

## Nourishment for the Neshama

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### **Erev Yom Kippur 5773- Insights for teshuva with love of Hashem**

WE ARE NOT GRASSHOPPERS. OUR VERY THOUGHTS SPEECH AND DEED IMPACT HOW HASHEM DESIGNS THE STRUCTURE OF THE WORLD WE LIVE IN

OUR AVODAS HASHEM MUST BE A STRONG EDIFICE WITHIN US, NOT DISJOINTED PIECES BUT A BAI'S FOR HASHEM BASED ON AHAVAS HASHEM THAT CONGEALS TOGETHER ALL OF OUR MITZVAHS THROUGH OUR HEARTS PUMPING INTO THE WORLD HIS WILL AND ATTRIBUTES IN LOVING SERVICE.

WHEN WE CHOOSE OUR THOUGHTS SPEECH AND DEEDS THROUGH THE LENS OF "IS THIS PRECIOUS TO HASHEM", THEN EVEN IF WE HAVE A WAYWARD THOUGHT WE ARE ABLE TO KEEP TOGETHER OUR INNER VESSEL - THE BAI'S INSIDE US - THROUGH WHICH WE SERVE HASHEM LETTING HIM KNOW WITH CERTAINTY THAT WE ARE STRONG TREES FIRMLY PLANTED BY THE WATERS TO DO HIS SERVICE AND THAT WE DO NOT SUCCUMB TO EVERY ALIEN THOUGHT THAT POPS INTO OUR MINDS BUT RATHER CONTINUE TO BE STRONG IN OUR AVODAS HASHEM, EVEN WHEN HE SENDS TO US STRONG EMOTIONALLY PROVOKING THOUGHTS AS A TEST OR APPEALING POWERFUL ILLUSIONS.

WHEN WE CONFUSE THE THOUGHTS THAT COME TO US WITH OUR ESSENTIAL SELF, WE NEED TO DIG DEEPER AND HIGHER TO THE WORLD OF PRIMAL WILL AND YIRAS HASHEM IN ORDER TO CORRECT THE DAMAGE IN OUR RUACH SO THAT WITH OUR SHORESH NESHAMA. - BY DEEP CONTEMPLATION OF THE PLACE TO WHICH WE CONNECT WITH HASHEM - WE CAN ASK HASHEM TO LEAD US IN THE PATH WE WISH TO GO, WHICH IS FOR OUR STRENGTH TO BE CONNECTED TO HIS WILL AND ATTRIBUTES AND NOT TO THOUGHTS THAT WE CONSTANTLY HAVE TO DISMISS FROM OUR EMOTIONAL CONSIDERATION. THIS MAY TAKE A LIFETIME BUT IT IS THE WORK THAT IT IS INCUMBENT UPON US TO APPROACH, AND MAY HASHEM IN HIS MERCY HELP US.

OUR RUACH IS THE MEETING PLACE OF OUR NESHAMA AND WHAT OCCURS IN OUR ENVIRONMENT. OUR MIDDOS ARE WHAT WE CAN EFFECT THROUGH OUR CHANGING OUR HEARTS TO AVODAS HASHEM.

PLEASE NOW, EREV YOM KIPPUR 5773, CONSIDER DOING TESHUVA BY DEEPENING AWARENESS OF AHAVAS HASHEM TO INCLUDE WHO WE WANT TO BE EVERY MOMENT SO THAT EACH MOMENT WE HAVE IN MIND IF OUR EFFORTS ARE TO BE HIS REPRESENTATIVES, COMMITTED TO DOING WHAT HIS PRECIOUS TO HIM ABOVE ALL ELSE AND ASKING FOR HIS ASSISTANCE IN THE MOMENT TO HELP US ACHIEVE IT. TO ACCEPT THIS UPON ONESELF MEANS TO DO DAILY VERBAL INTROSPECTION AND CHESHBON HANEFESH. THEN IN THE MOMENT, WE HAVE AN INNOCULATION THAT WE CAN RELY ON WHEN OUR RUACH IS IN ACTION. IN ALL THE WORLD THERE IS NOTHING BUT THE SIMPLE UNITY OF HASHEM, WHO STANDS BEFORE US AT ALL TIMES.

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