





## THE INNER FLAME OF

# Ahavas Yisroel

LOVING YOUR  
FELLOW JEW

Every *neshama* is a *chelek Elokaï memal*, a piece of Hashem. The *mitzvah* of *Ahavas Yisroel* is not to like the opinions, words, or actions of every Jew — it is to love the *neshama* of every Jew. The work is to differentiate between a person's body, representing his behaviors and actions, and his *neshama*, which is a piece of pure holiness.

### Ahavas Yisroel Exercise

-  **YEARN**, crave, and desire to have true *Ahavas Yisroel*.
-  **DAVEN** to Hashem, asking Him to help you love the *neshama* of every Jew.
-  **THINK** about a Jew you have differences with. Contemplate the fact that their essence is a holy piece of Hashem.
-  **LEARN** a book about *Ahavas Yisroel* for a few minutes.

### On-the-Go

When you see any Jew, take a moment to identify the *neshama* within, by thinking thoughts such as “This Jew is a son or daughter of the King,” “Every *neshama* is literally a part of Hashem,” or “My *neshama* and his/her *neshama* come from the same Source.”



## Inner Flame

innerflame.org

**WARNING:** Working on your *Ahavas Yisroel* may lead to you becoming genuinely happy when good things happen to other Jews and to genuinely empathize when bad things happen. You may find yourself *davening* for, encouraging, and helping another Jew physically or spiritually. Excessive *Ahavas* may lead to the arrival of *Moshiach*.