

## Nourishment for the Neshama

<http://lvracha.com>

**Wednesday, May 09, 2012**

### **Clarity Seminar - for Netzach shebe Hod - Wipe the Yogurt off your Glasses**

How do we remain persistent in trying to bring respect to Hashem ? How do we persist in having gratitude to Hashem when sometimes the circumstances that fill our day tempt us to be blind to Hashem's goodness? How do we go about our day, fixing what needs to be fixed, from a place of darcho shalom, building love and companionship between people?

Step one is to comprehend the basics of our personalized lens. Rebbetzin Tzipora Harris gives a tremendous shiur to help us understand that we are not walking through our day alone EVER. And with that knowledge, we see ourselves in a much different way and the events that happen to us with the option of asking Hashem to lead us out of it as a practical option because no one can possibly overcome the yetzer hara on their own.. Listen here: [theclarityseminar.com/uploads/may82012.mp3](http://theclarityseminar.com/uploads/may82012.mp3)

Today, if the day doesn't go exactly as we planned, thank Hashem for the Torah that saves us from so many mistakes and that gives us opportunities all day long to express to Him our faith, and say that we know every situation that He brings is for our ultimate growth in emunah and in emulating His 13 attributes of mercy.

Today, let us do what we can to encourage the people in our families and circles to like each other more.

Today, let's thank a mentor for an inspiring moment or express gratitude to Hashem for an inspiring book (e.g. Torah) that helps save us from our yetzer hara.

[Thanks Tzipora!!](#)