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Hayom Yom: 6 Tishrei

קצוּר בִּאוּר אוֹפֶן הג': ו, וְאָהַבְתָּ לְרֵעֲךָ כָּמוֹךָ, כְּמוֹ שֶׁאָמַר רַבֵּנוּ הַזָּקֵן, אֲשֶׁר זֶהוּ כְּלִי לִוְאָהַבְתָּ אֵת הוי' אֱלֹקֶיךָ, וּבִאוּר בַּמַאֲמָר כָּל שֶׁרוּחַ הַבְּרִיוֹת נוֹחָה הֵימֶנּוּ רוּחַ הַמָּקוֹם נוֹחָה הֵימֶנּוּ. עֲבוֹדַת הַתְּשׁוּבָה בְּסִבַּת לֵב טוֹב.

An explanation [by the Rebbe Rashab] of the third approach, abridged: "Love your neighbor as yourself."

As the Alter Rebbe explained, fulfilling this mitzvah is a medium for [attaining the level at which one can] "love G-d your L-rd."1 It also underlies the principle that 2 "anyone with whom his fellowmen are pleased, G-d is pleased with."

To "love your neighbor as yourself" is the path of teshuvah that comes from a good heart.