

Nourishment for the Neshama

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Rosh Chodesh Adar Aleph 5771

As Adar comes in our joy increases. We are headed for the geulah, the redemption from Egypt and hopefully the final redemption from this golus.

Because it is a leap year, we have an overlap of the simcha we are to feel in Adar and the previous period, Shovevim, where we have a period of time where we can elevate ourselves and do teshuva in areas of holiness, such as modesty and choosing spiritual connection over physical desires. We have eight days left of this overlap, until Shabbos of Feb 12.

What can we do with the remaining time we have for this work, which is as powerful as the 10 days between Rosh Hashana and Yom Kipur? Just reflect a moment...what might I be doing that if I went out of my comfort zone a little and showed restraint or made a stronger effort might be a step toward holiness and kedusha? And why is this important?

The concept of the Moshiach coming is one that we must yearn for. But it is not for us to yearn for it the way we would look forward to a Broadway play, a football game or favorite show. Moshiach coming is not a passive "I will be so happy to see it" event. NO! And getting excited about its coming is not the way it will happen. Rather, we have to yearn for and with our free will declare that we want our higher selves to be what drives us, not our natural inclinations and bodily drives. What we yearn for is within our reach every moment, the opportunity to declare Hashem Echad, that we see it NOW while He remains hidden.

We yearn for a time when Hashem's presence will be seen in the world. What can I do TODAY to make His light visible now! By thinking this way and acting upon it, we are saying our bodies and our minds serve our soul, which is connected inextricably to every other Jewish soul and simultaneously to Hashem Yisborach.

So smile and be good to each other! Do what is good and right in His eyes! Be patient, forbearing, kind, overlooking, and compassionate, even when it is hard and our own reasoning says otherwise, for our own reasoning is a scooter in comparison to the Divine intelligence. When we reach upward and ask Hashem to give us the wisdom, integrity and character we need throughout the day, we attach our intelligence to Infinity and He gives us insight and wisdom beyond what we might muster with our little "scooter."

May the upcoming season of the Purim miracle and the Pesach miracles enable us to reach upward each day in relationship to Hashem and bring us joy and strength to grow in kedusha that will merit us, merit our people, sanctify His name, and hopefully tip the scales such that we will see an end to this golus, may it be today!