

## Nourishment for the Neshama

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Friday, May 25, 2012

### Yesod shebe Malchus - Funneling together all the ways we comprehend that Hashem runs the world

Yesod shebe Malchus and Malchus Shebe Malchus -Two days left in the omer, the time before we bring ourselves to the altar of Mount Sinai to be wed to the Chosson - Hashem - with a ring, - the Torah.

Do we want to get married to Hashem? Perhaps in our highest selves we do. But really, does our lower self, the self that has an ego, a body and a limited analytical mind, want to marry Hashem? How can we really bring the lower self to sincerely drop its basic self-orientation in favor of naase v'nisma – wanting to have a relationship through Torah and marry Hashem?

It is possible. Not only is it possible, it is why each of us has been created. Not only is it why we are created, it is the purpose for which Hashem made the entire world.

In all the world, there is nothing but the simple unity of Hashem. Ein od milvado.

That includes me. I am not just a body with some life force running through me for 120 years. My body, my emotions, my thinking both high and low are all powered by something pure and untouchable – a neshama hewn from the Throne of Glory. When we have a relationship with Hashem, we acknowledge our yearning to re-form our sense of self in His Image, no matter how our best and most logical reasoning from a mere perspective of time and space is shouting at us to take me-centered action to achieve a me-centered goal. When we choose to suspend me-centered reasoning in favor of following one of the thirteen attributes of mercy, we reveal the greatest wisdom we can show, that we know that at the core of “me” is an aspect instilled in us by Hashem and we choose to shine His Attributes in our actions and make Him visible. When we do this, we touch the roots of our existence and bring the infinite into the finite. And we build eternity for ourselves.

The body, the emotions, the limited analytical mind – surely with the reasoning capable of the lower self it makes sense to conclude that He can take the very best care of our needs. Who of us can truly comprehend that we exist beyond the way we understand ourselves through the ego? Yet that is what the Torah is a guidebook for. That is what Avraham Aveinu discovered, what Yitzchok Aveinu demonstrated, and what Yaakov Aveinu brought into balance. That is what Rachel Imeinu modeled for us in giving the signals to Leah. Hashem is here! Hashem is real. Hashem is good. Hashem is longing for a relationship with us. And it doesn't cost money. It only costs us our false beliefs.

Let's trade in our false beliefs based on a one world picture for true beliefs based on a two world picture and comprehension of Ein Od Milvado! Let's cling to Torah and love Hashem and may we be zocheh to see Moshiach speedily!