

## **Nourishment for the Neshama**

**<http://lvracha.com>**

**Wednesday, September 01, 2010**

### **A short reflection on Hashem Elul 5770**

As I prepare myself in teshuva, in self-examination to see where my middos can be better directed, I have become very aware that I have no separate existence in reality. Yes, Hashem has given us a tremendous illusion of independence, in a self-contained body, in time and space, with our own personalities, families, struggles and more. But with every step that we take, whether we land well or twist our foot, with every stroke of the paring knife, if we cut the vegetables or accidentally slip and cut our finger, with every movement of our muscles, there is a deeper, more profound cause Who has given us the ability to be a secondary cause, that we can have an impact on this world and get the reward or punishment for it.

Whether Hashem goes along or not with our intentions is totally in His Omniscent hands. The reason that I mention this is because when a person comes to understand this, it becomes amazing that a Being Who is Everywhere, Who is Omniscent, Omnipotent and Eternal, could possibly be hidden at all! What a wonderful creation the world and its order are! Hashem made a way to hide Himself just so WE could get reward for remembering and crowning Him King.

Ksima v'chasima tova to all!