

## Nourishment for the Neshama

<http://lvracha.com>

Friday, June 08, 2012

### Whose Honor - Hashem's or Ours? Plugging the Hole in the Psyche of Man

Do you remember how long it took to plug the hole in the Gulf of Mexico that was spewing gallons of oil and polluting the beautiful coastline, coral reefs and water life?

There is abundance that Hashem is sending to us constantly. M. Scott Peck wrote a book called People of the Lie in which he says that lies are the way that evil comes into this world. How does the psyche of man become a hole through which darkness can pour into the world, and how do we "plug" the hole?

Chazal tell us that three things take us out of the world, jealousy, lust and the desire for honor. The Maharal tells us that our experience of lack regarding these three things magnetically draw our attention, our minds, and our emotions through the yetzer hara's constant unrelenting effort to destroy us. What does it mean take us out of the world? It means takes our thoughts OUT of the world of connection and into the world of disconnection, OUT of the world of abundance and into the world of suffering, OUT of shemamos and into the calculations of the limited analytical mind, figuring, weighing, attacking, defending and more.

This is the daily life of a soul covered by a body placed in a world of adversity. Assuming we learn enough to avoid jealousy and control our desires, even if just for the practical realities that avoiding those vices offer, Chazal tell us that we have to struggle at all times with the desire for honor. For example, if we succeed in overcoming a taiva, we think it is because of US! Chazal tell us that at the Gates of Eden stand two angels with wielding swords, designed to keep us out – one of them is wielding the sword of desire for honor. It seems that until Hashem is ready to open up the Gates of Gan Eden to us, we cannot avoid this pitfall. For example, because of what so and so did, we want to fire someone, complain to the store, take our kid out of the school, divorce her, take him to court, and on and on and on. What is at stake most of the time? Our honor. What do we do when we feel slighted? We speak it out with friends, reassuring ourselves that our aggressive behavior or speech was justified because how can I not respond when they did THAT to me! We have courts and social systems and more to help us put forward our position that what we did was justifiable – no jury in the world would convict me!!

And that may be true. No jury in the world would disagree.

But there is something we are missing. Instead of thinking about MY HONOR, what if I think about Hashem's HONOR! The sum total of our negative thinking and the attachment of our emotion, thought, speech and deed to it is in order to TAKE BACK our honor from the one we view as having taken it from us (this is the lie through which evil can come into the world– no one can take anything from us that Hashem wants us to have). When I pursue the person Hashem uses to give me the feeling that something is being taken away from me, I TAKE AWAY FROM (and re-direct to myself) the honor I should be showing Hashem – I should be recognizing His TOTAL CONTROL over the details that I am suffering and noticing that this suffering is the most lovingkind way that He can help me become more like He is. What comes gushing out in negativity could be polluting and blocking the abundance that He is sending to us, just like the oil gushing from the bottom of the Gulf of Mexico.

How do we plug the gushing negativity in favor of actions that are pleasing to Hashem and reflect Kiddush Hashem?

First step is to verbally introspect to find honestly the place where we feel we have been mistreated.

Secondly, the emotions that are attached to that place need to shift to being concerned about how WE are infringing on Hashem's honor. We are infringing on Hashem's honor every time we fail to notice that the message is from HIM so that we can attach ourselves to Him, with the same strength as we are attached to our own honor should we be attached to loving Hashem and wanting to bring Him honor. This reframe will bring us to a totally different problem to solve!

Thirdly, ask Hashem to help us move our subconscious clinging so that our minds are attracted to loving, fearing and emulating Hashem alone. WE MUST ASK HASHEM FOR HIS HELP BECAUSE THE ENTRANCE IS BLOCKED BY THE YETZER HARA WHO WANTS US TO THINK OF WAYS OF HONORING OURSELVES AS WELL AS THE SWORD WEILDING ANGEL WHO IS INSTRUCTED TO KEEP US OUT OF GAN EDEN. But Hashem can remove the obstacles, if we are sincere and if we are determined to use our free will to choose His Honor over ours out of love for Hashem.

Fourthly, pursue remedies that reflect His Will at all costs, even the cost to our honor.

Sounds simple but it is a lifetime of work. It is not too soon to get started. But if we ALL start and we plug the hole in our psyche that is generating oodles of negatively charged beings into the world of abundance Hashem wants to send us, perhaps soon we will see His Merciful and Lovingkind presence instead of suffering in the world. If each person brings it, it WILL be here!

Let's start today so that later today, when we all move a little closer to it, we can greet the Moshiach!!