

# Jewish Spirituality

וַיֵּצֶר הָאֱלֹקִים אֶת־הָאָדָם עָפָר  
מִן־הָאֲדָמָה וַיִּפַּח בְּאַפָּיו נֶשְׁמָת חַיִּים  
וַיְהִי הָאָדָם לְנֶפֶשׁ חַיָּה: Genesis 2:5

Think L'chaim!  
To Life!

And G-d formed Adam (Man) of dirt from the Earth and He breathed into his nostrils a living *Neshama* (Soul); and the Man became a living *Nefesh* (Being)



# Jewish Spirituality

NESHAMA - The Soul

# נשמה

Name = שם

There / Destination / Purpose = שם

The candle of Hashem = נר ה'

Jewish Tradition teaches that when parents name their child, they are blessed with a moment of Prophecy. On a deep level, one's Hebrew Name is the essence of their soul. It connects them to their ancestors who carried the same name, to the values/ideas that their name inspires, and to the spiritual work they must do in life. The Jewish Soul is the breath of Life that God breathed into Mankind with love. It is the spark of Holiness that burns stronger and stronger each day as we grow into the wonderful people we are meant to be. As we light the world up with Good Deeds, we fuel and carry the candle of God!

# Jewish Spirituality NESHAMA = נשמה

Proverbs 20:27

The Breath (soul) of man is the  
lamp of the LORD Revealing  
all his inmost parts.

נֵר יְהוָה נְשָׁמַת אָדָם חִפֵּשׁ  
כָּל־חֲדָרֵי־בֶטֶן:



A Jewish **NESHAMA** (Soul) is the **Burning Flame** of God within us which **NEVER** dies.