

## Nourishment for the Neshama

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**Tuesday, October 19, 2010**

### Refined spiritual goals for 5771

As part of the mussar Vaad I take with Rabbi Aryeh Nivin, each day we review our spiritual plan for the year. In my efforts thus far this year, I have made some revisions and they are posted below. If you are interested in this work, you may like to visit [Clarity Seminar](#) where Rebbetzin Tzipora Harris' classes are recorded with the same material - Rebbetzin Harris uses Rabbi Nivin's materials for these classes.

Here is my revised statement

Positive mission: Dear Hashem please help me to strengthen awareness of You so as to maintain and grow our rapport, to best serve and please You, and to be a blessing to those around me.

What I need to fix: Dear Hashem, please help me de-value the rational arguments of the lower soul that attempt to discredit (through ego-wants and thinking of what is being done to ME) hard-earned awareness and Gdconsciousness upon which Emunah and bitachon are based so that in addition to using my free will to emulate Your Middos, I can see the good in every Jew and in every matter.. Please help me to mentally not suffer from my imagination when others' opinion of me is unknown or negative. Please help me eliminate interest in base concerns such as revenge, satisfaction and curiosity when seeing or praying for Divine justice, for I surely do not want base satisfactions to be my reward for any good that is due to me (may my heavenly reward be ample and joyous) , nor do I wish to be pulled deeper toward lower self passions and thereby into disbelief. .Please help me apply my intelligence toward remembering I have no separate existence and that You are the Source of all circumstances which are designed for my good and please help me turn away from temper, blaming, infuriating anger, outrage, and the base instinct to wield energy toward imagined or real secondary causes (i.e. people whose moral choices do not live up to the absolute morality of Torah) and turn toward compassion and appropriate response, if available or continued patience and prayer directing my intelligence back to no separate existence and searching for the compassionate thought speech or deed I can do that will bring in light and healing. Help me to not feel threatened by other people's expressions of disappointments and please help me forgive those who hurt my feelings so that I can treat them with mercy and compassion. May each moment of clarity gained regarding the challenge to rise above our human frailties be a merit for the Jewish people beseeching You to forgive us, to have mercy on us and to redeem us.