

## **Nourishment for the Neshama**

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**Sunday, December 16, 2012**

### **Eighth day of Chanukah, bringing light into our bodies and egos so that we can create positive influence and geula from darkness**

Let's remember that 90 days ago from 25 Kislev was the 25 of Elul, the day of creation of the world although man was not created until six days later, the first of Tishrei, Rosh Hashana. The second day of Rosh Hashana this year corresponded to Shabbos Chanukah, and the 8<sup>th</sup> day of Chanukah consistently corresponds to the 3 of Tishrei, the Fast of Gedalia. Here we are 90 days later. How are we doing with what we thought about in Elul and what we accepted on Rosh Hashana regarding the malchus of Hashem in our lives?

On Rosh Hashana, we declared Hashem as Melech over our minds, hearts and desires. We davened knowing that on Rosh Hashana, our entire year would be determined and we asked for a year of spiritual and physical benefit. We stood with Yiras Hashem, feeling that we are as dust and ashes, and we asked for continued strength and benefit so that we could serve Him.

The humility of Rosh Hashana on the eighth day of Chanukah is good to recall, because Chanukah comes to teach us that Hashem alone is the giver and the bestower of all. Mattisyahu ben Yochanan and the Maccabees through their self-sacrifice brought back to their generation an awareness of Hashem as One and Hashem let them know it through the miracle of the oil, spiritual light that we enjoy today that the Maccabees generated by their moser nefesh. The annual celebration of the light they created will last until the light of Moshiach. Perhaps we can learn how we, the heel of Adom, can create from the lowest point of the soul of Adom a light that if Hashem finds worthy might help to create positive influence so that He would send the Moshaich.

When we make an effort to do Hashem's will, He attaches success or not. We earn eternity by our efforts and we experience the pleasure of connection to Hashem which is self-rewarding, but we must beware of the human tendency to have our mitzvahs and good deeds pulled to the side of tuma by thinking that because we are right that we are allowed to feel in any way superior one over the other Jew – Hashem alone is the true judge of that. When we succumb to the subconscious payoff of feeling right it is costing us everything we are trying to accomplish, namely devekus in Hashem, and adding whatever merit we thought we had toward the forces of tuma, G.d forbid.

What we might think of to do when we spot this or other subconscious payoffs is to ask Hashem to help us draw into the crevices of our humanity the light of Torah to help us sublimate and elevate to Hashem whatever gives strength and animation to our subjective reaction. One visual is to see ourselves breathing in the higher soul/breath of Hashem, and then as it penetrates into the darkness in our thoughts and mood, see it circulate in our blood stream, nourishing every cell and collecting the wastes from the body and from our darkness. Then visualize ourselves exhaling out and sublimating back to Hashem the Elokus from the subjective reaction, elokus intentionally buried by Hashem through His Agent the yetzer hara in our physical bodies and egos.

Perhaps if we see the opportunity to be moser nefesh on our subjective reactions, we can save Klal Yisrael from G.d forbid dying al kiddush Hashem. By helping all of us be moser nefesh on our negativity

for the unification and sanctification of His Name, we can willingly return the forces animating our suffering back to Hashem in a way that He can attach to our efforts the redemption.. Here are some steps

Hashem through our higher soul that surrounds us is sending abundance.

He gives us the choice if we will bring it into the lowest level of spirituality there is, which is our physical existence.

In that physical existence we have free will. When we experience the "me" as we do, which is from childhood, we must come to understand that Hashem is awaiting patiently for us to activate the Torah that is in our neshama (neshama and mishna are the same letters) and "download" it into the world of action. The way this takes place is by pairing our subjective thoughts that place "me" in the center back to Torah learning and emunah that place "ein od milvado consciousness" in the center so that we can move toward what we are designed to do.

When in a subjective thought, instead of animating our pain or verbalizing our lashing out reactions, we can pause to take a breath – as if inhaling our higher soul – and let Hashem's Torah seep into us as does the oxygen that goes to our every cell. Just as the blood brings back to the lungs carbon dioxide wastes from our every cell, so then the elokus that is hidden inside and giving our subjective realities apparent force that affect our behavior can be exhaled and reconnected - redirected back to Hashem for the unification and sanctification of His Name.

Today is the final final closing of the judgment written on Rosh Hashana. May we take the tools above and with our every breath, use them to help us "download" Torah from the surrounding higher souls into the physicality of our very bodies and egos, and redirect the fallen forces with emunah to unify and sanctify Hashem's name. By our lovingly and knowingly choosing to animate His Will, we give Hashem the place in this world and fulfill His purpose in creating us, so that we may give Him a dwelling place in a physical world, which is really a spiritual world that we are blocking His Presence from entering, G.d forbid. And may He grant success and send us redemption.