

Nourishment for the Neshama

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Swirling winds - a metaphor for the swirling negative charges in our subconscious and an inspiration to grow our emunah to choose positive spiritual influence and simcha with our free will

The journey through Hurricane Sandy is metaphorically related to our journey in life - Ramchal teaches us that the negatively charged emotions that constrict us swirl into the influence Hashem grants to us. Our neshamas have a power and we have free will to affect the forces of influence in the world.

Knowing all tzaras is designed for us to do teshuva, we have been face to face with a swirling storm. The metaphor can be an inspiration to do teshuva on whatever doubt blows out our emunah to land us in negatively charged emotions of anger or fear. Our Rock is ein do milvado but if we get blown into the reality of unreality (coping mechanisms instead of neshama) it is Amalek, - doubt -that we are up against in our thoughts.

May Hashem take our willingness to notice our doubts and ask for His help defeating the Amalek within. Doubt that takes us out of the reality of neshama and into subtle or overwhelming negative charges of every imaginative variety. These negative emotional charges that we attach to what may even be wise coping mechanisms form spiritual beings of influence. Instead, we pray to Hashem that He grant us success in subduing the powerful-feeling negative charges that are swirling around because the default choice to NOT try to subdue our negativity is not beneficial to us, even though we think it is because there is a subconscious payoff (like feeling right, or feeling that we have to protect ourselves)! When we grow in emunah to understand the full power Hashem has granted our neshamas to influence the way Hashem sustains the world, we gain new insights into the use of free willed choice. The default position inevitably results in circumstances that we do not like!!!