

Nourishment for the Neshama

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Ego to soul esteem - a pathway

1. Darkness comes from indulging an ego defect (ego is the projection of how I think I should look to others)
2. It (the darkness) is real only to me - it is not Divine reality although He is the Source, and therefore it is diminishment of my soul and subjects me to Divine accusation "They defiled my sanctuary." I create negative beings with every moment of negative thoughts and feelings. Stewing is NOT permitted.
3. Any great sounding egotistical goals darkness suggests are mere pennies despite its intensities and urgent looming presence - such is a piece of holiness trapped in a sewer and echoing as it bounces off the walls, trying to get out of the sewer and reattach to Hashem
4. Observing darkness rather than living darkness is a sign of spiritual perspective and the beginning of tikkun - what is the meaning I am ascribing? That reveals my brokenness
5. The repair for the tikkun is not within the darkness but in the choice to take that fallen energy and re-connect it to Hashem for the sake of the unification of His Name.
6. When we shift to a soul perspective, to soul esteem, by declaring the energy for Hashem and the unification of His name, and we ask ilm to lift us out of it, we are returning a lost child (our fragmented energy in the dark) to its Father (Hashem echad) and our free willed choice to do becomes our merit and we feel restored.