

## Nourishment for the Neshama

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Daily Hisbodidus – Torah Basis

*(Concept of the Baal Shem Tov: Submission – breaking what grips us to our bad traits, along with Rav Dessler's terminology, nullification of the lower world due to emunah in Hashem and His goodness)*

Thank you Hashem for the flow of thought, emotion, and consciousness to this otherwise inanimate body that houses it, may Your name be praised, and deeply may I focus that my survival depends on Your Will alone and that You have given me free willed choice and consciousness to influence the world. Please help me understand the unique sense of identity that You bestow upon me as a place from which to relate to You and not as a separate identity for its own sake.

*(Concept of the Baal Shem Tov: Separation – the use of daas to discern - along with Rav Dessler's terminology, total just and good Divine Providence and control of nature)*

Thank you for the ability to perceive, experience and learn, for the gift of free willed choice, and for the capacity to discern that despite an apparent sense of independence, we are able to integrate that with the role You created for us (partner in generating influence in the heavens). And thank you for leading us through Toras Moshe to understand that there is nothing but Your simple unity in all the world and for the perspective of meaning and purpose we can discern by understanding that my thoughts speech and deed output influence on the world which if negative and unrectified becomes encloded in my circumstances in order to help me perfect myself.

*(Deeper with the work of breaking the hold that our attachment to negativity has on us by applying behira, free willed choice – uses Rabbi Shapira's method to access unlimited free will)*

Please flow through me unlimited will power to direct with ahavas Hashem the recipe of personality, circumstance and emotional flow You send through my heart each day so that through the use of conscious choice which You bestow upon me to judge my thoughts as precious or not precious in Your eyes, I can release the innate natural gift of strong subconscious deep emotional bonding from imperfection (unreality, basic human nature including my very survival ) to perfection (reality of the Divine mind, connection to Divine attributes and ein od milvado consciousness), and nullify any need for You to enclothe as opportunities for growth the fallen Yiras Hashem of my negativity into circumstances in my life

*(Concept of Rabbi Dessler to sanctify Hashem's name by attaching our hearts in loving service to a place that our limited self cannot go, expressing emunah and strengthening Yiras Shemayim)*

with the desiring result being that all of my emotions are directed first to loving and fearing and increasing my desire to emulate You, Who controls our ultimate survival and destiny along with everything else in the world, and thereby bring Your hidden light to every matter

*(Concept of Baal Shem Tov – Sweetening – seeing oneself as a pure good neshama and a healthier relationship between soul and body - see [www.bilvavi.org](http://www.bilvavi.org))*

May Your Will and Attributes as expressed in Torah be fully conscious within me and grant me success in bringing Your Attributes and Will to visibility in my actions, my relationships, my thoughts, and my emotions. May I be strengthened with unlimited conscious free will to approach my day from loving awareness of choosing what is pleasing to You out of ahavas Hashem that spills over to any negativity soothing and thereby redeeming the Elokus in golus

within the "body-partnered-with-yetzer-hara" veil over it, affirming to You love for and Yira of Hashem; may I strengthen the ship of emunah through which I choose my body and soul to travel through this world, thus forming a vessel through which to receive abundance and act upon Your Will thereby uncovering an aspect of Your light en clothed in my soul and shining it willingly into the world

#### Occupy our Emotions - the Process

"I recognize that when negative, angry or afraid, I am emotionally bonding to the yetzer hara's message of lack implanted in my subconscious that open the doorway out of the world of neshama and connection to Hashem and into the world of falsehood that I have a separate identity in an independent world. Such a falsehood comes into mind based on pursuit of jealousy, desire, or ambition and I see that it is unpleasant. In this case the strong unhealthy magnetic bond is to \_\_\_\_\_(name the pattern/thought/experience /programming/ nature) and I judge it as fallen Yiras Hashem. Please help me see the corrupted thought that is switching me out of reality .Please help me elevate the fallen Yiras Hashem trapped in that thought to true Yiras Hashem out of ahavas Hashem and total Bitachon that You stand before me with abundance and I am the one blocking it What is it that you require of me to be mesiras nefesh – I wish to! Hashem please grant success to the choice I declare to shift my emotional bonding from imperfection to love , fear and emulation of You. Please see my determination and give me the will power, to the very depths of this emotion, and help me to match the negatively charged emotion (which is a result of my tzelem elokim connecting with a vivifying force based in falsehood) with will power and ahavas Hashem to calm my subconscious clinging to this self-destructive illusion. (I am awaiting the will power and exuding ahavas Hashem so You know that I comprehend the situation I am in and what it is for, to recommit to remembering You are here no matter what). I sincerely want to no longer have the strength of my neshama emotionally bonded with this thought/experience/memory. [once the emotion is calm and the feeling of will power there, say:]

"Hashem I choose that the strength of my neshama that is bonding to negatively charged emotions of jealousy, desire or ambition of honor – specifically \_\_\_\_\_ - shift (Please shift the strength of my neshama which is subconsciously attracted like a magnet to falsehood and which has been above my behira and out of my ability to control). Right now the strength of my neshama is bonded to a pattern/thought /experience/programming/ nature that is unpleasant and unreal. I recognize that this has been above my behira and You have shepherded me and guided me to take accountability for my actions ( through suffering consequences of the emotional pain of separation of the strength of my neshama from connection to You or through not being able to take my next step in serving You at a higher level). Please give direction of this orphaned strength of my neshama into my hand. I beseech You to listen to my free willed choice. I direct this strength of my neshama and its emotional bonding affecting my actions to detach from pattern/thought /experience/programming/ nature and re-attach to love and fear and emulation of Hashem alone. Please take the very same strength with which it was subconsciously attached to falsehood and build that strength into the volume and density of my emunah in my heart so that I may with that strength create in my heart a mikvah and place my sins and everyone's sins in for forgiveness and love and may this teshuva be a zechus for our generation and may the vivifying force that I hereby wish to bring to the side of kedusha now help me serve You with even more joy and more devekus. Please lead me in the path that I wish to go, for the unification and sanctification of Your name, for now I realize that this has been sent for me to responsibly bring the strength of my neshama that You give me back into harmony with Your Will thereby releasing it from the golus of my subconscious as it reconnects with Your Will and attributes. That is my sincere choice and desire, for there is nothing but Your simple unity in all the world and Your primary purpose of such a believable separate identity is so that I can tell this to You! Please grant success to my free willed choice to direct this strength of my neshama and emotional bonding to love and fear and emulating Hashem and please destroy all negative spiritual entities which I may have created by misuse in the past of the strength of my neshama attached to negative emotion. I regret it and ask that this negativity and any destructive beings related to it be taken out of the world and that my teshuva be a zechus and benefit for all Klal Yisrael."