

## Nourishment for the Neshama

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#### Dependence

Have you ever been so frustrated because you were in a relationship where the other party let you down?

Being dependent on people who are incompetent means having to adjust oneself to suit them and incur the pain and difficulty of their problems so that we can get what we need.

Therefore, many do not like to get dependent on people who seem unhealthy because we don't want to be subject to their intentional or inadvertent abuse.

Problem is, since we all have a Yetzer Hara, we come to realize that everyone is a little crazy. And it starts to make sense to not want to be dependent on anyone.

This helps us to understand others who are fiercely independent...they don't want to get dependent and then get their feelings hurt and be stuck. But we do need to have relationships, families, co-workers and more.

Having a loving relationship with Hashem lifts us out of this predicament. How?

We are all dependent only on Hashem. When we truly know that, our dependence on others is put into perspective so that we understand our role differently. We are not here to take from others, but to give compassion, even if we suffer from them, for the suffering is to strengthen our bond to the One upon Whom we all depend.

So now one may ask, why would I want to depend on a Being who causes me suffering and pain, isn't that the epitome of what we just said? Isn't it better to just run away and make my own independent way rather than be dependent upon a Being Who is trying to make me listen to rules and ideas that are not my own will?

I am guessing that many people would find that to ring true. But consider this.

You ARE dependent on Him. He is beating your heart. Pulsing your blood.

That is reality.

Not only that, but the aspect of life within us that is created in His Image YEARNS to be connected to Him and to feel His lovingkind guidance. We won't find true happiness in alternative primary relationships.

We can have a much different attitude towards our suffering and pain, we can gain perspective, and even have a sense of humor. Our bodies that are so tangible and dominant, our will that is so emotionally based and oriented toward our wants, needs and goals, our minds that we rely upon every day to make judgments and plans – every moment is dependent on Hashem's benevolence to us and only His Will is going to come about.

One of the most important things is to remember something that you may forget. Hashem adores us. He absolutely is head over heels in love with us. He cherishes us and every molecule in our body. He is our Father, our Creator, and He is proud of every single one of us. And so, it is safe to depend on Him. Not only is it safe, but it is crucial. It is lunacy to think that we can run away because He is in charge of our every movement!

So, why not consider loving Him back, doing what He wants? Don't we know He can give us whatever we think is good for us?

Instead we get charged up with ideas like I have to take care of myself, I have to protect myself, I have to stand up to that, I don't want to be controlled.

What giving into that category of thought does can cost us everything.

We have to wake up to reality. There is only Hashem the Creator, the One and Only True Gd Who wants us to have compassion on each other and to forgive and be patient with each other. When we can (even if at first is is shelo lishma - with the intention of knowing that He can give us what is good for us in an infinite number of ways) give up our "fights" that seem so important to maintaining our adult existence, we bow our hearts to Him, and He rushes to fill the space with His holy presence. The suffering is a red flag reminding our physical selves that He is in control at all times, and that He is reminding the pintele Yid within us to dominate our mind and actions, so that we may return to His service with awe and love.

May the upcoming fast day provide us with the ability to do teshuva, and may we return our physical actions and our thoughts and our speech to Him repaired, all the while begging Him by virtue of our recognizing His Omnipotence to prevent the "walls of Jerusalem" from being surrounded, and create an environment where we are found meritorious for redemption speedily.