# A tentative source for Orot Hateshuva Chapter 1

Rav Kook begins the first chapter of his Orot Hateshuva as follows:

We find three categories of repentance: 1) repentance of nature 2) repentance of faith 3) repentance of intellect.

R. Shneur Zalman of Liady *( Likkutei Torah ),* also defines three types of repentance. He correlates these types with the (Ps 34,15)

סור מרע, ועשה טוב, בקש שלום ורדפהו

Turn away from evil and do good, look for peace and run after it.

In his sermon, he explains how the first type of repentance relates to divine name *Elokim,* the second type of repentance relates to the Tetragrammaton, and the third type to the infinite G-d (the Or ein sof). Rav Kook’s understanding of the three levels seems to parallel and extend the approach of RSZ.

Rav Kook writes

הגופנית סובבת את כל העבירות נגד חוקי הטבע, המוסר והתורה, המקושרים עם חוקי הטבע. שסוף כל הנהגה רעה הוא להביא מחלות ומכאובים

The physical repentance encompasses all the wrongs against the laws of nature, ethics and Torah, which are connected to the laws of nature; for the result of bad behavior is sickness and pain.

By wrongs against the laws of nature, Rav Kook probably means not taking care of oneself, not eating properly, not exercising etc. Wrongs against ethics might mean developing bad character traits, selfishness, anger and so on which can also lead to physical sickness and pain. I’m not confident what he means by wrongs against the Torah that are connected to the laws of nature. My personal feeling is that Rav Kook is looking at the Torah, at this point, as the Jewish charter and book of law. By breaking the law one is ostracizes himself from the community. This is also and that can also lead to a book of law, and when one breaks the law,

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   Like all Hassidic sermons,

He defines the first type corresponds to a return to the Devine Name Eone as kenegd sur mera that the level of elokeinu (memale col olmim) that should be drawn in to him,

Aseh tov keneged shem havaya that the person wants to cling to havaya sovev kol almim and makif

And the 3rd he wants to include imself in the ein sof (which is beyond mmale and sovev)

I think we don’t find more than two types of teshuva in the Talmud (

תשובה מיראה ,תשובה מאהבה

) Yoma 86b

Orot hateshuva 1924 http://www.hebrewbooks.org/31307