belong to God, 77–78, 263
- Sins: knowledge of one's, result of,
89–90, 267; realizing that there is
more than one viewpoint toward,
204–205, 313; transforming one's,
91, 268; of an uneducated person,
206–207, 314
- Sitra achra* (the other side), 309
- Slavery, 100, 101, 129
- Sod* (secret or esoteric truth), 167, 297
- Soul restoring, 73
- Soul, the, 59–65, 255–258;
aspiration to perfect, 79–81;
clothed in the blood of man,
59–60, 255; clothing of, 59, 255,
293; definition of, 64; determining
rule within, 64–65; five levels of,
64, 257–258; Kabbalistic concept
about, 166; levels within levels in,
64, 258; liberation of, 241; may
repeat a lifetime, 70–71, 260; of
one person can grow into a unity
with another soul, 71, 261; similes
for, 60–61, 255–256; souls within,
62–63, 64–65, 256–257, 258; of
the Torah, 298; uniqueness of,
314; victory of, over itself, 61–62,
256
- Speaking with God, 34–35, 245
- Speech, as a garment, 59, 60
- Spirit soul, the, 64
- Spiritual achievement, genuine,
220–221, 319–320
- Spiritual awakening, greatest
hindrance to, 186
- Spiritual decline, slipping into, 223
- Spiritual deterioration, 303–304
- Spiritual development, stages of,
90–91, 267–268
- Spiritual dimension of the Torah. *See*
Kabbalah
- Spiritual direction, 217–225,
318–321
- Spiritual essences, conservation of,
162–163, 296
- Spiritual freedom, 101–102, 271
- Spiritual malady, symptom of the,
133, 284
- Spiritual progress, 77–86, 262–266
- Spirituality, defining, 68–69, 259
- Spring, festival of, 90
- Standing before God, constantly,
3–4, 228
- Steinsaltz, A.: on continuity, 274;
described, xv–xvi; documentary
about, xix; on experience with
zoology, 272; on his childhood,
266–267; on learning and
teaching, 208–209, 315–316;
sources of pebbles from, xvii–xx.
See also specific works by Rabbi
Steinsaltz
- Stiff-necked people, 112–113,
274–275
- Strife of the Spirit, The* (Steinsaltz),
excerpts from: on the nature of
the Torah, 286; on the pursuit of
happiness, 271; on searching for
one's purpose, 261; on the soul,
255; on Torah study, 289
- Struggles, battles, and trials,
173–180, 301–305
- Success, pitfalls of, 223, 320
- Suffering, 181–192, 223, 305–309;
as a test, 184, 306; thanking
God for, 182–183, 305; and
understanding the difference

Index

- between pain and sadness,
189–190, 308
Sukkah 52a, 175
Sukkot, 90
Sustaining the world, continuously,
25–26, 240–241
- T**
- Ta'anit* 22a, 203
Taivah, as unexplainable, 187
Tales of Rabbi Nachman of Bratslav,
The (Steinsaltz), 230, 246
Talmud: as a hobby, 208; the
Kabbalah and, 167–168,
288, 300; studying the Torah
according to, 153; taking special
pains to study the, 301. *See also*
specific passages
Talmud and the Scholar, The
(documentary film), xix
Tanya, the: concept developed in,
150–151; introductory essay on,
excerpt from, xx. *See also specific*
works by Rabbi Steinsaltz on the
Tanya
Teachers: fake, students knowing,
212–214, 317–318; good, 212,
317; as role models, 213
Teaching and learning, 203–215,
312–318
Temple, the, destruction of,
130–131, 185, 282–283
Temptation: being more prone to,
188–189, 307; susceptibility to,
differences in, 198–199, 311
Ten Commandments, 140
Ten Utterances, continuous “saying”
of, 43
Tension, tightening the, importance
of, 223, 321
Teshuvah (Steinsaltz), excerpts from:
on Kabbalah, 300, 301; on Torah
study, 289. *See also* Repentance
(*teshuvah*)
Test, suffering as a, 184, 306
Thanking God, for suffering,
182–183, 305
Thanksgiving, 250
Theology, official, of the Jewish
people, 166–167, 299–300
Thirteen Petalled Rose, The
(Steinsaltz), excerpts from: on
contemplating God, 228, 229–230;
on evil, 310, 311–312; on faith,
252–253, 254; on the flow of
Divine plenty, vi; importance of,
xvii; on the inconceivable God,
231, 232, 233, 234, 235; on
intimacy with God, 246–247,
248–249; on the Jewish family,
277, 278; on the Jewish family
in jeopardy, 281, 282–283; on
knowing God, 242, 243,
244–245; on learning and
teaching, 313, 314, 316, 317; on
looking for God, 236–237,
240–241; on the nature of
the Torah, 286–287, 288; on
repentance, 267, 268, 269;
on searching for one’s purpose,
258–259, 260, 261, 262; on
the soul, 255–256, 257–258;
on spiritual direction, 318–320,
321; on spiritual progress,
262–263, 264–265, 265–266;
on struggles, battles, and trials,
301, 302, 303, 304; on Torah
study, 288, 289, 290–291; on
understanding *mitzvah/mitzvot*,
293–294, 295, 296, 297; on
what it means to be Jewish, 272
Thought, as a garment, 59, 60

