

## Nourishment for the Neshama

<http://lvracha.com>

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### Bringing our nature to kedusha - an avoda for Shovivim

Hopefully the steps below will bring inner calm and pleasantness as well as fulfill our mission!

1. I am experiencing my natural negativity of \_\_\_\_\_
2. I am activating love of Hashem and shifting to a place of love and awareness that the negativity is a bracha, a tikun opportunity to \_\_\_\_\_ and disempower within me the natural belief that all I have is independent separate existence when in fact I have a loving relationship and participatory partnership with You..
3. With these two points in mind, I wish to draw down strength from Hashem to open my nature for the unification and sanctification of His Name and release the vivifying force from the side of tuma to the side of kedusha. Please Hashem help me to dig through my resistances such as \_\_\_\_\_ attributable to my apparent separate identity - please forgive me for \_\_\_\_\_ I regret falling victim to it, I yearn to be just like You, and please destroy all destructive beings that I may have created in the past from this natural flow of vivifying force, for it has been keeping me in pursuit of goals only on the side of emptiness.
4. Please grant success to these efforts to fix my characteristics as well as universal aspects of human nature \_\_\_\_\_ that You created and put into all of us and may it be a zechus for Klal Yisrael

Rabbi Yaakov Zalman Labinsky, of [www.becomingdivine.com](http://www.becomingdivine.com) teaches:

Shame is concealing the divine within. Hebrew word for guilt offering is asham from ashamed, exact same phonetics.

*"I want to own what I did wrong to take responsibility to integrate. But whatever shame is in there telling me I am a bad person I am giving up it is not me I am giving it back to You and drawing the divine light in its place."*

Shame binds to the soul. Torah is mental floss to prevent plaque from building up on the soul.