

Nourishment for the Neshama

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10th of Teves - We can change our relationship with our inner workings

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We can change the basis of where our esteem comes from and when we do, we have a perspective on our emotions and ego that permits us to fulfill the purpose for which Hashem creates us – to unify yud k vav k by re-packaging the koach of our negativity into packaging that brings mercy into the world.

It feels like we are giving up everything. but that is only because being self-interested is such an ingrained habit. True interest in the survival of our body and soul lies in developing the emunah we need to take those tough struggles and forge bravely across the corpus coliseum in order to open a skylight through which tzelem elokim from a pure surrounding light of the chaya part of our soul may filter in.

For the trouble of effacing our self-interest and dilating our egos, this “transition” gives us standing to use the released koach to give brachas and ask Hashem for the milieu of yeshuas we all desire. Success is still up to Hashem, but at least we are not creating destructive beings, as this koach would be doing if we focused our imagination on the self-interested or egotistical or animalistic drives that we used free will to make a different choice upon which to base esteem.

The freely choosing being is one that loves Hashem and is in awe of His world and comprehends how false our sense of independent existence is enough to realize that what is truly autonomous and independent about us is our freedom to choose to see Hashem and His Will that we unify yud k vav k, that we live knowing that we are here to declare at every moment that what we see and experience is to praise Hashem as He appears in this world even as we struggle painfully to efface and dilate in order to open the skylight in the ego. We do it with full knowledge of what pleasure really is, and that is the knowledge of the pleasure of connection to Hashem over the pleasure of the apparent object of self-interest.

On the 10th of Teves, may Hashem see that we understand our role in unifying His Name and may He decide to send us a leader to help us develop the ability to fulfill our mission to His complete satisfaction.

May Hashem look upon Klal Yisrael and see our longing for Him in this world by our effort to efface and dilate our egos because of our love for Hashem and awareness of the purpose for which He gives us life, to declare shema yisrael Hashem elokelnu Hashem echad, that Hashem is One, AND THEN with a full heart, baruch shem kavod malchuso leolam voed, that He rules over all the forces that saying so is full of intention to acknowledge that in the moment, that we see and we are here to bring His light into this world by changing the measure of esteem to our choice to serve Hashem by unifying yud k vav k in this way. Our intellect declares the truth when we do. And because it often takes mesiras nefesh to do so, that koach is light that we bring into the world.