



**SHOSHANA JUDELMAN**

TORAH TIDBITS CONTRIBUTOR

# The G-dly Soul Is Your Doorway to Connection

I always felt my soul yearning for connection. But I didn't know how to nurture it.

Growing up I was very connected to my Judaism, but not necessarily through doing actual mitzvos. When I was 21, however, I had the opportunity to go to Rabbi Manis Friedman's Bais Chana program in Minnesota for Baalot Teshuva. And it changed my life.

I remember walking into Tanya class and hearing about the concept of the G-dly Soul. As the Alter Rebbe explains, every Jew's G-dly soul is *חלק אלוהי ממעל ממש*.

"Literally a part of G-d Above."

That idea was transformative. Seeing myself as a shining ray of Hashem's light empowered me to grow. It made me feel like I could access a personal relationship with G-d. It gave me the strength to change my lifestyle, to grow closer to Torah and Mitzvos as a way of developing this connection, of feeding the

deeper part of me that is part of Him.

Last week, I was learning Tanya with a group of students and one of them asked if there is significance to the fact that the name "Elokai" is used in this description of the G-dly Soul rather than another name for Hashem.

I had never thought about that before. And it is so important.

Every one of the names we have for Hashem reveals a different aspect of how He interacts with the world. And gives us different access to Him.

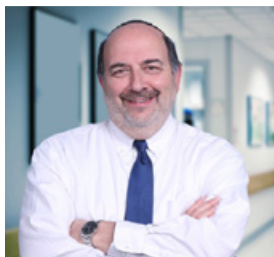
The Tetragrammaton reveals his Infinity and the Oneness of all things. Eh-yeh is the name that empowers us to yearn for personal growth. HaMakom imbues us with the understanding that He is everywhere and in all things. That He is our home.

Elokim is the name associated with judgment and strength. Through this name, Hashem shows His willingness to be revealed within boundaries, in measurement, in the finite beings of nature. And in us.

In Masechet Megillah, Rabbi Yochanan says, "In the place that you find Hashem's greatness you also find His humility". The Alter Rebbe explains that one of the ways we can appreciate Hashem's greatness is in how He allows Himself to also be small and measured.

He knows that we, as finite beings, would

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be overwhelmed and extinguished by the intensity of His full presence. That we can not contain Him in any way.

Except that He enables us to.

In His Infinite Kindness, He allows Himself to be “measured out” into each one of us. As a “bite-sized” piece. That we can feel in a personal way.

Seemingly finite beings holding Infinity.

That is our חלק אלוקי ממעל ממש.

And it makes all the difference.

In this world we are physically separated from each other as souls in bodies, so it feels like we are also spiritually separated. We feel a sense of disconnect, fragmentation, and loneliness. And it can be so painful.

The path of healing is in connection. In the knowledge that we are both Filled by Him and Surrounded by Him. Through His different names we can understand that He is Infinite and Personal at the same time. And although we seem to be separate individuals, each one of us is a ray of Hashem's light, connected at our Source.

In His Greatness, He allows us to know Him through knowing ourselves.

And that is healing.

May each one of us be blessed with the strength to keep seeking relationship with

Him, to know that He Enables and Desires that, and to open ourselves to the doorway to Him inside of us, the חלק אלקי ממעל ממש. ■

**Shoshana Judelman** is passionate about learning and growing through Chassidus. She gives shiurim to women in many communities around Israel, including Efrat, Elazar, Raanana and Jerusalem as well as at Midreshet Rachel V'Chaya. Shoshana also guides groups at Yad Vashem and leads journeys to Poland and other countries around Europe for JRoots.



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