

## Nourishment for the Neshama

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### More on G-d Consciousness - Removing the barriers

G-d Consciousness

I have a relationship with HaKodosh Baruch Hu from the part of me that is most uniquely me, my highest self, where I feel connected to Him and feel His constant brachas and involvement in my life. This part of me, my highest self, is called devekus and is my eternal identity.

When I see how I relate to Him, wanting to please Him, and feeling that He is pleased with my service, and when I fall short, seeing the negative things that happen as shepherding tools to improve my service, to help me do teshuva and return, I feel very involved with Him, that He really loves me and sends all good.

Yet I have many faults and imperfections. Yet I know HaKodosh Baruch Hu loves me, that I am special to Him.

This made me realize that He loves every Jew, including the ones whose imperfections I might see too clearly. I may find a particular person quite difficult and irritating and lacking. But that person may have the same close feeling with HaKodosh Baruch Hu that I have, and HaKodosh Baruch Hu surely loves that person.

IF HaKodosh Baruch Hu has a love relationship with each person, and IF people are imperfect, then I must watch out for a common pitfall -- If I feel I am a person who works on myself, trying to grow, and that others are not working on themselves (happy with where they are and not caring to be good or better), it is easy to go wrong and condemn someone HaKodosh Baruch Hu loves even though they are stuck or imperfect. Why He loves them is not our business. He has a purpose for every creature.

From here we realize that everything and everyone annoying comes from HaKodosh Baruch Hu, albeit through other people or acts. And since we know that everything He sends is good, then it is up to us to use it as such even if we do not see it as good. When we can see no good in something, it is up to us to transform it -- and we know from the Torah that a good way to use the pain we attribute to others is to strengthen our bitachon, that everything is HaKodosh Baruch Hu, that everything and everyone and all occurrences are under His direct hashgafa. There is a real HaKodosh Baruch Hu Who loves us and is involved with us, and cares about us. He exists in a spiritual realm that I cannot comprehend and do not need to comprehend. Trust in this concept raises us above fear of man and the horrifying deeds that often occur in the world. Each person's role is to trust HaKodosh Baruch Hu, love Him, be involved with good things, grow in kindness and in emulating His middos, do mitzvahs and be warm and loving to all. That is my business, my role, my path. Whatever in His judgment He Wills for me is not in my control. Whatever purpose He has for others is not my business.

I feel that I have spiritually grown:

1. If my humility has grown so that I know that I do not know what is in another's mind or in G-d's mind;
2. If my days and nights are filled with acts of chesed, learning, mitzvahs, and good things and this energizes me instead of draining me;
3. If I look for and see HaKodosh Baruch Hu's miracles in my life and see everything as HaKodosh Baruch Hu, and that we are all one in His eyes.