

"If you want to return ...[to God]... you must make yourself into a new creation. You can do this with a sigh! We never stop breathing - releasing the stale air and drawing in fresh air. Our very lives depend on this. The physical air we breathe has its root above....The sigh begins when you draw in extra air. This is similar to what happens just before a person dies: they draw in extra air and then the spirit leaves them. Every exhalation is the death of the moment that has passed, in preparation for the birth of the new moment. Thus when you take a deep sigh, you release yourself from ...the old and impure and open yourself to the pure air [in order to receive new vitality.] This is *Teshuvah*, returning from impurity to pure, from old to new, in order to gain new life. The very body is renewed, because "Sighing breaks a person's whole body" (*Berachot* 58b), and therefore the body is remade."

Rebbe Nachman of Breslov, Adapted from Chayei Moharan #37