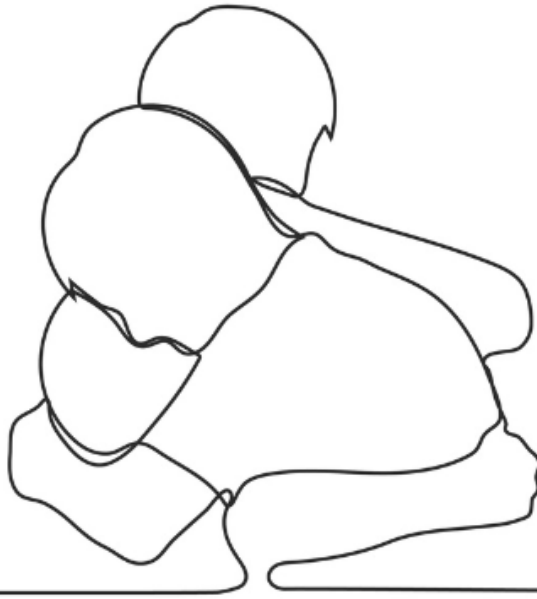


# What Is Nechama?



*This feature is part of Joey Rosenfeld's popular "list series" posted to his Twitter, @Jorosenfeld, where he explores the thoughts of diverse Jewish thinkers on popular Jewish subjects.*

## **Nechama is:**

**Rebbe Nachman:** Recognizing that everything is for the good

**Baal HaTanya:** Recognizing the opportunity within exile itself

**Rav Moshe Shapiro:** Changing our minds regarding our circumstances

**Rav Kook:** Seeing the light of unity emerge from within the concealment

**Vilna Gaon:** Realizing that if things are at their lowest, the only direction is up

**Baal Shem Tov:** Seeing the light of Hashem in every possible situation

**Mei Shiloach:** Knowing that everything that happens is the will and desire of Hashem

**Ramchal:** Seeing the present difficulty through the lens of the future redemption

**Rav Hutner:** Beholding the perpetual renewal of all things

**Kotzker Rebbe:** Understanding that brokenness is the path to true wholeness

**Leshem Shevo V'Achlama:** Knowing that rejuvenation of life is always happening

**Rav Dessler:** Knowing that one is never ever alone in their pain

**Rav Soloveitchik:** Seeing our pain in the context of a historical and collective process

**Rav Shagar:** Knowing that the shattering is the very site of rebuilding