The Significance of Symbols
By Malka Svei

In just one week, Jewish families all over the world will be sitting down to the festive Rosh Ha-Shanah meal. Each of those families will begin the holiday in the same way by eating the simanim, the symbolic Rosh Ha-Shanah foods. Although the specific foods may vary across cultures, the simanim are a universal tradition. In fact, the apple dipped in honey is probably the most often portrayed image of the New Year.

What is the meaning behind this practice? Is it simply some sort of superstition? Do we truly believe that eating sweets will guarantee us a sweet year? There must be a better explanation.

The Rosh Ha-Shanah simanim are not a unique phenomenon. Jewish tradition is full of symbolic objects and actions. Prophecies are often accompanied by symbols; for example, when G-d promised Avraham that he would merit to father a great nation, He didn’t merely tell him so. Instead, He sent Avraham outside and instructed him to, “Look heavenward and count the stars; can you count them? So [numerous] shall be your seed…” (Genesis 15:6). We find many later prophecies similarly accompanied by symbolic actions, from throwing arrows (2 Kings 13:18) to inscribing tablets (Ezekiel 37:16).

Symbols can be connected to prayer. One of the most well recognized Biblical symbols is the serpent wrapped on a pole, which has become a universal symbol of healing. When the Jewish people were attacked by snakes, G-d instructed Moshe to fashion this copper serpent. All those bitten were to gaze upon the image and thereby be cured (Numbers 21:9). The Sages explain very clearly that the serpent itself had no intrinsic power—the cure was brought about by the prayer it inspired. So one can ask, why was the image necessary at all? The Maharal of Prague explains (in Gur Aryeh on Numbers 21:7) that the...

“Empty ritual is not enough. It is mindfulness that brings about the desired result.”
-Malka Svei
snake served as a visual aid. Gazing at a tangible image of the problem helped the victims focus more intensely on praying for a cure.

Understandably, it is difficult to focus on an abstract concept. If the abstraction can be associated with something concrete, then it becomes easier to mentally deal with that otherwise difficult concept. And in spiritual matters, focus is vital. In fact, while discussing the laws of repentance, Maimonides (in *Mishneh Torah*; “Laws of Offerings” 3:10) writes that “Neither the Day of Atonement nor sin offering nor guilt offering atone [for the sins of any], except those penitent that believe [in their efficacy]...” Empty ritual is not enough. It is mindfulness that brings about the desired result.

The same applies to prophecy and prayer. The listener or speaker must be mindful and truly believe that the desired event will come to pass for a prayer or prophecy to have any effect. Our belief is the energy that creates the anticipated reality.

Symbols in prayer or prophecy help the individual better visualize and focus on the desired result. It is one thing to simply be told that your descendants will be numerous. It is quite another to view the teeming night sky, and know that image represents the future of your children. The tangible image lends the concept reality and immediacy, making it so much easier to grasp and ultimately believe.

Just like the copper snake, the symbolic *Rosh Ha-Shanah* foods do not possess any intrinsic power. Each one, however, is accompanied by a brief prayer about the New Year. I believe that the symbolic foods of *Rosh Ha-Shanah* serve as experiential aids, intended to add credibility to our prayers. It may be difficult to focus on the abstract and unknowable future. There is nothing abstract or hard to grasp, however, about the sweetness of an apple dipped into honey. That sensory experience creates an association we can focus on as we pray for a sweet New Year.
A Guidebook to Teshuvah:
דעת מאין באח ולבא חתת ח.comments

By Reena Evans

It’s ’Elul again, and the Yamim Nora’im are fast-approaching. We’ve heard year in and year out that this is the time of teshuvah and we want to become better people; we really do. Yet, inside we all feel a little cold—uninspired and unconnected. In the busy whirlwind of our daily lives, we feel like we’ve been doing okay, and there’s not so much we have to change.

The shofar jolts us from our trance, a glaring reality check. The age-old question comes to the forefront of our minds: Why are we here? The Borei ’Olam told us clearly, as the Ramchal writes in Derech Hashem, “לא נברא אלא להיות מתדבק בבוראו.” Our purpose in life is to connect to our Creator. Our instruction book, the Shulchan Aruch, tells us right in the beginning: (Rema 1:1) “ש(dl)ויתי ה’ לנגדי תמיד.” I set Hashem before me always. In this time of hester panim, we don’t immediately see the consequences of our actions. If we live a life of שדוי, we realize that when we act contrary to His Will, we drive a wedge between Him and ourselves. We intuitively understand that in human relationships, when someone asks you to do something and you do the exact opposite, it causes hurt and distance in the relationship. Hashem wants us to realize the purpose of our lives and draw close to Him. Step one is to be attuned to this distance. It’s a cycle: Set Hashem before you and you’ll realize your distance. Then, yearn to fix it.

