

Nourishment for the Neshama

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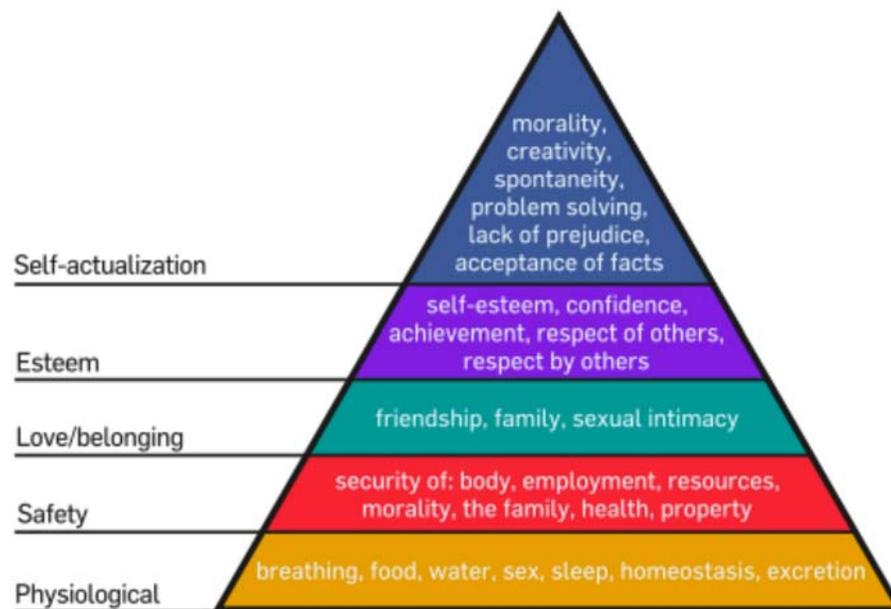
Tuesday, August 21, 2012

Sincere teshuva in 5772 - We can reach the greatest heights!

Waiting for Moshiach is not enough. The ingredient that is in our hands is teshuva, return to Hashem.

For those who are not naturally introspective, or for those who are afraid to take a closer look, what teshuva can anyone do that could be effective?

The area we can address is the area of cynicism about Hashem's existence. If we have any doubt at all there, it can only blossom into accepting the visual reality of existence as it is, something that might approximate Maslow's hierarchy of needs:



Take a closer look at physiological needs of breathing, food, water, reproduction, sleep, homeostatis, excretion and ask the question, "What am I doing to assure that I breathe, have water and food and can eliminate my wastes?" The basic answer is taking care of our health.

How many of us believe that our health is in our hands alone?

Where is our survival coming from?

Anyone honest can not truly say it is in their hands alone. Surely.

Once a person is aware that there is something universal, a life force, that is involved, there is a beginning of teshuva because the next logical question for anyone interested in surviving, is "What can I do to improve my relationship with whatever is enlivening me and beating my heart?"

From there, we can ask, "How did I get here?" and "Why am I here?"

