

Parshat Re'eh: Seeing Yourself & Others Clearly

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August 7, 2023



Parsha Re'eh begins with *Re'eh anochi noten lifneichem hayom bracha u'klalah*, See, I am placing before you today a blessing and a curse.

Rebbe Nachman teaches us that we should see clearly. We should be able to distinguish between truth and its opposite. When we look for truth and when we find it, we have clear vision, both physically and spiritually.

Sheker, falsehood, on the other hand, distorts what we see. It fools us. Rebbe Nachman says that *sheker* causes a large object to appear small, or a single object to appear as a multiple image.

He reminds us that truth is a unity. It's a oneness. There can only be one truth. Even if truth has many aspects to it, there can only be one truth.

What is clear vision? What is truth? When you see Hashem in

everything. You see Him in everything that happens to you throughout your day. When you have clear vision, you also see good in yourself and in other people. (Azamra, LM 282.)

A key to attaining clear vision and truth is looking for the good points in yourself and others, all the dross and all the falsehood drips away. What you are left with is a sparkling *neshama*, a beautiful shiny soul that is connected to the Source. Your reward for clarity of vision and seeking the ultimate truth is a feeling of stronger connection to the Oneness of Hashem. You see yourself and others in a new light.

May you have a day of clear vision.