

Healing in the Hereafter*

How Tzedakah and Good Deeds
Can Help the Soul in its Heavenly Abode

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Losing someone one cares about deeply is very painful, and the grief one experiences often feels as though it will never let up. For a Jew, the Torah prescribes a framework for coping with grief that begins immediately after death, and concludes one year (or approximately eleven months) later. This process helps the person come to terms with the tragedy and hopefully permits them to renew and move on.

Jewish mysticism teaches that the mourning observances parallel that which transpires with the soul in the sublime worlds, during which time our actions in this temporal realm have the potential to positively influence the rehabilitation of the soul in the Hereafter.

Linked-In to the World of Action

This is especially true with regard to one's progeny. The souls of the descendants are deeply connected to those of the deceased, because their ancestors are their link in the

(* המאמר נערך ע"י חברי המכון הרב אברהם שי" בערגשטיין והרב יעקב שי" גרשון.)

