

Meir Elkabas – Parshat Shemot

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Meir Elkabas discusses this week's Torah parsha, Parshat Shemot (Exodus). How do we do teshuvah? Rebbe Nachman reveals an important teaching on how to do teshuvah through the words of this week's Torah portion. Each of us has our unique soul root from one of the 12 tribes and there is a corresponding gate through which our prayer enter. But today it is difficult to determine which of the 12 tribes we come from—most of us don't know. But by saying Tehillim (the Book of Psalms) we have a powerful tool that can open the doors for us. Meir also introduces us to the concept of Shovavim, which the AriZal explains in the Kabbalah, and which begins this week.

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