

Nourishment for the Neshama

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We got back our electricity not our power - only Hashem has power - a teshuva that can bring great light

For those who refer often to the six constant mitzvahs of G.d consciousness, the notion that G.d is the only power, there is no other G.d is a familiar focus to integrate. It is therefore not surprising that when the electricity went out with Hurricane Sandy and then again with the snow storm the next week just as electricity was being restored, many who had been saying "I have no power" or "I got power back" saw that perhaps their language might be more accurate if they said "I got my electricity back. Why? Because we must truly understand that there is no other power, ein od milvado.

But we must take this to a far deeper level, to the level of understanding that everything in this world is but a garment of only one life force, Hashem. That means every inanimate object and every aspect of nature and every aspect of our existence, including our thoughts, speech and actions are all garments!!! And because they are garments, they are garments enclothing an aspect of Hashem, either from His inner wisdom or from a part of Him designed to test us.. Where do forces in this world come from? There are only two ways. Nature itself and from the mind of man. Thoughts produce emotions which produce actions. And those actions can often feel like tornados bringing evil to others or they can feel like blessings when we bring kindness to the world. What is crucial to understand is that the thought is a garment that has a force and comes to us through the confusing emotions of our hearts and we have a higher soul designed with the strength to nullify any force within our hearts that is not precious in the eyes of Hashem. It is incumbent upon us to awaken to the reality that activating our higher self to do this work is the greatest pleasure that a person can experience because doing so aligns us with Reality and not doing so leaves us languishing in the reality of unreality, a reality that seemingly exists only because of the unreal sensations that we have a separate existence from Hashem.

The Nefesh HaChaim teaches we should integrate into our beings the following segula:

" to nullify all judgments and forces against a person (so that they won't be able to rule over a person and won't have any effect on him):

"behold Hashem is the true G.d and that there is nothing else other than Him. Every force in the world and in allo of the worlds is filled only with His simple unity.

When a person totally nullifies in his heart every power and force in the world and doesn't pay attention to them at all and when a person subjugates and attaches the purity of his thoughts in the one Master only, then Hashem will provide for him as a result of his resolve will be nullified all of the forces and ;powers in the world so that they wonb't have any power against him at all. The person who resolves the above will make spiritual decrees and they will happen so he will be able to do wonderful miracles whihyc are the opposite of the natural order of nature. This occurs because he subjugates and attaches the urity of the faith in his heart only to Hashem inb truth without stopping. And Hashem gives this person the power to do whatever he wants, to work within the order of nature or totally the opposite of the order of nature. " Nefesh HaChayim Section 3 Chapter 12

May we willingly take upon ourselves to integrate:

1. that the counterfeit pleasures of separate existence pale in comparison to the pleasure of the reality of no separate existence (this is clarity and inner peace) and
2. ask Hashem to give us all the free will we need to personally release the elokus from within the forces that shout emotionally and consistently through our self-centered hearts, forces we succumb to again and again, and
3. may we lovingly and gently see each time that we can willingly and happily bring to Hashem a sacrifice of our most beloved self-destructive garments with full knowledge that we are NOT the garment but the

effort we expend to nullify the control our imagination has over us and

4. release the elokus, the force, encloded in our thought or pattern of thought so that the bond may instead create a connective channel with Hashem, and
5. may that connective channel increase our love for Hashem and build our higher ability to bring His attributes of mercy into the matter and make His Name known in the world.

And may the light we begin to shine by offering our worst fears on the altar in order to release the elokus within and connect it back to Reality bring the special light that may relieve the darkness such that by Chanukah we may be zocheh to a new light shining in the world.