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Hayom Yom: 12 Cheshvan

אַחַת מִתּוֹרוֹת הַרְאִשׁוֹנוֹת שֶׁל רַבְּנֵנוּ הַזְּקֵן – וְנִקְרָאוּ אֵז בְּשֵׁם "וּוֹעֲרֻטְעֵר": שְׁמַע יִשְׂרָאֵל – אֵי אִיד דְּעֶרְהֶעֶרֶט – הוּי' אֶלְקֵינוּ – אֵז כּוֹחֵנוּ וְחַיִּיתֵינוּ אִיז דָּאָס לְמַעַלָּה מִן הַטֶּבַע, אִין – הוּי' אֶחָד.

One of the Alter Rebbe's first teachings, which in those [early] days were known as verter,¹ was the following mystical interpretation² of the opening verse of the Shema:

Shema Yisrael (lit., "Hear, O Israel") – a Jew hears deeply that

Havayah Elokeinu³ – our strength and vitality transcend nature, and that

Havayah Echad – Havayah is One.⁴
