



DAILY BOOST

5 MENACHEM AV

GEULAH THROUGH GOLUS

ב"ה

TO LIFE!

Today marks the anniversary of the Arizal's passing.

In these generations, it is an obligation to reveal the secrets of the Torah.

(The Arizal; Tanya, Iggeres HaKodesh ch. 26 pg. 142b)

Rabbi Yitzchak Luria is often referred to as the Arizal HaChai, the "Living Ari." He taught and spread the Torah's secrets, known as the "well of living water." By learning these teachings, as developed in Chassidus, a person becomes so permeated with Torah that it affects his physical brain and his physical body.

Through learning and teaching this wisdom, we will merit the joy of the Final Redemption. We find a hint to this in the Ari's name, Yitzchak, which means "to laugh." This laughter foreshadows the Redemption, as Tehillim (126:2) states, "Then our mouths will be filled with laughter."

Sichos 5 Menachem Av, 5758

