## **Enlivened Living • Achrei Mot**

In a time of heightened antisemitism with calls for death, violence, and disobedience on college campuses, it is important to highlight that the only if he fulfills this mission of his life." One can be biologically alive but languishing internally. Professor Nehama Leibowitz applies Netziv's insight to our verse. It is precisely through the performance of and the fulfillment of one's divine purpose that one feels invigorated.

While the Torah provides a framework for prosperity, an individual also has the responsibility to imbue vitality and passion into his or her observance. Rabbi Pinhas Halevi Horowitz reads the verse not as an assurance of life but as a directive to perform the commandments life! Our souls should teem with dynamic desire while serving God. Our bodies should radiate a vivacious

vigor and verve. In positive psychological research, the character strength of zest is one of the few traits that is consistently correlated with well-being and happiness. It is precisely through exuding exuberant energy in the performance of commandments that we demonstrate our passion for life and feel enlivened.

This is perhaps one e ective method of counterprotest to the hatred with which we are confronted. Cherish life, embody Torah laws and values, and enthusiastically live a spiritual life worthy of the biological gift of life granted to us by God.

 $A_{i,j}$ ,  $D_{i}$ ,  $M_{i,j}$ ,

**Character Challenge:** Choose one this week and perform it with extra energy and enthusiasm. Reflect on how this impacts your happiness levels, your feelings toward that the power overall connection to God, Torah, and the Jewish people.