"...waves of t'shuva cascade over all existence in a perpetual movement of growth and ascendance... These voices that we hear are known as 'thoughts of t'shuva'. They do not originate inside us, but rather filter in from the world around us. We absorb the echo of the voice of the Universe which awakens thoughts of t'shuva" (Moadim LeSimcha; R. Shlomo Aviner; p.14-15).

The concept of "waves" of t'shuva is a fascinating one to me and I think it has far-reaching implications. The above-quoted concept from the teachings of Rav Avraham Yitzchak HaKohen Kook zt"l, would seem to imply that the more sensitive a person is to these "voices" or more receptive to the influence of these "waves", the better a person he will be. The Forefathers, the Tzadikim, the Rabbanim, who are our models, would then be those whose receptors are more attuned to the need to aspire toward the perfection of the Universe.

It would be interesting to know whether this description of "waves" of t'shuva is meant to be literal or merely descriptive. Because, if literal, there are broad ramifications. The waves "vibrating" into and within a person will influence his behavior. And, although this behavior would be directed toward perfection - of one's self or of the Universe - it would vary from person to person. Otherwise, we would all be doing the same thing in t'shuva. The extent to which a person would react to these "waves" and the effect they would have would depend upon one's personality. Avraham, then, would have been more sensitive to t'shuva in the area of chesed, in matters bein adam l'chaveiro - between man and man; while Yitzchak would grow in yir'at HaShem - fear of Gd; Yaakov, in each area, etc.

Could this possibly explain the concept of being ARAL LEV - a heart with a barrier - as in ...UMALTEM ET ORLAT L'VAVCHEM... - You shall cut away the barrier of your heart (D'varim 10:16); ...AZ YIKANA L'VAVAM HE'AREL... - then their unfeeling heart will be humbled (Vayikra 26:41), when Gd talks about the people misbehaving? AREL implies a barrier - that there is something blocking the waves from entering the heart. And it is only by removing this ORLAT HALEV that t'shuva can be initiated.

Consistent with this idea that we could be affected by "waves" cascading in the Universe, is the understanding of Chazal that our behavior here affects the upper worlds and vice versa. It is difficult for me to think of "waves" and their effect upon us without thinking of music (and its sound waves) and its similar effect. We know that the Leviyim would sing and play instruments in the Beit HaMikdash during the sacrificial service.
- the AVODA. One of the purposes of this was to help move the individual, who might be bringing a sin-offering or guilt-offering, to feel the desire to do t'shuva. We know how much music affects the soul. The Arugat HaBosem (in Otzar HaT'filot) cites the Ma'avar Yabok from Tikunei Zohar HaKadosh (Tikun 12) regarding the music in t'fila: "There is a HEICHAL above that is hidden which cannot be opened except by music... and the neshama enjoys this music since it is accustomed to the tunes from the songs of the heavenly angels... and when the neshama is in the body, and hears the music, it enjoys it as it did when still attached to her source; and from the abundance of the sweetness, it is fitting that the spirit of Gd rest upon it ..." 

In addition, I was fascinated to discover that the connection between how music functions and how our behavior influences and is influenced by other spheres is found in an essay by the Akedat Yitzchak (part 1, gate 12 - Nigun Ha'Olam) as cited by Rav Moshe Shapiro in MiMa'amakim on Parashat Sh'mot, p.21: "There is a great relationship and strong connection between activities of Mankind and the nature of the reality in which we live... And it is possible that this relationship is even greater than that described by musicians in how playing one note on a particular instrument will activate (cause vibrations?) the same note on its sister instrument because of this relationship..." Imagine, then, how our behavior affects everything around us and how, when we do t'shuva, the "waves" we create changes these effects.

Maybe the idea of "waves" is not so far-fetched. We have sound waves, light waves, electric waves, magnetic waves and probably more.

Who knows?