

## Nourishment for the Neshama

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### A Bracha To Give Instead of Reacting and Why

Instead of feeling upset when people appear to be causing me discomfort (I use the word appear because there is only One Primary Cause of everything, people are secondary causes), I have been attempting to rise above my reactions –and instead of doing something negative or hurtful, verbally give a bracha that

“May all Yidden, including me, through sincere ahavas and yiras Hashem, find fulfillment, and may our lives be enhanced by the resulting true simchas Hashem. ”

I believe this approach is substantiated at least by the following lines of Tehillim.

142 8  
Release my soul from confinement to acknowledge Your name; the righteous will crown themselves with me, when You bestow kindness upon me.

140 9  
Grant not Hashem the desires of the wicked ones, do not cause his conspiracy to be carried out, for them to be exalted, Selah.

28 1-9  
By David. To You, Hashem, I call, my Rock, be not deaf to me; for should You be silent to me I would be comparable to those who descend to the grave. Hear the sound of my pleading when I cry to You for help; when I lift my hands towards Your Holy Sanctuary. Do not cause me to be drawn with the wicked and with the doers of iniquity, who speak peace with their companions though evil is in their hearts. Give them according to their deeds and according to the evil of their endeavors; according to their handiwork give them, render their recompense to them. For they study not the deeds of Hashem or His handiwork; may He tear them down and not rebuild them. Blessed be Hashem, for He has heard the sound of my pleading. Hashem is my strength and my shield, in Him my heart trusted and I was helped; and my heart exulted, with my song I praise Him: 'Hashem is strength to them; and the stronghold of salvations for His anointed is He." Save Your nation and bless Your inheritance; tend them and lift them forever.

37 7-8,11-12  
Wait silently for the salvation of Hashem and wait longingly for Him; do not compete with him who prospers, with the man who executes malicious plans. Desist from anger and forsake wrath – do not compete, it brings but harm...but the humble shall inherit the earth, and delight in abundant peace. The wicked man plots against the righteous person and gnashes his teeth at him.

38 20-23

But my foes abound with life, and those who hate me without cause grow great. Those who repay evil for good harass me for my pursuit of good. Forsake me not, Hashem, my Gd, be not far from me hasten to my assistance, O my Lord, my Salvation

44 21-22

Have we forgotten the Name of our Gd and extended our hands to a strange gd? Is it not so that Gd can examine this, for He knows the secrets of the heart.

50 16-23

But to the wicked, Gd said, "To what purpose do you recount My decrees and bear My covenant upon your lips? For you hate discipline and you threw My words behind you. If you saw a thief you agreed to be with him, and with adulterers was your lot. You dispatched your mouth for evil, and your tongue adheres to deceit. You sit and speak against your brother, your mother's son you slander. These have you done and I kept silent, You thought that I was like you – I will rebuke you and lay it clearly before your eyes! Understand this now, you who have forgotten Gd, lest I tear you asunder and there be none to rescue. He who offers confession, honors Me; and one who orders his way, I will show him the salvation of Gd.

51 12-14

A pure heart create for me, O Gd, and a steadfast spirit renew within me. Cast me not away from Your Presence, and Your Holy Spirit take not from me. Restore to me the joy of Your salvation and with a generous spirit sustain me

54 5-6

For strangers have risen up against me and oppressors have sought my soul, they have not set Gd before themselves, Selah.

55 6-7, 23

Fear and trembling penetrate me, and I am overcome with error. Then I said, "O that I had wings like the dove! I would fly off and find rest!...Cast upon Hashem your burden and He will sustain you; He will never allow the faltering of the righteous.

56 4-6 9-14

On the day that I fear, I trust to You. Even when Gd acts with strict justice, I still praise His word; in Gd I have trusted, I shall not fear, what can mortal flesh do to me? Each day they make my words sorrowful; about me all their thoughts are for evil. ...My wanderings You have Yourself counted; place my tears in Your flask, are they not in Your record? Then will my foes retreat on the day that I cry out; this I know: that Gd is with me. When Gd acts in strict justice, I still praise the Word, when Hashem acts in mercy, I still praise the Word. In Gd I have trusted, I shall not fear; what can man do to me? Upon me, O Gd are my vows unto You, I shall render thanksgiving offerings to You. For You rescued my soul from death, even my feet from stumbling; to walk before Gd in the light of life.

57 2-4

Favor me, O Gd, favor me, for in You has my soul taken refuge; and in the shadow of Your wings I shall take refuge until devastation shall pass. I will call upon Gd, Most High, to the Gd Who fulfills for me. He will dispatch from heaven and save me from the disgrace of the one who yearns to swallow me, Selah; Gd will dispatch His mercy and His truth.

64

For the Conductor, a psalm by David. Hear O Gd, my voice in my prayer, from the dread of the foe preserve my life. Hide me from the counsel of the wicked, from the assembly of evildoers, who have sharpened their tongue like the sword, and aimed their arrow – a bitter word – to shoot in secret at the innocent; suddenly they shoot him and they are unafraid. They encourage themselves in an evil matter, they speak in order to conceal snares; they say, "Who will see them?" They search out pretexts, they have completed a diligent search, and every inner thought of man

and deep counsel. Then Gd shot at them; a sudden arrow were their wounds. And they made it, their own tongue, a stumbling for themselves; all who see them will shudder. Then all men came to fear; and they declared the world of Gd and His deed they comprehended. The righteous one will rejoice in Hashem and take refuge in Him; and all who are upright in heart will glory.

73 25-28

Whom else do I have in heaven? And when I am with You I wish for nothing else on earth. My flesh and my heart yearn – Gd is the rock of my heart and my portion forever. For behold, those removed from You shall perish, You cut down all who stray from You. But as for me, Gd's nearness is my good; I have placed my trust in my Lord Hashem, to recount all of Your works

81 9

Listen My people and I will attest to you; O Israel, if you would but listen to Me. There shall be no strange gd within you, nor shall you have before an alien gd. I am Hashem your Gd who raised you from the land of the Egyptians. Open wide your mouth and I will fill it. But My people did not heed My voice and Israel did not desire Me. So I let them follow their hearts fantasies and then they follow their own counsels. If only My nation would heed Me, if Israel would walk in My ways. In an instant, I would subdue their foes, and against their tormentors turn My hand. Those who hate Hashem would lie to Him and their time would be forever. And He would feed him in the cream of wheat and from a rock I would sate you with honey.

86 5-13

For You, my Lord, are good; and forgiving, and abundantly kind to all who call upon You. Listen, Hashem, to my prayer, and heed the sound of my supplications. On the day of my distress I call upon You, for You will answer me. There is none like You among the forces which are mistakenly considered gds, my Lord, and there is nothing like Your works. All the nations, which You have made, will come and bow down before You, my Lord, and will give honor to Your Name. For You are great and work wonders; You alone, O Gd. Teach me, Hashem Your way, that I may travel in Your truth, unite my heart to fear Your Name. I will thank You, my Lord, my Gd, with all my heart, and I will give honor to Your Name forever. For Your kindness toward me is great, and You have rescued my soul from the nethermost depth.