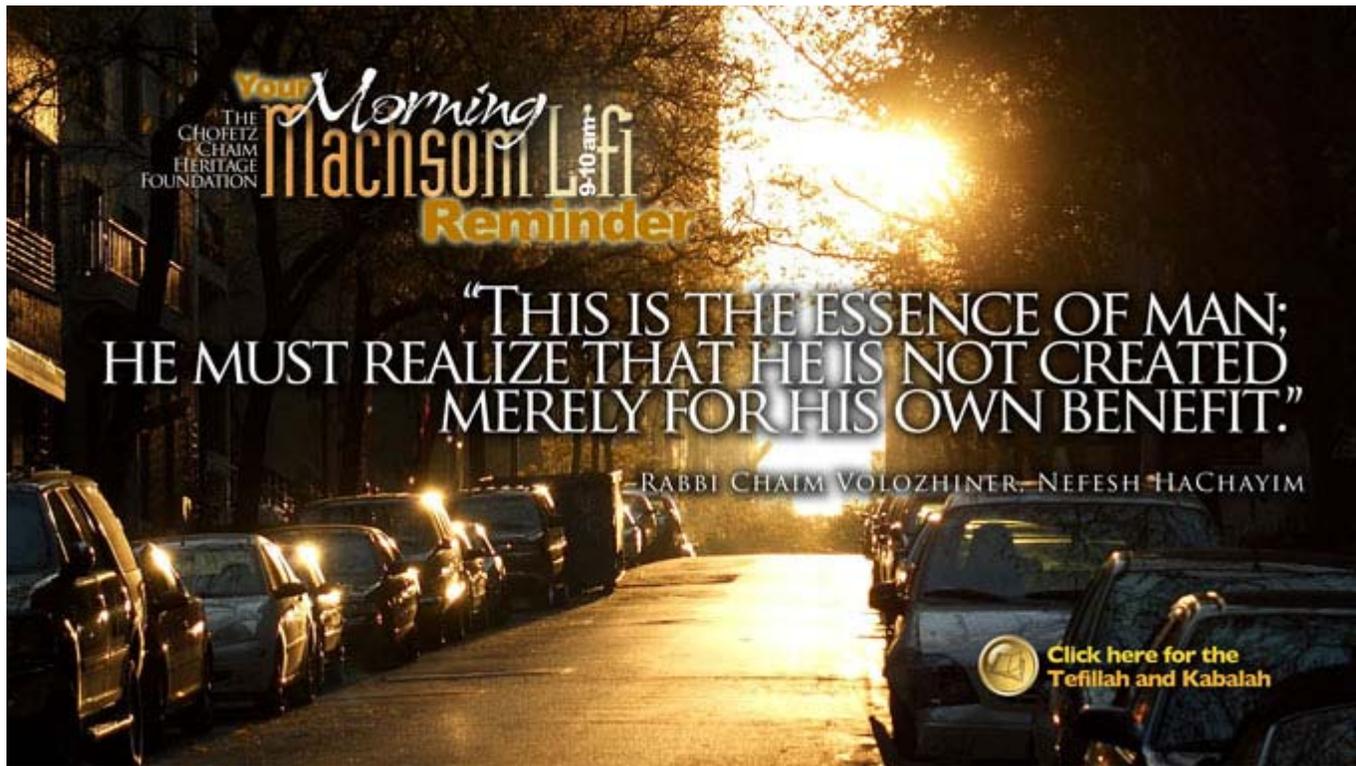
Eventually, we begin to focus in on the reality that despite our body's great desire to do so, we really cannot "hide" from our Creator.

What is the reasoning through which the body can come to comprehend that it is here to serve the Creator? It is the realization that our higher soul has come here to engage the lower soul in the mission for which we have temporarily been allowed to have a body – so that we can do the mitzvahs, both positive and negative, and thereby magnify Hashem's name.

Teshuva for Elul 5772 matters more than ever because each of us has within our makeup the ability to shine light from our higher soul, a choice that can release that light from the golus of the subconscious and the lower soul – it is nothing less than the light that Hashem is enlivening us with. But we are the soles of Adom's feet, we are hardened and insensitive because of all the history of our people and instead many are willing to accept only the benefits and strategies that come from the natural side of us, the body, with its positive and negative attributes, only within the realm of the physical. Are we able to suffer or comprehend enough why we should sacrifice even a little bit of our comfort level for the sake of bringing us closer to Hashem? Do we realize that the life force Hashem gives us is not being given to us merely to enhance the comfort of our travel through His beautiful world but for us to be purposeful and take joy in our service?

Hashem does not need nuclear weapons if it is His Will that we no longer be here, Gd forbid. Hashem thinks each of us up every second, along with the entire world. All He has to do is change His thought about the world and it changes. And guess what goes into the formula for how Hashem thinks up the world? HOW WE THINK!. When we, in any one moment, put Hashem in the center instead of ourselves, many of the ways He is trying to awaken us to His Omniscience can change to benefit.

If we can comprehend that we are to be the flashlight to bring Hashem into this ever darkening world, just by engaging the cooperation of our lower soul to submit to the truth that there is nothing but Hashem in all the world, the light that could come to the world is enormous, and as the soul of the foot is the farthest away, so do we by doing teshuva have the capacity to take the soul of the Jewish people to the highest level possible – to redemption - and may our efforts to do so be successful and may we soon see a new light in the world!



Your Morning
THE CHOFETZ
SCHAIM
HERITAGE
FOUNDATION
Machsom L'fi
9-10 am
Reminder

**"THIS IS THE ESSENCE OF MAN;
HE MUST REALIZE THAT HE IS NOT CREATED
MERELY FOR HIS OWN BENEFIT."**

RABBI CHAIM VOLOZHINER - NEFESH HACHAYIM

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