

- ♦ Intellectual knowledge vs. experiential knowledge
- ♦ The understanding of the heart – an inherent ability
- ♦ Hashem, the Torah, and Yisrael are One Unity

Seven sources from this chapter are included along with their highlights. Choose a daily source of strength & renewal from among these selected practical suggestions:

## 1 Tradition & deduction generate intellectual knowledge of the Creator.

**SOURCE** How do we begin to know that there is a Creator? We first learn of Him through intellectual knowledge. ... First of all, we have a chain of tradition from our ancestors, generation after generation, reaching back to the Revelation at Sinai. ... Secondly, he could still ponder as Avraham *Avinu* did and come to the realization that nothing comes into being by itself, so there must be a Creator. These **two kinds of proofs** (tradition & deduction) **generate intellectual knowledge of the Creator.**

## 2 You can feel Him with your heart. This is the real essence of *emunah*.

**SOURCE** How can we talk about feeling Hashem? Didn't Hashem say to Moshe, “No man can see Me and live” (Shemos 33:20)? We cannot even see or hear Hashem, and even the prophets (who did hear Him) did not touch Him. **Clearly we did not mean to imply that you can feel Hashem with your hands, but that you can feel Him with your heart. This is the real essence of *emunah*.**

## 3 “And you shall know today and bring it into your heart that Hashem is the supreme Being in the heavens above and on the earth below– there is no other.” (Devarim 4:39)

**SOURCE** To ensure that our knowledge of the Creator does not remain only intellectual, but is transformed into a palpable sense of Hashem's existence, we must frequently think, “There is a Creator who created me.” This is the way to move from merely grasping this fact with our minds, to feeling it in our hearts! This is what the Torah means in the command, **“And you shall know today and bring it into your heart that Hashem is the supreme Being in the heavens above and on the earth below– there is no other.”** (Devarim 4:39)

## 4 the ability to sense Hashem in the heart is ... an inherent ability. The heart senses its own existence, and through that, senses the presence of Hashem!

**SOURCE** Although we cannot mentally understand Hashem, He can be revealed in our hearts. “*Bilvavi mishkan evneh lehadar kevodo* – in my heart, I shall build a sanctuary for the majesty of His glory.” Hashem is present in the heart of every single Jew. When it says “They shall make for Me a *Mikdash*, and I will dwell within them,” (Shemos 25:8) it means that He dwells in the heart of each of us. ... **the ability to sense Hashem in the heart is ... an inherent ability. The heart senses its own existence, and through that, senses the presence of Hashem!**

## 5 You must sense that Hashem is part of you. Then, you will easily come to feel His love.

**SOURCE** in order to know Hashem in the heart, to really feel Him, we cannot suffice with what we have heard from others. Each person must exert himself to achieve it. ... you must understand that we are lacking the fundamental basis for properly feeling such *emunah*! ... *Eemunah* in Divine Providence, in the goodness of Hashem's actions, and in His love and concern for us are all part of the next stage. But before all that, **you must sense that Hashem is part of you. Then, you will easily come to feel His love.**

## 6 Nothing can connect you to your Creator more than the Torah, but this connection primarily depends on your ability to sense in your heart that the Torah is really joined with Hashem!

**SOURCE** Nothing can connect you to your Creator more than the Torah, but this connection primarily depends on your ability to sense in your heart that the Torah is really joined with Hashem! ... you must learn Torah, and the Torah is the root of everything, but you must sense Who gave the Torah (not merely intellectually, but in your heart). ... When one who has truly worked on his *emunah* learns Torah, his heart feels attached to Hashem, and he discovers this three-stranded thread of Hashem, the Torah, and Yisrael in oneness. But if a person approaches Torah with a heart that is, *chas veshalom*, separate from Hashem, because he only mentally knows of the Creator based on tradition or proofs, but has no sense of connection, how can he sense that Hashem is one with the Torah? **Nothing can connect you to your Creator more than the Torah, but this connection primarily depends on your ability to sense in your heart that the Torah is really joined with Hashem!**

## 7 You must know that the purpose of life is *emunah*. ... constant *emunah* in the heart ... Once you attain this experiential awareness in your heart – that you are joined with Hashem – you will be able to fulfill the entire Torah.

**SOURCE** You must know that the purpose of life is *emunah*. ... constant *emunah* in the heart ... Once you attain this experiential awareness in your heart – that you are joined with Hashem – you will be able to fulfill the entire Torah. You must know that the purpose of life is *emunah*. You must review and repeat this fact countless times. [After all, it says, "The righteous man lives through his faith," so to forget that is to forget life itself.] But you must also understand which *emunah* is meant by this; not intellectual *emunah*, not *emunah* that is considered once in a while, but **constant *emunah* in the heart**. Yet this is also not the kind of *emunah* that is a feeling of excitement and emotion, but a grasp of the reality of "Hashem is the rock of my heart and my portion forever." **Once you attain this experiential awareness in your heart – that you are joined with Hashem – you will be able to fulfill the entire Torah.**