

## **Nourishment for the Neshama**

**<http://lvracha.com>**

**Sunday, August 01, 2010**

### **A focus statement based on the six constant mitzvahs**

Dear Hashem

Please help me direct my intelligence toward Hashem, the King, Who I love, Who I fear, so that i do not stray after my emotions because there is no other power but Hashem. There is only Hashem.

Thank you for continuously animating me with intelligence and life force energy. May I utilize these gifts in ways that bring Your Attributes of Mercy to the world and in ways that are pleasing to You. There is only Hashem.