

## Nourishment for the Neshama

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### Wage an internal war to defeat Gog with Dovid

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Bring ourselves from Gog to Dovid and stop fighting Gd with EGO (Edging Gd Out)		
Gog	From Gog to Dovid	Dovid
Ego – connection seen – remains egotistical	Use 6 constant mitzvah as a City of refuge	Emptiness – connection seen – remain empty/humble
Estrangement – disputes, hatefulness	Gd is One	Unity – shelamos
Power – manipulation to advance personal agenda	Love Gd No other Power	Submission and use of creative energy for Gd's will
Unreality (personal perspective, private agenda)	Love Gd Gd is One	Reality (Gd's will, Gd's agenda)
Ego victories and defeat	Do not stray No other power	Create repairs from our brokenness – broken yet beautiful – bring in Thirteen Attributes of Mercy
Inflict harm and hide in the darkness by gas-lighting or deceiving	Fear Gd Love Gd Do not stray	Empathize before inflicting pain, at that time, to feel the consequences as if we are the one harmed (we will eventually feel that harm)
Stuck in pain for gain – can't prepare once Moshiach comes for the end of days because the spiritual work was not begun before the Moshiach comes	Know there is Gd Gd is One	Utilize our free will and the suffering of this world to create "Erev Tavshilin" so that when Moshiach comes we can continue to prepare ourselves for the End of Days and continue to grow
Destruction, barbarism, animalistic	Fear Gd	Personal responsibility, holiness, rise above limitations
Cynical, rejecting of inspiration as preaching, avoid reaching for spiritual goals, trap our	Know there is Gd	Seek inspiration to connect to Reality and rise above our limitations to grow in holiness

energy in this world issues, skeptical	Love Gd Gd is One	
Take advantage of others for personal gain	Love Gd	Give to Gd by helping others and bringing in Thirteen attributes of Mercy
Self-esteem based on feeling higher than others, put people down, mockery	Love Gd	Feel good when we feel that we are small and beloved to Gd and part of Him, a vessel to bring light
Live in our emotions	Gd is One	Live with awareness
<b>Where do YOUR actions fall? With Gog or with Dovid?</b>		