

Nourishment for the Neshama

<http://lvracha.com>

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Recipe to create spiritual nuclear weapons of peace

New source of nuclear energy! No need for uranium rich plutonium! Split the internal atom and creating a huge resource of beneficial light in the world!

Ingredients (Based on submission, separation and sweetening – writings of the Baal Shem Tov):

Negative downward pulls (this is where the nuclear power comes from using the potency of the falsehood itself to repel you in the reverse direction)

Divine creation of free will (separate out the grain of truth)

Tehillim (bring the truth for sweetening to Hashem)

Formula:

1. Build strong belief that there is nothing but the simple unity of Hashem – ein od milvado
2. Shift identification of self-esteem from doing what feels good or what looks good to persistent effort to choose soul (doing what is truly good in Hashem's eyes)
3. Arrest negativity that infiltrates consciousness or that is subconsciously stored and buried in our makeup before it gains a footing but hold the energy that is in it momentarily as an offering - a place of behira, free willed choice.
 - a. Key here is to see the falsehood of putting the "I" in the center. What happens if we view the events before us from a lens of self is that we can make the same mistake 2 year olds make - when we perceive lack we try to take back what we feel we lost, Without an ein od milvado awareness of the spiritual reality of the world, we can never take back what Hashem takes from us! We are overpowered! Therefore, when we have trust and awareness that Hashem is 100% in control 100% of the time, we free ourselves from seeking earthy pleasures and instead seek more elevated joy, willing to NOT identify with the pain and loss of the lack but rather with trust and patience and open-minded constructiveness.
4. Say a tehillim and ask Hashem to apply the intensity of the huge power of this negative energy to strengthen our clinging to His love and immediately upon recognizing the truth of His love, reflect that love like the moon back onto the situation using that amount of energy, bringing bracha to the matter, as well as meaning and value to our lives
5. Repeat as often as you like to build the greatest self-esteem possible!

For more on submission, separation and sweetening, please visit www.becomingdivine.com

All the shiurim there are designed to support a person interested in integrating this recipe into their lives.