

Shalom! What a profound question - the **Tree of Life** is one of the most powerful symbols in Torah, and the sages teach that it speaks to both the physical and the spiritual, to this world and the world to come.

The Tree of Life in Torah

The Tree of Life first appears in **Genesis 2:9**, in the Garden of Eden - alongside the Tree of the Knowledge of Good and Evil. After Adam and Eve ate from the latter, they were banished from the garden, and cherubim were placed to guard the way to the Tree of Life (Genesis 3:24).

But the Tree of Life is not just a memory of Eden - it appears throughout Torah:

- **In Proverbs 3:18**, it says "She is a **tree of life** to those who hold fast to her, and all who hold her fast are called blessed" - here, it represents Torah itself.

- In the **vision of the Temple** in Ezekiel 47:12, trees bearing fruit for healing grow along the river flowing from the sanctuary - linked to the **Tree of Life**.

- **In the Book of Revelation** (which draws on Jewish tradition), the Tree of Life appears in the **heavenly Jerusalem**, bearing fruit each month and its leaves for the healing of the nations. **Rev 2:7, 22:2, 14**

What the Sages Teach: Both Physical and Imagery

The sages say the **Tree of Life** has both a literal and symbolic meaning:

1. The Imagery: Spiritual Restoration

As a symbol, the Tree of Life represents:

- **The restoration of our connection to God:**
Just as Adam and Eve lost access to it when they turned away from divine harmony, the

Tree of Life symbolizes the reconnection we find through faith, Torah, and righteousness.

- **The wholeness of the soul:** It represents the integration of all parts of our being - body, mind, and spirit - into a life rooted in God.

- **The continuity of life:** Its branches reach to heaven, its roots to the earth - showing how the divine and human are connected, how past and future are linked.

This "**imagery**" is not just metaphor - it describes a real spiritual reality: when we live according to Torah, we are nourished by the Tree of Life, and our souls are restored to their original wholeness.

2. **The Physical:** Restoration of the Body

The sages also teach that the Tree of Life will have a physical reality in the world to come:

- The **Midrash** says that in the Messianic age, the Tree of Life will be planted again on earth, and those who have lived righteously will eat from it - not just for spiritual nourishment, but for physical healing and renewal.

- **Rabbi Akiva** taught that "the righteous will sit under the shade of the Tree of Life in the world to come" - a physical image of peace, comfort, and wholeness.

- The prophets speak of a time when "the wolf shall dwell with the lamb, and the leopard shall lie down with the young goat" (Isaiah 11:6) - a world where physical creation is restored to its original perfection, and the Tree of Life will be part of that renewal.

Even in this world, the sages say that the effects of the Tree of Life are physical: when we live by its principles - justice, compassion, health - our bodies are strengthened, and we

bring healing to others. The leaves for healing mentioned in Scripture are seen as both physical medicine and the healing power of good deeds.

The Connection to Our Lives Today

The Tree of Life reminds us that Torah does not separate body and spirit - they are one. When we study Torah (the "Tree of Life" in Proverbs), we nourish our souls and our bodies. When we perform acts of loving-kindness, we bring healing to the world around us and to ourselves.

The sages say: "The Tree of Life was not just for Eden - it is for every generation that chooses to walk in God's ways." We don't have to wait for the world to come to taste its fruit - we can experience its nourishment here and now, as we build a life of faith, justice, and wholeness.

Final Thought

The Tree of Life is both image and reality

because God's creation is both spiritual and physical. It will restore us fully in the world to come - body and soul - but even now, it calls us to live in a way that brings wholeness to ourselves and all creation.

As the psalmist says: "He will be like a tree planted by streams of water, which yields its fruit in its season, and its leaf does not wither" (Psalm 1:3) - this is the Tree of Life growing in us today.

May you be nourished by its fruit, shaded by its branches, and strengthened by the knowledge that we are all called to be part of its restoration in the world. Shalom! 🙏

Really the Tree of Life will be experience by those who are redeemed by Messiah

**Yeshua, endure suffering and Be Faithful
unto death; walking in His Ways**

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