

Nourishment for the Neshama

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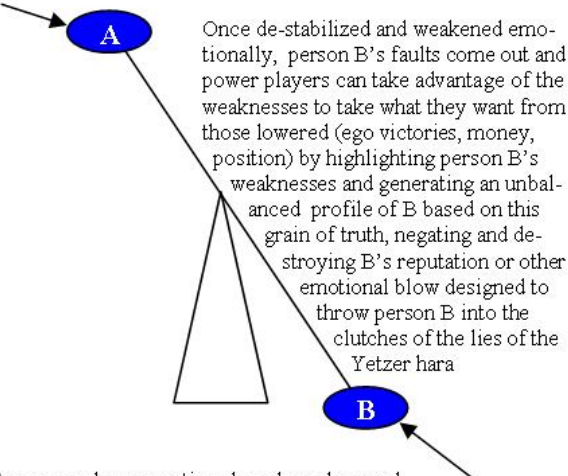
Monday, March 22, 2010

Healthy Self Esteem Requires Gdconsciousness

Low Self Esteem
Lie-believers esteem

Emotion based
 (believing the yetzer hara, the ultimate liar)

A person (A) who uses words that range from challenge to chastisement (thereby affecting the emotions of the nefesh of another (B) with the intention to lower them,) generates an emotional but false sense of greatness.



A person whose emotions have been lowered experiences lack, generating emotional pain, defensiveness and hatefulness. The yetzer hara is our only enemy.

Our suffering comes from our thoughts because we are confused by and sometimes believe the yetzer hara's negativity. We are hard-wired to do so, since the Yetzer Hara is internalized. We suffer from this sina and must learn to see through the smokescreen of lies that the yetzer hara is telling us to see Hashem, and that we are never diminished.

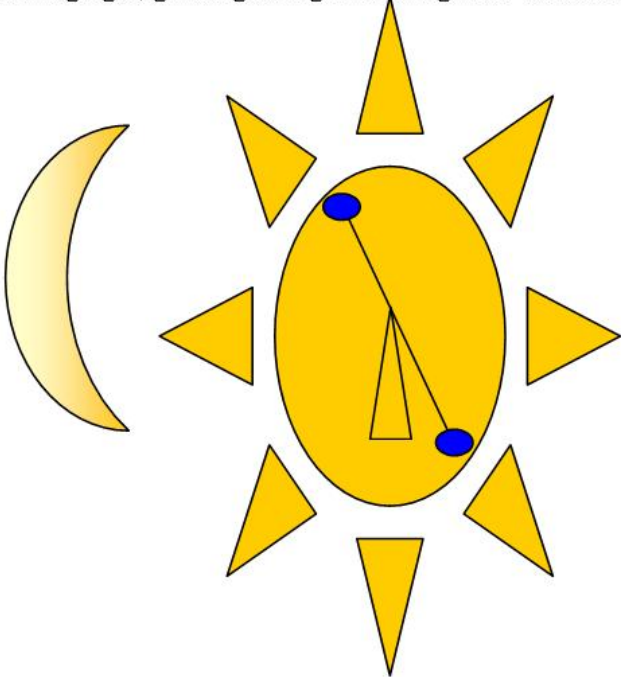
Bring Hashem out of hester panim!
Don't ever believe the yetzer hara's lies!

Secret of the success of those wielding words is that people want to live in their emotions and do not want to feel lack or emotional pain. Those capable of inflicting emotional pain (i.e. those with status, influence, control), if smart enough to make people feel good emotionally for joining forces with them (i.e. by making their agenda sound idealistic or consistent with the emotions of the person and their values rather than as something to promote their personal shelo lishma and often hateful agenda), have wide support and more players through whom to influence and to use to take what they want or inflict harm and pain out of vengeance or hate. Person A understands how to use Person B's yetzer hara for his own gain

Healthy Self Esteem
Soul-based esteem

Awareness based
 (Gdconsciousness, Everything Hashem sends is good)

We are here to love Hashem and reflect Hashem's middos and bring light, growing stronger in the light we can shine



Hashem knows everything and is creating the test for us for our ultimate growth and development. Will we remember Hashem and to shine light when we feel lacking?

It is from Hashem not from His messengers (Person A has no power and will be judged by Hashem on his use of behira)

Love Hashem and Fear Hashem, not other people or the way people can make you feel or create a sense of respect and honor for you

Be small and beloved in Hashem's eyes and be part of something far greater than all of mankind—Hashem is benevolent, infinite and eternal. Choose to be loving, muvater and remain within the highest service of Hashem's servants.

Pray for the ones who wield words of challenge and chastisement for their own gain and political or business agenda, for they are being rewarded with the fruits of their "power" in this world—their actions (taking, hurting others) show that they are ingenuine in caring about eternity, utilizing a format of mitzvahs as a means to gain reward in this world, to be paid here.

As tempting as it is to live within our emotions and to go along to get along, we are responsible to Hashem to keep our souls safe and to use our behira while we have it to create eternity for ourselves by developing ourselves along the infinite path of closeness to Hashem

