

Nourishment for the Neshama

<http://lvracha.com>

Friday, May 04, 2012

Yesod shebe Netzach - Funneling our expanded neshamas into our hearts

Today is yesod shebe netzach. How do we funnel all of what we did this week of expansion -a week dedicated to growing in our ability to give respect and honor to Hashem, a week where we seek to to prevail over our challenges with love, determination and yearning?

Have you ever programmed your GPS to go somewhere and it sends you one way but you know a better way, only wanting to rely on it for later in the trip when you don't know where you are going? What happens? You have 100% certainty that you are not lost but the GPS tells you, turn left, make a u-turn, etc. Even though with our intelligence we know we are correct (let's call this neshama, seichel, brain) the heart feels, "Oh this is hard to not listen" (ruach, desires both good and bad, in the heart). We continue the way we know is right, but we want to turn off the GPS because we feel conflicted.

What a great analogy this is to what happens when we have Torah and Hashem's attributes in our mind but our hearts are vulnerable to the pleadings of the yetzer hara, who sounds so convincing!

The heart wrenching pleadings of our yetzer hara is the power of steel in our human nature that we are here to rise above. How can we make this budge when it is built into our nature? Hashem creates our nature! How can we possibly change or prevail? Who wouldn't agree that this is human nature and only natural! How can we not give into what is "normal?" Let's use a different mental image and say mold into a vessel, a vessel that we will then be able to pour our neshama, funnel our neshama, into our heart.

The raw materials are the yetzer hara and the circumstances. The tool is free will and love of Hashem and emunah that Hashem is 100% in control of success 100% of the time. The action is to choose lovingly to pray to Hashem that He allow us success in molding the strength of the steel beam of the yetzer hara from a useless block into a Kiddush cup to hold the flow from Hashem's attributes through our neshama into our hearts. Tell Him we choose to be like Him and to please help us bend our nature to be more like He is.

Perhaps a person's yetzer hara might say "Why be like Hashem? Does being loving and forgiving and merciful sound like what would be pleasing to you? Are you going to swallow who you are and make your life into some kind of stifled existence where you won't be able to just be yourself?" Sounds normal, doesn't it. But know with 100% certainty that the opposite is true. There is no greater pleasure than to mold this strong-mindedness in our hearts into a beautiful vessel to contain our neshamas. Our ruach joined with our neshamas will be joyful in this world and for all eternity. And we won't experience the loss of any pleasure whatsoever. Our joy will be enhanced. Naase v'nisma!

With free will and determination and total emunah, may Hashem grant us success in molding our steel strong heartfelt desires into a Kiddush cup to receive abundance and joy!