Index

- Thoughts giving birth to demons,
199, 311–312
- Tikkun Leil Shavuot*, prayers followed
on the, orders of, 168
- Tikkun olam*, to effect, 151
- Tikkun*, possibility of, 191
- Time: juncture between great blocks
of, when one must not sleep,
224–225, 321; significance of, 235
- Tisha b'Av, 306
- Tizvi Hirsch of Ziditzov, Rabbi, 6–7
- Torah scholar, 122
- Torah study, 145–154, 288–292;
with Baal Shem Tov, 234–235;
basis of, 298; direct communion
with God during, 212; and the
fear of God, 250; immersion in,
241; and *mitzvah/mitzvot*, 145,
288, 290; for the sake of Heaven,
148–149, 289–290; and the study
of science, 209, 210; that creates
an angel, 146–147, 289; weighing,
against all the commandments,
145–146, 288; what is offered to
the person who occupies himself
with, 30; why God wants Jews to
be involved in, 153–154, 291–292
- Torah, the: all levels of, revealed,
146, 288; as always expanding,
140, 287; comes to man across
the infinite, 137–138, 285–286;
comprehension of, 293;
connecting with, many ways of,
138, 286; connection of the Jews
with, and the Torah with God,
211–212; descent of, so it can be
grasped by mortals, 140–142, 287;
different ways of dealing with,
167; does not command a belief
in God, 54, 254; essence of the,
290; following, all that is required
in, 222; guilt of one who knows,
207, 208; as Heaven, concept
of, 212, 317; immediately after
the receiving of, 112; learning
all of, as not required of every
person, 219, 319; letters of the,
259, 260; as like a tale, 139–140,
286–287; many sides of, sages
well aware of the, 218, 318; and
mitzvah/mitzvot, 138, 156; nature
of, 137–143, 285–288; and one's
purpose, 259, 260; power of,
142–143, 288; readiness to accept,
277; receiving of, time of the, 90;
relating to, for its own sake, 142,
287–288; spiritual dimension
of, 297–298; time prior to the
giving of, 48; vessel of, capacity to
become, 146
- Tragic experience, passing through
some sort of, as necessary,
186–187, 306–307
- Transcendent, the, lack of words to
describe, 13–14, 234
- Transformation: of evil into good,
199, 312; knowledge of one's
sins resulting in, 89–90, 267;
nature of, 176; of one's sinful
deeds, 91, 268
- Transgressions, *mitzvah/mitzvot* and,
issue of, 159
- Transition, instability of, 178–179,
304–305
- Truth, the: of being home, 121, 278;
learning, importance of, 219, 319;
possessing, 177; of things, 194
- Two souls within the soul:
identified, 62, 256; and
questioning which will rule,
64–65, 258; struggle between,
62–63, 256–257

Index

Tzaddik/tzaddikim: doubtful thoughts about, 242; in Heaven, 11; limitations of, 204; on prayer, 114; and seeing divinity, 238; souls of the, 122; stories of, 13–14, 45, 69, 159–160, 186; and transforming evil into good, 199; on the way to faith, 53
Tzedakah, giving, expression of, 152
Tzemach Tzedek, 53
Tzimtzum, defined, 239

U

Unanswered problems, 52, 253
Understanding the Tanya (Steinsaltz), excerpts from: on evil, 311; on faith, 252; on the inconceivable God, 235; on intimacy with God, 246, 247–248; on the Jewish family, 278; on knowing God, 242, 243–244; on learning and teaching, 312–313, 313–314; on looking for God, 237, 238–239, 241; on repentance, 267–268, 269, 270; on searching for one's purpose, 262; on spiritual progress, 265; on struggles, battles, and trials, 302–303; on understanding *mitzvah/mitzvot*, 294, 295–296
Uneducated person, sins of an, 206–207, 314
Unity: among Jews, 108, 272–273; Divine, 34, 37, 38, 156, 246
Unspeakable, the, speaking about, 12–13, 233
Upehaval, repentance as, 87–88, 266

V

Viewpoint, realizing that there is more than one, 204–205, 313
Vilna Gaon, 299
Vision, limited, 79, 263
Vital soul, the, 64
Voltaire, 109, 191, 307

W

We Jews (Steinsaltz), excerpts from: on contemplating God, 228; on faith, 251, 252, 253; on the inconceivable God, 233; on the Jewish family, 276, 277, 278–279; on the Jewish family in jeopardy, 281–282, 283, 284–285; on knowing God, 241; on looking for God, 239–240; on repentance, 269–270; on what it means to be Jewish, 272–273, 274–275, 276
Weekends, 127–128, 281
Weeping before God, 185–186, 306
Weitz, M., xix
Wholeness, of a broken heart, 189, 308
Wisdom: of children, 74, 262; of God, 206, 290. *See also* Divine Wisdom
Woodrow Wilson International Center for Scholars, 276
Work: Divine, task of, becoming absorbed in the, 72–73, 261; of man, chief, 93–94, 269
World, our: continually sustaining and developing, looking for God in, 25–26; development of, darkness required for, 23–24; God as intrinsic to, 28–29, 242

Index

Worry, freeing the mind of,
203–204, 312–313

Worth of God, 17

Wrestler, skill of a, using the,
94–95, 269

Y

Yisrael ben Eliezer, Rabbi (Baal Shem
Tov), xxi, 7, 15, 19, 92, 163, 234

Yochanan ben Zakkai, Rabban, 45

Yom Kipper (Day of Atonement), 163

Yom tov, 151

Z

Zeitlin, H., 212

Zohar: and the Divine essence,
10; story in the, involving the
animal soul, 64; telling about
the Divine presence in the,
7, 189; and the three things
connected, 212

Zohar Chai (“The Living
Zohar”), 166

Zusha of Anipoli, Rabbi,
181, 305