



The Journey of the Soul: Traditional Sources on Teshuvah

Leonard S. Kravitz, Kerry M. Olitzky

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The Journey of the Soul: Traditional Sources on Teshuvah is dedicated to the process of self-discovery through *Teshuvah* (commonly translated as repentance). *Teshuvah* is the method, described by Jewish tradition, through which one literally turns or returns (as the term suggests) to the correct path in life and to God.

According to the Sages, one of the reasons that God created the world was to produce good. By granting man the opportunity to repent-to better himself-God adopts man as His partner in the effort to create and perpetuate this good. This in turn brings man closer to redemption. Repentance also makes it possible for the sinner to try again. One's intention to change and one's attempt at change bring the individual back on the path to God.

In the works from which selections were made for this collection, individual authors suggest that their writing is designed to assist one's exploration of the inner life. In keeping with the tradition of this literature, which includes works from Abraham bar Chiyah, Bachya ben Joseph ibn Pakuda, and Maimonides, among others, this collection is a culmination of the efforts of these individual authors and is dedicated to the same purpose.

Performing *Teshuvah* requires constant attention through study, prayer, and good acts. This book is a vehicle specifically designed to guide the reader toward his or her own personal return to God, which will, in turn, bring the Jewish nation closer to redemption.

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