

Nourishment for the Neshama

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Wednesday, December 04, 2013

Teves 1 5774 7th day of Chanukah – Nullifying to Hashem transforms our autonomous independence

From the time we are babies, we work towards being autonomous, financially independent, capable, healthy beings maneuvering in time and space for survival, love, giving and actualization. We learn the rules of societies so that we co-exist, being inter-dependent, law abiding and productive people contributing beneficially to the world.

Comes Chanukah that speaks about achieving a level of consciousness that all there is in the world is Hashem's Name, Yud K Vav K and it seems like a complete conflict with our time and space existence.

It is not. In fact, it is the holiday that can help us experience the ultimate in actualization while alive as well as building eternity.

Rabbi Tzadok Cable teaches from the Nefesh HaChaim that the world of Atzilus contains Hashem's Name, a constriction of Hashem Himself into a form that we can then relate to through Torah. The other two creations existing at the level of Atzilus are Torah and Nishmas Am Yisrael. These correspond to the yud in Hashem's Name. And the yud corresponds to the level of soul called Chaya, a pure surrounding part of our soul that can never be damaged. The role of Nishmas Am Yisrael is, when we are placed in seemingly autonomous bodies in time and space, to follow Torah with the express purpose of choosing to unify Hashem's Name by rising above and returning our nature to Him.

By relating to the awareness that all there is in the world is Hashem's Name, and by seeking the experiential reality of the pleasure of being the vessel through which His attributes of mercy flow into the world, we, although seemingly separate autonomous independent beings, are truly free willed souls unified in each being a branch of Nishmas Am Yisrael, and through choosing freely to follow Torah, we create positive influence in the world of Atzilus, which is from where Hashem's Name gives to the world of Creation, the upper Hal, the world of Beria.

What stands in our way of breaking the barriers of nature is nothing less than the yetzer hara internalized when Adam ate from the tree of the knowledge of good and evil, concretizing to a false level of importance the physical component of being in time and space and thereby creating massive confusion. The work of repairing the false sense of importance of physicality is the focus of the Torah, mitzvahs and middos. When we utilize our free will based on our emunah and a loving relationship of awe of Hashem's Name, we rebuild nishmas am yisrael's purpose, which is to reveal Hashem's light in this world. The beauty is that it is all built into Hashem's four letter Name. All we have to do is follow with love and fear the Torah and unify His Name so that we can sanctify it. How it actually comes about is all built, spiritual structures that Hashem designs into the creation.

And as we light candles tonight, the 8th night of Chanukah, may we comprehend more and more deeply His Oneness and our amazing autonomously independent free will to pull back our nature to display His Light by

unifying His Name, relating to His Name with love and awe.

May these thoughts deepen to the level of our hearts and become absorbed in our words and deeds and may we see a new light in the world with the coming of Moshlach.