This is where teshuvah comes in. The Sifsei Chayim writes “כבר בתחילת התשובה צריך לדעת את הכיוון (Mo’adim A, p.68). Know where you’re headed. Where does repentance take you from and lead you to? It is the path that leads from distance to closeness. The Mabit (quoted by the Sifsei Chayim) defines teshuvah as “קרבה לה מפרחים ומעטה,” becoming close to Hashem after the distance of sin. The heights that teshuvah can cause a person to reach are astounding. The Sifsei Chayim quotes the gemara in Yoma (86a), “נוהל תשובה Shelley שמשתתפשת דע כל מכם הרמה.” Repentance can get you all the way to the Kisei Ha-Kavod, the Throne of Glory, (continued on page 4…)
the ultimate closeness to the Presence of G-d. This is derived from many places in Tanach where teshuvah is described with the expression of 'ad, until. As it says in Hoshe’a (14:2), “שׁוּבָה יִשְׂרָאֵל עַד ה’ֵ אֱלֹהֶיך.” Return Israel until Hashem your G-d.”

Until where? Until the ultimate closeness, the Kisei’ Ha-Kavod.

However, the basic definition of teshuvah is “תשובה היא לחזור למצב שהיה לפני החטא” (Sifsei Chayim); the idea of repentance is to return you to where you were before the sin was committed. However, we already said that teshuvah takes you to the Kisei’ Ha-Kavod! Which is it? In reality, it does both. Way back when, before any sins, that’s where you were. Your neshamah was pulled out from under Hashem’s throne. It is a chelek ’eloak (as pronounced with the mapek hei) mima’al that was davek to Hashem. Except there is one problem; “כי הם בושות בדביקתן” (Sifsei Chayim). In a way we don’t quite understand, the neshamah was ashamed, like a beggar, receiving tzedakah. Real, full teshuvah brings back its original state of di’veikus ba-Hashem before the Kisei’ Ha-Kavod, but, in the even higher state of having earned it. You come from ultimate, indescribable closeness to Hashem and that is where you are heading back to. It may seem incredibly lofty and unreachable, but the very concept of repentance is in the realm of the miraculous. You’ve been there before and it is within your grasp to return there once again.

Teshuvah is like a path; it’s aimed to get you somewhere. Teshuvah is the steps cut into the side of the mountain, the long and winding road between you, in your state of richuk, distance, and your goal, a state of kirvah, closeness, until the throne of Hashem. The derash of the passuk in Yeshayah (26:4) כי בכה ה צור teaches us that Hashem created ‘Olam Ha-bah with the yud of His Name and ‘Olam Ha-zeh with the letter hei. The hei symbolizes that there is bechirah in the world. Based on the structure of the letter “hei” with the opening on the bottom and the gap on top, you can fall out the bottom. You can reject or ignore your Divine task in life, but the message is that there is always an opening to climb back in even higher. Teshuvah is that semicircular path that leads from the richuk below the hei back to the kirvah inside it, even closer to the Top.

(continued on page 6…)
Hadassah, Her Green Complexion, and the Symbolic Meaning Behind the Four Species

By Este Stollman

The Four Species represent four types of Jews: The ‘esrog, which has both a good smell and a good taste, represents a Jew who does mitzvos and learns Torah. The hadasim, with its inherent good smell, but no taste (or rather inedibility) parallels a Jew who does mitzvos, but does not learn Torah. The lulav, possessing no good smell but a good taste, refers to a Jew who doesn’t do good deeds but learns Torah. And lastly, the aravos, which have neither a good smell nor a good taste, symbolize a Jew who doesn’t have mitzvos or chochmas ha-Torah. In effect, by bundling all of these items together and raising them to Hashem with a berachah, we are uniting all the different kinds of yiddin in Am Yisra’el in front of Hashem, who is the Father of all of us and who very much wants all of His children to get along.

Apart from their botanical qualities, the literal meaning behind each of the Four Species hints to this concept of national unity: The lulav comes from the lashon of levavos or lev, heart, the seat of all of our compassionate emotions for one another. (Interestingly, “love” is a relevant cognate of this species’ name.) The ‘aravos come from the lashon of ‘areivus, the state of belonging to each other and being responsible for one another. The ‘esrog seems to be linked etymologically to the word Taryag, as in taryag mitzvos, which includes the commandments bein ’adam le-chavero that bring us to a greater state of ’ahavas Yisrael. And, lastly, are the hadassim, which through Biblical and Talmudic sources, also points to the concept of ‘achdus Yisrael, as I will explain.

