

Nourishment for the Neshama

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Free Will and the Ramchal's description of indeterminate forces - we are empowered to bring the geula from within

We don't control the thoughts that enter into our minds. Isn't that an interesting reality? Consider it. We choose the food that we put in our mouths, the clothes we wear, the house we live in but the thoughts that enter our minds – we receive thoughts in a manner more like hearing a sound or seeing a sight. The thoughts come in. We are not responsible for the thoughts that come into our minds. We ARE responsible for whether we dismiss them, attach to them, or act on them.

Because of the subconscious mind of a person and human nature, very often it seems as though that moment of attachment is not in our control either! Sometimes our consistent attachment to nagging darkness might even present itself as “who we are!”. While it may well be that this persistent nagging darkness is what we have to overcome, what we are here to fix in this world, the good news is that it is merely a subjective reality, a garment, covering over our eternal pure neshama. In our essence, we are tzelem elokim, pure souls that reflect Hashem's attributes of mercy. But this world is a world of adversity and we are all created with imperfections - we have a lower self, a physical self, a garment with many imperfections covering our pure neshama. The stage is set for the struggle that fulfills Hashem's purpose- He created a being with free will to CHOOSE to serve Hashem. In order to do so, there has to be a seemingly real alternative with REAL consequences.

Hashem gives us a miraculous attribute - free will.

The more we can bring our free will point to the exact moment of entry to choose what thought we attach the strength of our neshama to, the more we bring our subconscious attributes including basic human nature under the rule of Torah, assuming that we hold Torah as the values we wish to live by, no matter what.

No matter what means that we must understand that in all the world there is nothing but the simple unity of Hashem. NO MATTER WHAT!!!

[Da Es Atzmecha's http://bilvavi.net/content/category/8/48/57/](http://bilvavi.net/content/category/8/48/57/) first principle is that we are a soul in a garment called a body. Included in body is emotion and analytical thinking. The soul is pure, untouchable, an imprint of Hashem's attributes of mercy, that animate our otherwise inanimate body, for a body without a soul is not alive, it is dead. When we die, our soul leaves our body. That is the definition of death. If that is the definition of actual death, it is incumbent for us to realize that we cannot live here on earth, a soul covered in a body, without considering every moment the soul's craving expression in this world through the temporary vehicle of our body. The soul wants to connect to Hashem and serve Hashem. The body wants to seek pleasure.

In addition to a soul and a body, Hashem has given us free will. Free will gives us the ability to choose expression of our soul over seeking bodily pleasures. Imagine that our soul through our choices is producing spiritual content into the world. When we direct our free will towards Torah, we are fulfilling the 365 negative commandments, the 248 positive commandments and creating positive indeterminate forces with which Hashem sustains the world. When we direct our free will towards something else, we are creating negativity with which Hashem sustains the world. This is what the Ramchal teaches us in Derech Hashem.

With the inanimate object called a body that contains a life force called a soul, we have the tool of free will to direct a lifelong spiritual flow - what types of beings are we creating, almost like a factory?

Ever wonder why we can't figure out certain people or events? Chazal tell us that Hashem is constantly re-creating the world every second. Hashem is thinking up the world this second, and this second. And since it is all within the mind of Hashem, He can think it up and He does think it up, partially based on input from our prayers, thoughts, deeds and speech.

That Arab who stabbed a security guard on the Israeli light rail? Where did that come from? Did it come from my being upset with another Jew and creating something negative that Hashem gave expression to for His Good purposes? We are told that the mystical world is not one that we can understand. Neither is what is under the hood

of my car! Yet I don't deny that under the hood of my car is a machine that a trained mechanic knows how to repair and fix. I would never say that because I can't understand it, it either isn't real, doesn't exist, can't be relied upon, or even considered!!!

Consider this. Before I stew and think all those thoughts about that person or this store or that school or this politician, realize that I am strengthening the wrong I see just by thinking it!! No, I am not powerful but Hashem is. Hashem can take what I produce with my soul and sustain that I think is wrong. Why is this good? Hashem does only what is good! Hashem is hiding in this world, but He lets us know that He is 100% in control of outcomes. In order for us to truly accept the good that He wants to bring to us, WE have to create the ability to receive the abundance. When we bring from within ourselves the abundance we pray for, we make ourselves vessels ready to receive the abundance that He wishes to bring. What is blocking the abundance is our own inner negativity, our subjective and collective negative subconscious human nature that places our own needs and honor as the goals of daily life.

When we are able to see that this is a spiritual world and we are souls in a garment called a body with free will to redirect all our emotions to serving Hashem, no matter how that looks in contrast to the great advice our calculating analytical minds direct us, we are using our emunah in a way that will help to bring the geula, may it be immediately.

Let's choose to be vehicles for removing our own history of negativity from the spiritual realms along with striving to be vehicles for creating positive, lovingkind, forgiving indeterminate forces. It is hard work, but the benefit is that we find that we soon identify ourselves as the tzelem elokim and not as the negativity we overcome to get there.

Please see www.geulafromwithin.com for telephone classes by Aviva Aberman (free) and for discussion of these ideas. The material can be found there as well as on <http://bilvavi.net/content/category/8/48/57/> Please share your progress there!