

Nourishment for the Neshama

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Apply Behira to Our Subconscious to bring out the aspect of the Divine within us - our inner selves

Even with a little depth, we may be missing something crucial! Until we apply our behira to our subconscious, we remain focused on being a body in time and space sorting through a range of natural responses to choose from as our options.

[Rav Moshe Weinberger in his Das Es Atzmechah series Shiur 4 "The Winning Combination -Breaking the Code to Our Inner Selves"](#) gives a comparison of explorers who never made the journey to America and could not agree that it was there or not. It was a question, but once the trip was made, America was found.

We have wealth within us, and we know where the safe is – we have inside of us a treasure – our soul. How do find out who we are?

When we begin to apply behira to our subconscious, with the intention to align our basic subconscious direction with Hashem's will, we can begin the journey of focusing on Hashem and using our body within time and space to bring aspects of the Divine into the world. And this is our true self, for we are building our eternity with every choice to do so.

When we shift our focus every moment to willing to sanctify Hashem's name, we begin a journey dedicated to bringing the natural personality with which we are born to a higher place. Psychology tells us that a person's personality is formed by age 2 and developed to a large measure by age 5. Yet a person lives to 120! And we know that we are here to grow spiritually. How does this make sense, that before we have adult faculties, our personality is formed and yet we are to be judged after 120 based on who we become? It must be that we can affect ourselves. Granted, we may not be able to change the raw materials, the handicaps, the genetics, the personality characteristics, environmental factors that affect us. But WE CAN affect the emotional charges that we associate with who we are and what happens to us. And, in fact, we come to see that the personalities, the environment and the circumstances were all Divinely orchestrated uniquely for us to have the opportunity to apply our behira for the purpose of bringing our emotional charges from whatever negative connections there may be and whatever erroneous beliefs we may have formed, to love and fear and the desire to emulate Hashem.

During the time of the omer, we work each day on improving seven iterations of seven middos. Chazal tell us that we have the ability to change during this time, with Hashem's lovingkind assistance, to an even larger degree than in Elul. Let's begin the journey to uncover our true inner being and bring to light His thirteven attributes of mercy. We are up against an angel of Hashem, the Soton, so we need Hashem's help! With behira, we can identify the point within us where we are experiencing the challenge and ask Hashem to lead us in the path we wish to go, to choose soul over body and sanctify His name. Slowly, day by day, we can improve.

May Hashem find our efforts meritorious to attach success and may we be zocheh to redemption.