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## *Unify Our Hearts*

There was once a pious Jew who prayed that he be saved from *pizzur ha-nefesh* (literally, “scattering of the soul”), becoming unfocused, fragmented, not being centered, being “all over the place.” Such is the inescapable outcome of trying to own too many things in too many places all at the same time. Since God’s oneness is the root of all being, then to join oneself with God is to unify oneself. . . . Consider that the source of our alienation from God’s commandments and even from God lies in our personal disintegration, our fragmentation. Our brokenness is overcome by saying *ehad*, “One.” By reflecting on God’s unity, we begin to recover our own.

—ZE’EV WOLF OF ZHITOMIR

(trans. Lawrence Kushner and Nehemia Polen)