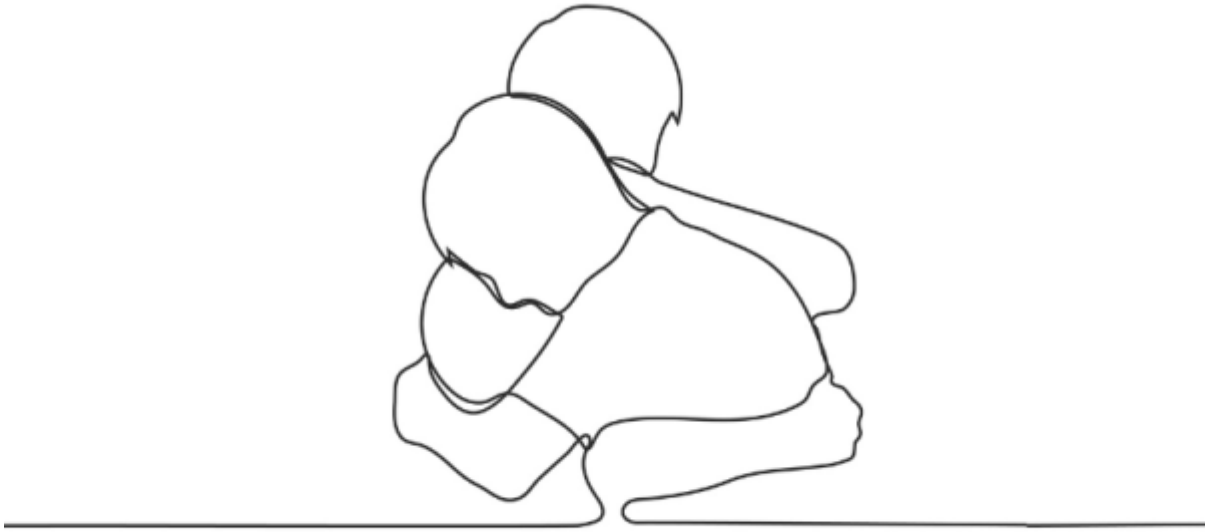
What Is Nechama?



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