

Nourishment for the Neshama

<http://lvracha.com>

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Teshuva Gomer to Bring Us to Serve Hashem's Will and Sanctify Hashem's Name, with Resources

Understanding what we are to Hashem is something that the Ramchal explains in detail in Derech Hashem. Rabbi Rietti has 34 shiurim covering the book, available in mp3 or audio CD at www.jewishinspiration.com - the link for Derech Hashem is

<http://www.torahmedia.com/flexcart/item.php?evid=uusxa86twb&prodID=NA10111>

The Jewish people are interconnected – one soul. Hashem is constantly and lovingly giving tremendous good to us. With the free willed choice we have to feel negatively – whether it be jealousy, lusts, or a lack of honor –we are instructed to choose to emulate Hashem’s characteristics of mercy over the desiring emotions.

What goes wrong? With Torah study, through our analytical mind, we get a glimpse of the Divine mind. So far so good. But our analytical mind cannot contain the Infinite Divine mind! And we have downward pulls towards feeling a lack of honor, a lack of what we want and can’t reach or a lack of what we see other people have that we do not.

The soul that is in the body wants to connect to Hashem. The body, with its desires, ego and analytical mind, is supposed to serve the soul and choose to submit itself to the soul’s highest value, bringing out an aspect of the Divine Image within and bringing Hashem’s light into the matter. The competition is huge! How many of us even know that this is the goal of our free will? And how many are reading this with disbelief and distaste?

Yet every word and action we do creates a spiritual being for which we are responsible. Have you ever seen [Seal of Truth?](#)

<http://lvracha.com/2008/09/10/seal-of-truth--video-by-torahorgh--life-after-death-experience--the-soul-on-trial.aspx>

Rabbi Rietti explains that our five senses are attuned to the physical world and that if we are not open, we limit ourselves to seeing only the physical realm. We can build spiritual perceptions. Rebbetzin Tzipora Harris www.clarityseminar.com teaches women how to find and live within their higher soul. Rabbi Aryeh Nivin teaches men and women how to live transcendent lives within a Torah framework. It is important to be open to the spiritual reality that this world is not just a physical world as it looks, tastes, sounds, smells, and feels. With Torah knowledge, our limited analytical mind and yearning, we CAN connect to Hashem and fulfill His highest vision for us, to utilize our talents and time to improve our character traits by modeling ourselves after Hashem. Tomer Devorah tells us:

“These are the Supernal Attributes of Mercy, and their quality is, that just as a person conducts himself in this world below, so will he be worthy of opening up the channel of the same Supernal Attribute Above. Exactly according to his conduct, so will he bestow above in the Supernal World the same and he will cause that Supernal attribute to shine here in this world.”

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For this reason, one should not divert his mind from these Thirteen Attributes or allow these verse to depart from his mouth; so that he should remember them when a situation arises requiring the use of one of these attributes. He should then remind himself and say: "Behold, this action which is required in this situation is contingent on this particular attribute. I will not budge from it, lest this attribute become concealed or disappear from the world."

Hisbodidus cards based on the 13 attributes of mercy are available:

<http://www.amazon.com/Tomer-Devorah-Hisbodidus-Cards-ebook/dp/B005LE41C6>

By verbally introspecting when a negative emotion begins to come up, we can feel the emotion but use our free choice to tell Hashem that we choose for our emotions and soul-ful energy to be attached to loving and fearing and emulating Hashem. JUST THE SIMPLE CHOOSING TO DIRECT OUR SOUL ENERGY THAT IS BEING TEMPTED TOWARD NEGATIVITY BACK TO CONNECTION TO LOVING HASHEM AND EMULATING HASHEM fulfills the purpose of what we are to Hashem. Let us be stiff-necked for this! Determined to sanctify His name at every moment, not to create any destructive beings!

And take it one step further! Realize that when a person does this, it is an act of mesiras nefesh! It is a teshuva! Ask Hashem to please forgive for any past mistakes and to please let it be a teshuva and merit for all klal Yisrael (remember – we are one soul. Each of us when we do teshuva can really be affecting every other Jew in a positive way!)

Think about it. What in our life is really ours except our free willed choices to stop following erroneous beliefs and choose instead to sanctify Hashem's name? Why do we gloss over so quickly what is truly available for our benefit to choose?

May we enjoy the process of teshuva and becoming a holy people to Hashem and may we reach our vision for ourselves from now through Shavuot and may Hashem be pleased and redeem us with mercy!