

Nourishment for the Neshama

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Four people died al Kiddush Hashem in France on 25 Adar

Murdered in the drive-by shooting attack in front of the Otzar HaTorah School in France were Yonatan Sandler, 30 from the Kiryat Yovel neighborhood of the capital along with his two sons Aryeh (3) and Gavriel Yissacher (6) as well as a daughter of principal, Miriam Montenegro (8) HY"D.

These precious neshamas were returned to Shemayim having died because of being Jews and their deaths sanctify Hashem's name. What can we do but cry for their families? What can we do but cry out to Hashem for protection and redemption from the enemies of our people? May Hashem bring comfort to the mourners, for only He is able. Such a terrible, horrific heart-breaking tragedy!

May we motivate ourselves to hear once again that whenever there is tragedy Hashem is calling upon us to do teshuva. Hashem sends us very clear messages about the order of the world from His Omniscient Place. The place of the world is the Divine Mind and He established everything here for His Glory. Let us take this to heart and return to His vision of who He wants us to be, a people to sanctify His name in our lives!

Perek Shira tells us

"Study with all your heart and all your soul to know My ways, to safeguard the doors of My Sanctuary and My Torah, and to observe My commandments and decrees. Guard My Torah in your heart and let fear of Me be opposite your eyes. Safeguard your mouth and tongue from all sin and guilt - then I will be with you wherever you go and I will teach you discernment and understanding from every subject." You should know that whatever the Holy One Blessed Is He created, He created it only for His glory, as it says, "Everyone who is called by My Name and whom I have created for My glory, whom I have fashioned, even perfected (Isaiah 43:7)

The 25th of Adar, March 19 begins the 72 days of Chesed - we begin our 72 day journey to Har Sinai with a terrible tragedy, four people dying al kiddush Hashem

We are physically cleaning our homes. But we must ask, where do we want to be in 72 days – Pesach is all about Har Sinai!

(The learning below is from Rabbi Aryeh Leib Dovid ben Ester (Nivin) 's www.newchabura.com personal growth chaburas, where he gives us zemanim Torah in addition to guiding us toward living in the world of the higher soul. May the learning below be a zechus for his refuah shelama - he is recovering from life-saving heart surgery and will soon return to the chaburas, hopefully after Pesach)

The 72 days are divided into the three weeks before Pesach (taming) , Pesach (freedom) , and the 7 weeks from the second seder night to Shavuot (re-training)

Pre-Pesach: While cleaning, identify and write on a paper what is holding us back from freedom – ego, yetzer Hara (taming the horse means taking the wild part out of us)– where are we seeking abandonment? Where does our “wild horse” want to dump it all and break away? Be on the hunt for chometz in a transcendental way. Ask Hashem “In the merit of this work please help me find my yetzer haras and idols and see how they fit together. Let me find them and burn them. Let that burning get rid of my idols so I can be free.” Do a cheshbon Hanefesh of 1-5 minutes a day. Take some notes and do a deep hisboninus – what is holding me back from being free? Put that on a paper and at the fire where you burn the chometz, say the bracha and the prayers:

Search for Chometz

Say the bracha and then this Yehi ratzon:

May it be Your will, Gd, that we merit to search our Sols for the blemishes that we foolishly placed n it by following the evil inclination's advice, and that we merit true repentance. Please, Gd, in Your mercy and for Your honor, help us to be protected from the prohibition of chametz, even from a crumb; this year and every year, for as long as we live. Amen, may it be Your will.

Burning the Chometz

Say the bracha and this yehi ratzon:

May it be Your will, Gd, that just as I have removed the chametz from my house and properties, so too, should You remove all the forces of evil, and the spirit of evil shall be removed from the earth. May our evil inclination be removed from us and may You grant us a pure heart. May all the forces of the "Other Side" and wickedness vanish like smoke and the kingdom of the wicked be eradicated. May You destroy all those that challenge the Divine Presence with vengeance and judgment, just as you destroyed the Egyptians and their idols in those days at this season, Amen.

May our doing this sincerely be a way of choosing to move closer to the aspect of the Divine image within us - a choice to see ourselves as our higher soul as we ask Hashem to lift us to freedom from our enslavements, and may this teshuva be accepted by Hashem and a merit for klal yisrael for immediate redemption.

Why see ourselves as our higher soul? When our self-esteem is based on choosing to sanctify Hashem's name over the natural reaction, we experience the greatest pleasure in this world, a pleasure from a higher world. Nothing in this world compares to it. Once experienced, we are not fooled by the earthy downward pulls that otherwise appear to be the pleasures of this world. Our senses learn to yearn for a far higher pleasure.

The Nefesh HaChayim Section 3 Chapter 12 tells us:

"It is a great matter and a wonderful direction to nullify all judgments and forces against a person (so tha they won't be able to rule over a person and won't have any effect on him) is when a person sets in his heart and resolves 'Behold Hashem is the true G-d and that there is nothing else other than Him, Every force in the world and in all of the worlds is filled only with His simple unity.'" When a person totally nullifies in his heart every power and force in thie world and doesn't pay attention to them at all...and when a person subjugates and attaches the purity of his thoughts in the one Master only...then Hashem will provide for him that as a result of his resolve will be nullified all of the forces and powers in the world so that they won't have any power against him at all."

For more great zemanim Torah on the 72 days of Chesed and more wisdom in developing ein od milvado consciousness, please go to www.newchabura.com