

Nourishment for the Neshama

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25 Cheshvan – 30 days to Chanuka!

Today is the 25th of Cheshvan – 2 months from the creation of the world and one month before Chanukah, a time of light. The entire month of Kislev is a month of showing Hashem that we are crowning Him King. The first 24 days can be a metaphor for the 24 letters of

ברוך שם כבוד מלכותו לעולם ועד

"Blessed be the name of His glorious kingdom for ever and ever"

which we whisper and the 25th of Kislev itself is likened to the 25 letters of Shema Yisrael Hashem Elokeinu Hashem Echad. (Hebrew not shown because it contains Hashem's name)

What keeps us from the true understanding that Hashem is One? It is our nature, our will and desires, and the concealment of Hashem in this world.

What can bring us to true understanding that Hashem is One? It is the use of our free will to internally undecelve ourselves regarding our nature, Hashem's will and the real free willed choice we have to reveal Hashem in this world.

A Jew can learn Torah and do mitzvahs but these can be a vehicle to have powerful joy, to celebrate our innate relationship with HKB, that we have an innate sense of Hashem within. The healing of our suffering comes from the part of us that remains unsullied from the world and our emunah that it is eternal, real and implementable.

Uncontrolled despair can be eradicated. The goal is the real joy. The principle of being here to experience joy is necessary in a Jew's life, but how, we have so many problems, financial, health, relationship, what about the problems?

Sadness, a quality of earthiness, stops and clogs up all emotions, like a stuffed up heart. The flip side of sadness is making our physical vessels a solid container to bring light. When we seek through awe and love of Hashem to dig down to the Source of all vitality, which is Hashem, a joy flows and this is what empowers us to blossom. All the qualities within us shine. Our inner identity can't triumph. When in a state of sadness the inner inclination can't express itself. We are challenged by the animal soul but we can express ourselves b'tzelem elokim:

Tolerating Insult

Overlooking faults

Bearing the burden of Adam's sin and all the confusion of mind that has resulted - patience

Casting sins into the sea - forgive ourselves and others in teshuva, a constant teshuva because of our nature and false sense that there is two when there is only One.

Rabbi Ginsburg introduced Hefke breathing, that the mind should control the emotions and can be a vehicle to stimulate love of Hashem, Hashem is One, unify His Name, and realize we just exist at His Will

shema yisrael - Inhale - feel Ahavas Hashem and His love

Hashem - hold - Awareness that Hashem is One

Elokeinu -exhale - choose to unify the Shechina trapped in nature and human nature

Hashem echad - empty - just be in a state of being, reflecting Hashem's attributes of mercy and give love and value, like the moon reflects the sun, knowing our survival is in Hashem's hands alone

From now to Chanukah we can take on to utilize our breathing to unify and sanctify His Name, and may we see a new light of Chanukah, with the coming of Moshiach, coming from within the light that we shine in every moment with every breath.