

Nourishment for the Neshama

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Checklist to help identify where our objections are to shifting self esteem to the aspect of the Divine within us

Self-esteem based on choosing soul over body, to choose to shift our very sense of inner security to bringing out the aspect of the Divine within us may feel like a huge impossible leap. Here is a checklist to help identify what, if anything, is keeping us from living the purpose for which Hashem made the world – to sanctify His Name and bring His Will and Light to the world:

- Hashem is 100% in control 100% of the time
- Hashem created the world to give us the ultimate good, being able to touch His perfection and grow ourselves and earn reward. Because He is 100% in control 100% of the time, His purpose for creation will happen, with or without us. We are here to determine OUR PLACE within the structure He created for all eternity.
- In order for us to earn the reward He creates free will, behira. He places a spark within us, an aspect of the Divine, and gives us real competing challenges, including jealousy, desires and the drive to seek honor for ourselves instead of for Hashem. There is an angel in charge of giving us these opportunities to choose. These urges are built into human nature and if a person does not know that our nature is there for the purpose of providing opportunity to build self-esteem by bringing out the aspect of the Divine thereby sanctifying Hashem's name, a person could mistakenly confuse these natural urges with where their self-esteem is rooted.
- Someone has to be led to these ideas for they are not discoverable by the senses themselves. However, a person can use the senses to discern once told. This is like a muscle that can be built up with practice.
- Hashem loves us totally. The angel, the Satan, that Hashem creates to test us WANTS US TO SUCCEED! He is there to provide the resistance we need to build our spiritual muscles and realize that the very highest esteem we can have is to bring out the aspect of the Divine within us/

More on jealousy, desire and honor stumbling blocks:

In our hearts, the yetzer hara attaches a message to triggering events that creates a misperception that our self-esteem is at stake – our self image is very crucial and people want to have good reputations and be thought of well. This is natural, healthy and normal. However, when we are challenged, the true root of where our self-esteem comes from must be properly connected to the aspect of the Divine within us because WE ARE NOT A POWER! We are completely powered by the One True Gd. Ultimately, Gd forbid, if we have to give up our lives and die because we are Jews, our soul dies as a Kiddush Hashem. Our soul is here to honor the name of Gd and He gives us ample opportunities to choose to do this within daily life by choosing to bring out His lovingkindness and forbearing attributes. When we choose freely to do this, we create great spiritual merits for ourselves and a ripple throughout the spiritual realms! Every thought we think, emotion we nurture, word we speak and action we take is generating with and from our souls constructive or destructive spiritual entities. These entities will stand with us after 120 years and represent our lifetime.

While we have free choice and a body to move within the world of action, let us choose to sanctify Hashem and bring His attributes to the world. The integrated motivation to do so regularly comes from the shift of self-esteem to

choosing soul over body.

May we create many constructive spiritual entities through sanctifying Hashem's name, may we become one with Hashem and one with each other, and may we be zocheh to see the redemption speedily in a gentle, positive way for all. For we have the free willed choice to come willingly to the purpose of Creation. Shift today the sense of self to feeling great about choosing to behave according to the aspect of the Divine within rather than for anything lower.

Daily Hisbodidus

Thank you Hashem for the flow of thought, emotion, and consciousness to this otherwise inanimate body that houses it, may Your name be praised, and for the ability to perceive, experience and learn, for the gift of free willed choice, and for the capacity to discern and integrate. Please flow through me unlimited will power to direct the recipe of personality, circumstance and emotional flow You send through my heart each day so that through the use of conscious choice which You bestow upon me, I can release the innate natural gift of strong subconscious deep emotional bonding from imperfection (unreality, basic human nature) to perfection (reality of the Divine mind, connection to Divine attributes), with the desiring result being that all of my emotions are directed first to loving and fearing and emulating You,. May Your Will and Attributes as expressed in Torah be fully conscious within me and grant me success in bringing Your Attributes and Will to visibility in my actions, my relationships, my thoughts, and my emotions. May I be strengthened with unlimited conscious free will to approach my day from loving awareness of choosing what is pleasing to You

Occupy Our Emotions Process

"I recognize that I am emotionally bonded to this pattern/thought/experience/programming/ nature and I see that it is unpleasant. Hashem please grant success to the choice I declare to shift my emotional bonding from imperfection to love and fear of You. Please see my determination and give me the will power, to the very depths of this emotion, and help me to match the emotion with will power to calm my subconscious clinging to this self-destructive connection. (I am awaiting the will power), I sincerely want to no longer be emotionally bonded with this thought/experience/memory. [once the emotion is calm and the feeling of will power there, say:]

"Hashem I choose that the consciousness that is bonding the emotions You send through me shift (Please shift consciousness given by You which is subconsciously keeping those emotions above my behira and out of my ability to control). Right now this consciousness is emotionally bonding me to a pattern/thought/experience /programming/ nature that is unpleasant. I recognize that this piece of consciousness and emotional bonding have been above my behira and You have shepherded me and guided me to take accountability for my actions(through suffering consequences of the emotional pain of separation of consciousness from You). Please give direction of this orphaned consciousness into my hand. I beseech You to listen to my free willed choice. I direct this consciousness and emotional bonding affecting my actions to detach from pattern/thought/experience /programming/ nature and re-attach to love and fear and emulation of Hashem alone. Please lead me in the path that I wish to go, for the unification and sanctification of Your name, for now I realize that this has been sent for me to responsibly bring the consciousness You give me back into harmony with Your Will. That is my sincere choice and desire, for there is nothing but Your simple unity in all the world. Please grant success to my free willed choice to direct this consciousness and emotional bonding to love and fear and emulating Hashem and please destroy all negative spiritual entities which I may have created by misuse in the past of this consciousness and emotion. I regret it and ask that this negativity be taken out of the world and that my teshuva be a zechus and benefit for all Klal Yisrael."

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