

Nourishment for the Neshama

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Wednesday, April 25, 2007

What I Pray

1. Please strengthen me in consciousness that my awareness of You as the Cause of all causes remains before my eyes, that I have no separate existence from You.

2. Please help me to thank you for the harm as well as the good by strengthening me in my knowing that everything you send is for my ultimate good and the ultimate good of Klal Yisroel. Please give me comfort and a balm for my heart when I am able to accept humbly the suffering You send me (Please let me feel Your love and either:

a. Help me do teshuva or

b. Help me know that it is neither personal nor related to this geulah

and in either case, is given by You solely to rectify my soul so that You can give me Good.)

3. When my negative emotions are raging and I am not able to yet accept Your will, please help me remember my passionate desire for the feeling of Your love, which will then humble me from thinking that I can understand the ways of Heaven and will soothe my wounds and heal my heart. Please guide me in the way that I wish to go, to make myself a vessel worthy to serve you (with pleasant deeds so that my soul may stay healthy) and do Your Will. May I feel Your presence near me at all times. Please may my passion for closeness with you and my passion to emulate your Thirteen Attributes keep me from stumbling into the use of the life energy and gifts you have given me on actions that Your Agent might find use for (to inflict distress or harm on any other Jew) – Please understand that I wish to mold my soul in Your Thirteen Attributes in preparation for eternity. If I make a mistake, help me to do teshuva and forgive me and please understand that it is not my intention to mold my soul in the ways of Your Agent, who is only Your Shliach and who has no place in Eternity nor reward. May we live to see Your Agent slaughtered speedily!

4. Please bring the geulah shelama with no harm to any Jew