The singular form of hadassim is hadassah, the alternate name of Esther. Although the yuntif at hand is Sukkos and not Purim, a look at Megillas Esther and its protagonist reveals different elements of Israel becoming one: Firstly, the myrtle tree, which is the hadassah, is of average height—it is neither tall nor short. (continued on page 6...
This represents Esther, who was of neither extreme, and therefore she could relate to any nation. Mordechai alludes to this concept when he told her not to reveal her birthplace or nationality, in order that everyone would claim her as his own.

Secondly, Esther had a green complexion, or olive-toned skin, as the Gemara says, “Esther yerakrokes haysah.” It is interesting to note that green is the middle color of the spectrum. As Rebbetzin Tziporah Heller relates, green is a combination of blue (coldness) and yellow (warmth). As stated before, Esther was of neither extreme; she was moderate and neutral, so to say, and therefore, everyone could relate to her. She had a keen sense of love, ’areivus, and ’achdus in terms of her relationship with the world (encapsulated in the middah of kavod habriyos) and more specifically, with Benei Yisrael.

Thirdly, through the use of gematria (one method of the remez level of Biblical exegesis), scholars have found parallels with scientific findings on color. The wavelength of green is 570 nanometers, which is the gematria of teka’, as in “Teka’ be-shofar gadol le-cheresenu ve-sa’ neis le-kabetz galuyoseinu.” The key to our yeshu’ah as a nation, the start of our national ge’ulah, is our unity, encompassed in the various symbolic dimensions of this color. (Another example pertains to the passuk, “va-hayu la-chem tzitzis u-re’eisem ’oso.” Rashi writes that tzitzis, which have the gematria of 600, along with its 8 strings and 5 knots, compose the numerical value of 613. (continued on page 7…)

What’s the secret path to teshuvah? In Pirkei Avos (3:1), the Mishneh writes, “דע מאין באת ולאן אתה הולך.” To appropriate this verse from Pirkei Avos, know that you came from before the Kisei Ha-Kavod and that is where you will return to. Hashem is always before you and, in Elul, even more so. The King is in the field. Now, during this Elul, try to live with a little more шовит in your life. See Hashem in your life and feel the distance you have created and your neshamah’s desire to draw close. In doing so, may you merit to once again to stand before the holy Throne of G-d.
(...continued from page 6)

The *P'til Techeilet* Association states that the average wavelength of this blue is 613 nanometers, clearly no coincidence.)

Next, the *mazal* of *Chodesh Adar* is the *dag*. A fish is *pareve*; it can be eaten with either milk-based or meat-based foods because of its neutral status. This insight furthers Esther’s *'ahavas Yisrael* and relatability as a person.

In addition, we know that according to Talmudic sources and Biblical commentaries, Esther married Mordechai. In Judaism, a *shidduch* is the unity of two essentially similar people (on a *neshamah* level). Where do we see Mordechai’s characteristics of *'achdus Yisrael* and *'areivus*? Mordechai comes from the *lashon of mor deror, or marya' dachya’* in Aramaic, which refers to a very unpleasant-smelling spice called frankincense. However, combined with eleven other spices, frankincense makes the most beautiful fragrance in the world, namely that of the *ketores*. These united 12 spices can clearly parallel the 12 *shevatim* and the good, pure result of their coming together. This, in turn, brings a pleasurable delight to *Hashem*.

Finally, to tie together all the concepts mentioned above, Rabbi Nachman of Breslov writes that *chibbuk* (hugging) is etymologically related to the word *yarok*. The passuk states in *Shir Ha-shirim* (2:6), “*Semolo tachas le-roshei veyemino techabkeini,*” “His left hand is below my head and His right hand will hug me.” If one takes a look at the dimensions of a hug, it consists of the bending of the upper arm, the forearm, and the hand, which together represent the 2 ½ walls of the *sukkah*. When sitting in the *sukkah*, one feels the “hug” of *Hashem*. Planted onto the holiday of *Sukkos* and the mitzvah of the *'arbah minim*, comes the inherent message of the importance of loving each other and coming together before *Hashem*. He will, as a result, *kiv'yachol*, hug us with His love in return, with the coming of *Mashiach, bemeherah ve-yameinu*. 