

Nourishment for the Neshama

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Monday, June 07, 2010

Reflections on Questioning Hashem's Ways

The Torah tells us we are not to question Hashem's ways. Everything Hashem sends is good and we have no separate existence. This is a truth that we must try to aspire to

From the writings that I have on this website, perhaps it is clear that a spiritual journey has been, for me, a great deal of work - that is, what it has taken for me to develop enough understandings so that I have an ability to articulate on the journey. Baruch Hashem! The more I do this, the stronger is my understanding for those who do not choose to pursue such introspection and personal spiritual growth development - I struggle so very much with myself and in all honesty it is hard (but not as stressful or painful as the suffering that comes from NOT doing this work) and it is constant work that takes a long time to see growth. Nevertheless, I would not stop doing it for anything- no amount of money or treasure or any earthly delight can compare to the benefit I feel from rooting out what needs to be rooted out from my emotions and being.

In fact, today I laughed when I realized that, at almost 59 years of age, I must be in the learning disabled soul group – not only has Hashem had to send me years and years of pain to work through, but the emotions that I need to expel from myself (outrage, chastisement, shame) are very generously being provided by Hashem in surround sound in the external world as well! Today I was viewing this as totally for my benefit, so that I have many ways of recognizing what I must expel this from within myself. Would I have been able to identify the need to do so without all the dramatics? I don't think so.

Thus I muse that perhaps I was stuck in some spiritual holding pattern before I was born, and sent into this time frame so that I could have a chance at repairing these traits within myself, with a backdrop of today's world bringing every way of teaching - visual, auditory, written, experiential! Each time I make progress uprooting certain negative ideas within myself, I pray that my efforts have a positive impact in my inner world, in my family, in my community and, according to the Ramchal who says these forces we create affect the entire world, on the world at large.

Thus, instead of complaining about why in the world Hashem thought building a system like THIS, with pain and anti-semitism, cruelty, and more was a good idea (i.e. instead of questioning His Ways) I realize that it is BECAUSE I have such imperfections in MY soul (a tendency to question and to feel outrage, an urge to chastise, etc.) that I am here and that repairing this in myself through gratitude (gratitude that Hashem has made a way for me to advance my soul so that I am not stuck for eternity in some spiritual holding pattern) is crucial! We know we must learn from our mistakes, but if we are spiritually learning disabled (that is, dense, unwilling or unable to approach our spiritual work), sometimes Hashem has to S-P-E-L-L I-T O-U-T for us through harder lessons.

May Hashem grant me the insight and ability to remove my perception of myself as a separate entity from Him, and may I, through spontaneous conversation with Hashem - called hisbodidus – [see Rabbi Rietti shiurim](#) be more and more able to bring His Will into the world.