

## Nourishment for the Neshama

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**Wednesday, December 11, 2013**

### 8th of Teves - the day Torah was translated into Greek. A suggestion in ahavas yisrael for today

If we understand how in our souls we are all connected, it is truly an acknowledgement of Hashem and His Will in creating us.

Here is a story about the ahavas yisrael of Reb Levi Yitzchok of Berditichiv

*There was a rich man in the town where Reb Levi Yitzchok of Berditichiv was the Rav, and this rich man was constantly oppressing Reb Levi Yitzchok of Berditichiv. The rich man wanted to get Reb Levi Yitzchok of Berditichiv out of town.*

*Erev Yom Kipur the rich man came to ask mechila and make up, saying to the Rav, "let's enter Yom Kipur with love" and Reb Levi Yitzchok of Berditichiv said "I forgive you with all my heart." The rich man, scheming, says let's make a lechaim and Reb Levi Yitzchok of Berditichiv finished the strong drink. The rich man then said and now let's make a second lechaim on ahavas yisrael. Again, Reb Levi Yitzchok of Berditichiv finished the cup.*

*The rich man went home so happy, thinking that either the Rav would never make it to shul or that he would appear drunk during the davening of the most important day of the year, and then the rich man could be rid of him and get him out of town. Reb Levi Yitzchok of Berditichiv came to shul and davened in an especially inspiring way. All the while the rich man was grinding his teeth in fury that his scheme did not work. The only comfort that the rich man took was that no one knew about his scheme, that he would not suffer that embarrassment of a failed scheme.*

*It was their practice to remain after maariv to recite tehillim, and Reb Levi Yitzchok of Berditichiv led the tehillim. In tehillim 41 he repeats pasuk 12 over and over, "with this I shall know you desire me that you will not let my enemy shout gleefully over me." After repeating it over and over, and only the rich man understood why Reb Levi Yitzchok of Berditichiv was doing that, Reb Levi Yitzchok of Berditichiv began to interpret a word in the pasuk for everyone with the following insight: "You will not let my enemy suffer because of me, don't let my enemy experience any negativity because of what he planned to do with me." Because of an issue that had bad in it for me for which the enemy is not punished, this is how I know you love me Hashem."*

*The rich man ran over to him and begged forgiveness, saying "Rebbe please forgive me I did not know until now who you are."*

Nishmas Am Yisrael is one soul alone. All the uprisings of hot molten emotion that make their way through our hearts into our thoughts speech and actions are energy resources that we can use our free will to re-garment from ill thought to mercy.

The koach of the fire - let its light and energy become transformed into a protective shield of mercy for all klal yisrael.

The intellect's attachment to self-interest - provide it with a lens revealing the Source of all vitality so that the intellect serves to bring mercy into the world instead.

The heaviness of the confusion of mind - let us take ownership of repairing Adam's sin which concretized and internalized a misperception in understanding the purpose of autonomous independent existence intended to relate to real free willed choice misappropriated to physical existence, and

The ability to forgive - realizing that we just subdued our own negativity, let us see our hearts as a place where we ask forgiveness for our confusion and cast all our sins into the sea beseeching Hashem to please elevate the koach we are attempting to re-dress and give us success in our effort to unify His Name.

Every one of us is carrying in our hearts something we can release to Hashem on this day to tell Hashem that His Name is what we relate to, that His Name is Who we want to see in this world.

Take a moment, please, and quietly, in the privacy of your home, office, or car try this. And when Hashem assesses Klal Yisrael on the 10th of Teves may He find that it is the year to bring the geula shelama