

## Nourishment for the Neshama

<http://lvracha.com>

**Tuesday, April 17, 2012**

### **Toolbox explained - we are our ratzon - make our ratzon His ratzon**

The emotional bonding that we have with negative occurrences is rooted in subconscious rewarding payoffs like "I am right!" "He is wrong" "I have to protect myself from her!" The bad news is that these subconscious rewarding payoffs are human nature and operate without our full permission. The good news is that we can bring ourselves to freedom from them with Hashem's help through emunah and through use of His gift to us, free willed choice!

Who is behind nature? Hashem. And that includes human nature. It includes every iota of energy and power in the universe. There is no other Gd, there are no independent powers. There is only one address for every occurrence and energy and emotion and thought. Hashem is the power.

Hashem invests a spark of His attributes within us and instructs us to develop and shine out into the world His 13 attributes of Mercy. We all have in common human nature and a spark of the Divine attributes. And we all have our subjective emotions and circumstances. And Hashem gives us free choice.

If I were to say to a tree – be a flower! Or to a mouse – be a cat! It would not have any effect. But when I say to Hashem I see that my nature is lacking and falls short of the thirteen attributes of mercy and I see that my nature is unpleasant and I ask that You Hashem please help me – I see that the emotional bonding I have to cling to unpleasant subconscious payoffs is holding me back from being more like You! I love You! I want to be like You! I know You are totally behind my nature, including every occurrence that triggers my emotions and thoughts, and that this is my opportunity to choose to let You know that with the soul You invested in me, I want to emulate You and Your Will because I want to be close to You and just like You.

Hashem I know You are behind everything and that without Your help I won't be able to shift the emotional bonding I have, for that emotional bonding is a glue You built into us to give us choice and challenge. I want to harvest that powerful glue! I direct that the part of my soul that is sticking to negativity and unpleasant subjective experience no longer be glued there. Instead I want it glued to loving and fearing and emulating You! Please shift it for me! Please help me uncorrupt my primal will, the strongest subconscious part of human nature that belongs to You and through which You glue us naturally to the yetzer hara! I have free will and I choose for You to move my primal will to Your Will, for that is what I know through my emunah is the only truth!

It is with great emunah that a person applies sincere effort. It is because Hashem loves us that He grants success and gives more control over our subconscious into our free willed choice.

When we harbor negatively charged emotions, we are creating negative spiritual beings THAT BEAT US UP, NOT THE ONE WE ARE UPSET WITH We are producing clouds above our head that are keeping out Hashem's love and brachas.

When we experience any surge of emotion, re-direct it immediately to "How can I sanctify Hashem's name?" To stay calm, remember that everything Hashem sends to us while on our pathway of subjective reality is for our growth and development in emunah and in emulating His attributes. When we know the energy is from Hashem, tell Him so and that it is your wish to use this energy to sanctify His name. If another person is involved who is the

trigger of the negative experience, instead of stewing or feeling afraid or hurt or angry, give a bracha, such as "May we all grow in clarity that we are here to sanctify Hashem's name."

In summary, the soul of a Jew yearns to connect to Hashem. It does so through mitzvahs, learning Torah, and emulating Hashem's attributes. Each of these things requires us to be self-negating and choose Hashem's ethics and values over the natural emotions and constraints.

Sometimes the ego and body trap the soul with incredibly believable erroneous beliefs.

The intellect is above it and understands that the erroneous belief is a GARMENT and not the soul. In fact, the intellect loves to find areas in our heart that are pockets of soul clinging to erroneous beliefs. The intellect loves to draw down will power and uncorrupt our hearts by freeing the soul to re-connect to truth.

When we ask Hashem to help us shift our soul to loving Him, fearing Him and emulating Him and we direct our soul with our intellect, expressing our choice, Hashem helps. 100% of outcome is Hashem 100% of the time, so we must comprehend our role as to CHOOSE sincerely knowing that our Partner, Hashem is waiting for us to see our personality flaw, genetic or otherwise, and ask Him. It is ok. He creates our personality. He put it there. He wants to see what we will do with the corrupted primal will, live it and stay disconnected from Him or choose to re-direct it out of love and yearning for connection to Him..

If every one of us does this, imagine how quickly all the negativity in the world would dissipate. We are creating it! We can instead shine an incredible light!