

Yom Kippur - How to Escape the Vicious Cycle of Teshuva:

1. **Vayikra 16,30:** For on this day He shall effect atonement for you to cleanse you. Before the Lord, you shall be cleansed from all your sins.
2. **Rambam Ch. 2 Hilchos Teshuva 7:** Yom Kippur is the time of Teshuva for all, both individuals and the community at large. It is the apex of forgiveness and pardon for Israel. Accordingly, everyone is obligated to repent and confess on Yom Kippur.
3. **Rambam Ch. 1, 3:** At present, when the Temple does not exist and there is no altar of atonement, there remains nothing else aside from Teshuva. Teshuva atones for all sins. Even a person who was wicked his whole life and repented in his final moments will not be reminded of any aspect of his wickedness as [Ezekiel 33:12] states "the wickedness of the evil one will not cause him to stumble on the day he repents his wickedness." ***The essence of Yom Kippur atones*** for those who repent as [Leviticus 16:30] states: "This day will atone for you.
4. **Talmud Yoma 85b:** Death and Yom Kippur procure atonement together with Teshuva...Only together with Teshuva, but not in themselves! — Shall we say that this teaching is not in accord with, Rabbi? For it was taught: Rabbi said, For all transgressions [of commands of] the Torah, whether one had repented or not, does the Day of Atonement procure atonement, except in the case of....
5. **Bereishis 3,17:** By the sweat of your brow, you shall eat bread...
6. **Talmud Eirubin 18b:** First man was a great Chosid. When he saw that he was penalized for death on account of his actions, he sat in fasting 130 years.
7. **Arizal:** Teshuva helps to the extent that it brings forgiveness , and holds back the punishment from Heaven that he was destined to receive because of his sin, but God's conduct with the world does not change.
8. **Bereishis 3, 22-24:** Now the Lord God said, "Behold man has become like one of us, having the ability of knowing good and evil, and now, lest he stretch forth his hand and take also from the Tree of Life and eat and live forever." And the Lord God sent him out of the Garden of Eden, to till the soil, whence he had been taken. And He drove the man out, and He stationed from the east of the Garden of Eden the cherubim and the blade of the revolving sword, to guard the way to the Tree of Life.
9. **Ramban:** Hashem wanted His decree of the death of man to remain. If he would eat from the tree of life, which was created to give eternal life to those who ate from it.. he would have nullified the decree or he would not have died at all.
10. **Bamidbar 14,20:** I have forgiven according to your words.
11. **Shmos 32,34:** In the day when I punish, I will punish their sin upon them.
12. **Shmos 30,12 - 15:** let each one give to the Lord an atonement for his soul when they are counted...This they shall give, everyone who goes through the counting: half a shekel according to the holy shekel...to atone for your souls.
13. **Rashi :This they shall give:** He [God] showed him [Moses] a sort of coin of fire weighing half a shekel, and He said to him, "Like this one they shall give."
14. **Talmud Yom 86a:** One who has the sin of Chillul Hashem, Teshuva, Yom Kippur, and suffering suspend it, and death cleanses it.
15. **Jerusalem Talmud:** Even Hashem does not judge alone...and when he seals, he only seals by Himself.