

Nourishment for the Neshama

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Thursday, June 24, 2010

Chart to help us rise above our physical selves

<p style="text-align: center;">Lower self seeks this pleasurable subconscious reward</p> <p style="text-align: center;">When we feel this:</p>	<p style="text-align: center;">Put glasses on!</p> <p style="text-align: center;">Ask yourself, am I aligned with Hashem's Will and what will help me look good from His perspective (i.e. what can I do that is similar to Him, that emulates Him)?</p> <p style="text-align: center;">Substitute this thought</p>
I want to be right	Do not stray; Just be right in Hashem's eyes
I want to make the other party wrong	Do not stray – no revenge, do not judge
I want to dominate the other person	No other power; do not stray, love your fellow Jew as yourself Treat everyone with respect; be dominant by making Hashem's middos dominant in the world (Tomer Devorah)
I want to avoid being dominated by the other person	No other power, I have no separate existence from Hashem Who cannot be dominated by anyone
I want to look good	Do not stray; Look good in Hashem's eyes, ego victories are empty and of this world alone
I want to avoid looking bad	Know there is Hashem; look good in Hashem's eyes, fear Hashem, not people
I want justice or truth	No other power; do not stray; justice is the realm of Hashem, not man. Judge ourselves in His presence; be truthful with Hashem
I want to correct a wrong	No other power; I can correct only my own thoughts speech and deeds, not those of another
I want to be self-righteous	Hashem Echad; we have no separate existence from Hashem; serve Hashem, not our ego
I want to invalidate others or possul them	No other power; I control only my own thoughts speech and deeds – judge your neighbor favorably
I want to justify myself	Hashem Echad; I have no separate existence from Hashem
I want to protect myself from hurt or damage	No other power, Hashem Echad; whatever Hashem sends is good
I want to be vengeful	No other power, love Hashem; vengeance is Hashem's business not mine
I want to be a victim	Hashem Echad; I have no separate existence. I am responsible for my thoughts speech and deeds to Hashem. Love Hashem

If I let go of the charge in the complaint then I will have to let go of the fantasy that I have or a way that I view the world (adv: and the fantasy is: _____)	No other power, I have no independent existence from Hashem, Love Hashem, humility
If I let go of the charge in the complaint then I won't communicate something that is very important to communicate to the other party (and that thing is _____)	Love Hashem, Fear Hashem, do not rebuke unless there is love in your heart and it is done solely for the benefit of the other person
If I let go of the charge in the complaint then I will have to change something in myself (and I don't want to take the responsibility). (adv: and the thing that I have to change is _____)	Love Hashem; Fear Hashem; Judge others favorably and use what we see to repair in ourselves what is shown to us, for we are shown it so that Hashem can discern our judgment and use our judgment upon us for our identical failing.
If I let go of the charge in the complaint then I will have to slow down and that is very uncomfortable for me	Do not stray; love Hashem, Hashem Echad

How much does the lower self vision cost you:

Love for others or closeness

Love for yourself or self-respect

Well being or vitality

Self-satisfaction or fulfillment

Self expression

Effectiveness or achievement or greatness

Being transcendental

Expanded consciousness

Holiness

Closeness to Gd

Which of these rewards is holding me back from getting the charge down to an insignificant number? What am I scared would happen if I let go over this charge? What is holding me back from letting go of this charge?

NOW THAT THE CHARGE IS TAKEN OUT, PROBLEM SOLVE