

THE LIGHT OF THE ETERNAL PEOPLE  
Presented by Rabbi Shmuel Irons

Series I Lecture #14

THE ESSENCE OF TESHUVA

T Think  
E Emotionally Involved  
S Stop  
H Have Regret  
U Undo The Past  
V Vow  
A Ask For Forgiveness

H History  
O Ownership  
M Mission  
E Equality