

## Nourishment for the Neshama

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**Tuesday, February 28, 2012**

### **Bringing Hashem and connection into our innermost being and teaching this to our children**

When Moshe brought the plagues, each time Pharaoh had his sorcerers try to duplicate the plague with black magic, in order to try to discredit the Higher Authority that Moshe said he was speaking on behalf of. And at the time there was such a thing as sorcery and black magic and the sorcerers could duplicate to a certain degree.

The plague of lice was one they could not because they had no power over something so small. If it was not a certain size, they had no ability to reach it and affect it.

Recently I heard about the problems some families are having with knowing what is actually going on in their children's lives. With the advent of texting, it is possible for good kids to be in their rooms, apparently safe, but in reality, being affected by influences or involved with activities that their parents know nothing about and would definitely prohibit if they did know. What did parents used to do? Curfews, rules – all the behavioral and motivational boundaries that parents set – they affect the externalities and the boundaries affect the inner being.

But how do we affect the penimius of our children to give them conscience when we have no way to set boundaries from the external assault of the internet and messaging? How do we affect them so that they have inner strength to comprehend what the halachos and rules are truly for, for their spiritual well-being and protection from falling into the darkness and destruction that we can't physically keep out, that seeps in because it is noiseless and everywhere? How do we instill in our children something inside that is not subject to behavioral management? How do we instill not only conscience, but spiritual intelligence and connection to our children's ultimate Source of life?

Rabbi Shlomo Leib Brevda, may he have a refuah shelama, tells a story about his father who was a master educator. When Rabbi Brevda was a little boy, he would sit, a toddler, on his father's lap. His father would tell him the stories from the Torah. Rabbi Brevda shared that when his father would tell the story of Akeidas Yitzchak, every time Rabbi Brevda would tell his father, "Don't let him cut!" After the story, his father would flip a coin in the air and it would land in Rabbi Brevda's young lap. He would look at his father and say "Tate where did this come from?" and his father would say "You were learning Torah? An angel must have sent it to you because they are so happy with you in Shemayim." Rabbi Brevda would take the coin and run to his mother in the kitchen to say that Hashem sent him a coin for learning Torah and they would put it in the tzedaka box.

Rabbi Brevda told another story. His father would have him say Shema every day of course. One day, on their block where everyone worked and the houses were empty during the day, a man tried to break into one of the basement apartments. There was a Jewish man who was not from the neighborhood coincidentally walking down the street at the time, and he saw the thief and called the police and prevented the apartment from being robbed. He was not someone who ever came down that way. Rabbi Brevda's father whispered in the little toddler's ear "The apartment was saved because the little boy who lives there says Shema Yisrael every morning and it protected them!" Rabbi Brevda said every morning after that, he was only 3 years old, he would say Shema and run to the window to see if there were any protective strangers shooing away thieves. His mother would ask him why he would run to the window and he said it is a secret! He never told her that he was running to see if his Shema was affecting those running in the streets. He said he grew up with such emunah!!

As Rabbi Brevda got older and went to kindergarten, his teacher began telling them about the holidays – that evil Nebuchadnezzar, that horrible Haman, that evil Pharaoh and Rabbi Brevda began to get the idea that there were two opinions about who runs the world. His father, who says that Hashem runs the world and his kindergarten teacher who says that the rashes run the world. He emphasizes that we must teach that we lost the temples because of our sins, not because of rashes, and that we had a gezeira against us because of our sins, not because of rashes, and that we were sent to and redeemed from Mitzrayim for Hashem's purposes, not because of Pharaoh. The rashes are the tools in Hashem's hand. but there is a primary cause for everything, and that is Hashem, our father, who loves us and wants only what is good for us.

Rabbi Brevda then relates very clearly that Hashem runs the world and that the Jewish people are treated by Hashem directly as we treat the 613 mitzvahs. He was very clear that non-Jewish people, while they are obligated to the 7 Noahide laws, are maintained even if they violate the laws, until they die where they are judged. Rabbi

Brevda said this is not so for the Jewish people. He explains that we are individually maintained according to our level of involvement with keeping the 613 commandments and that this is very important for us to comprehend as a nation and people. If we fall short, Hashem through hashgacha pratit tries to shepherd us back and awaken us to our short-fallings and we are constantly creating good or bad vibrations in the world that come back upon us. Thus it becomes a crucial center for every Jewish person to comprehend the dire importance to them to utilize the gift of free will in concert with the spiritual reality with which Hashem creates the world and supervises our lives.

Bringing spiritual consciousness into ourselves begins with realizing how loved we are and comprehending the gratitude to have to Hashem. Hashem has given us an opportunity for 120 years to exercise free will in a body to improve our soul and earn eternity. When we can instill this idea within our children, we give them the ability to be self-determining through connection to the ultimate source of every blessing anyone could want – not only this worldly needs, but eternal reward and spiritual peace, here and for all eternity.

Let us demonstrate our own commitment to seeing that Hashem is 100% in control of success 100% of the time. Let us demonstrate that we know we cannot do anything without His help. Every time we pick up a sefer tehillim before we begin an activity and tell Hashem what we are planning to do and to please guide us to do it in a way that is pleasing to Him, and if it is not to please show us gently what He wants instead, we are revealing to our children the invisible spiritual truths of the Torah. We see this in Megillas Esther, through Mordechai, through Esther. Let us help our children out with their challenges by first bringing Hashem into the picture and asking for His help and then brainstorming and problem solving with them. This is our way of building what we can inside their makeup so that the values to keep them a lifetime on a healthy path are there.

When we hide in the darkness of confusion and do what we want, we bring out instead the voice and impression of Amalek, who flew in the face of our victories to destroy us knowing full well there is a Gd. They just wanted to bring the Jewish people physical pain and challenge in the hopes of dampening their connection, of seeing if they would let go of the light of clinging to Hashem. By bringing our children a way to fan the fire of connection with Hashem and cling solidly to the knowledge that Hashem is 100% in control 100% of the time, that He alone determines who is successful, when we show them how to comprehend ein od milvado consciousness and that free will to choose to follow Hashem is true self-determination, we make ourselves into Klal Yisrael as well, for through each of our connecting in this way, we are connecting to each other. And then Hashem fights our wars for us and gives us everything we need, for we have found Him and seek Him for the reasons for which He created us, and not just at times of danger and pain, but at every moment of every day.

There is nothing in the all the world except the simple unity of Hashem.

The six constant mitzvahs to help us guide ourselves toward this consciousness are:

Know there is a Gd

Love Hashem

Fear Hashem

There is no other power

Do not stray after the thoughts of the eyes and hearts

Hashem is One

For more on the Six Constant Mitzvahs, please visit [www.clarityseminar.com](http://www.clarityseminar.com)

For shiurim to help us with choosing soul over body, please visit [www.becomingdivine.com](http://www.becomingdivine.com)

For Rebbetzin Heller on Duties of the Heart please visit [www.dutiesoftheheart.net](http://www.dutiesoftheheart.net)