

TASHUV-HEY

Tashuva תשובה means to return to G-D. In the Zohar it is explained that the word *teshuva* can be understood on a mystical level as *tashuv-hey* תשוב-ה returning the letter *hey* ה.

It is explained in the Kabbalah that the only thing which separates us from the experience of G-D, is that we have been created within a temporary situation of desiring to receive for ourselves. As G-D has no need or desire to receive, it is this state of being which makes us presently different and therefore separated from the experience of the Divine. It is explained in the Kabbalah, that we have been given the spiritual work of working towards the transformation of our desire to receive for ourselves, towards attaining the elevated spiritual consciousness of desiring to give in the state of pure unconditional love.

The Kabbalah explains how the Divine name ה-ו-ה-י describes our spiritual reality. In one way of understanding, the 4 letters of the Divine name represent 4 aspects of our inner consciousness:

The bottom ה is associated with our desire to receive for the self (the place of conditional love). The upper ו is associated with the desire to give (the place of unconditional love). The י represents the interface which allows for the transformation between these two states of being and is associated with Torah. The letter ה represents experiencing the infinite Divine goodness in the state of unconditional love and oneness.

The Kabbalah explains that it is through the transformation of the lower ה within ourselves, the place which is only self-love, to the place of the upper ו, the love of all (the greater self), that we become united with our Creator, expanding from a finite experience which contains the suffering of separation, to the realization of oneness in the revelation of G-D's infinite goodness.

The Torah is understood on a Kabbalistic level as the key to the transformation of consciousness from self concern towards concern for the other –the transformation from the limited consciousness which can be contained in self-desire, towards the limitless consciousness which can be experienced in the becoming of unconditional love.

This painting depicts the upper and lower ו of the Divine name. The ה and the י are implied: the י as the spiritual progression towards the realization of oneness, and the ה as the infinite unconditional love of the One at the root of our every moment.