

## Nourishment for the Neshama

<http://lvracha.com>

Friday, May 18, 2012

### Yesod shebe yesod - Yosef HaTzaddik and a day to serve Hashem completely

Today is yesod shebe yesod, foundation in foundation, a day for us to comprehend that all there is in the world is the simple unity of Hashem and how in our very essence to relate to Hashem with that understanding. Relating to a Being that has no corporeal body, a being that is alive yet providing absolutely everything we see, hear, taste and feel along with our abilities to do so and to think and contemplate is a meritorious goal. Where can a person begin, with what understanding can we reframe our lives?

The understanding we need to reframe towards relating to Hashem comes from understanding the tools He gives us to relate with others – what forms the strongest bonds between people? Talking, emotions and intimate relations.

We live in our hearts. That is the home for the ruach, the emotions that represent our experience and unique personalities. Our ruach contains our subconsciousness – the impact of our environment, the traumas, the personality in general. It is the home of our willfulness. And it is, without our awareness, the place that the yetzer hara rules. If a person does not know that there is a ruler of the subconscious, namely the feelings of lack programmed into us through jealousy, lusts and the desire for honor, these emotional impulses provide us with a sense of purpose and direction that we pursue as true personal needs.

What yesod shebe yesod gives us the opportunity to comprehend is that Hashem has "hidden" Himself within us, not in our hearts, but in our mind, the home of the neshama, formed in the Divine image, the thirteen attributes of mercy (see Tomer Devorah). He is awaiting us to seek Him out, to bend our hearts into a Kiddush cup strengthened with the same glue that sticks us to our subconscious thoughts, only formed through free willed choice into a kli to contain more and more of His attributes instead. He wants us to choose to be like Him.

In the world, most people regularly experience humiliation, shame, chastisement, frustration, disappointment, sadness, and a range of other challenging heartfelt emotions. Very often, if the trauma is big, we spend years or even lifetimes trying to rise above it, but we are attracted back to the negativity over and over again, seemingly with no recourse. We think this is who we are, who we have become, what life has done to us, and we mistakenly think it is our true selves and that it can't be different. We think we have no control.

Hashem hides in this world with harmful and deadly circumstances abounding! How can a Being that is creating everything and that does only good hide and permit such darkness? The answer lies within us. When we know with 100% certainty that it is He Who Loves us Who is behind the darkness, we can use our free willed choice to bend OUR heartfelt natural responses to what is happening and WE bring Him into the world through shining His attributes. We let Hashem know we know it is He every time we emulate Him in a tough situation. And then He is there, through our hearts and actions. And then His need to hide behind the darkness dissipates, may we soon see the Moshiach.

Today is a day to serve Hashem with everything we are – talk to Him! Love Him! Give our whole selves to Him, right to the root of our mistakes from the past. With every word we say today, guard ourselves according to Torah and even more, search for the root within our hearts as to why we even have a desire to say something we should not, for that is an attraction to falsehood, the domain of the yetzer hara. don't fall for that same old trick any more! Yosef HaTzaddik conquered yesod in the episode of with Potifar's wife.

Every person we see is just like us, struggling with our hearts and emotions and the subconscious that covers our otherwise knowing His attributes within our neshamas. But we have free will, the ability to choose and the Torah that teaches us how to choose. He is in charge of success 100% of the time. The effort that WE can do is to sincerely choose! He is behind all nature, including our nature, and He can shift our attachments from falsehood to truth if we are sincere and IF WE ASK HIM TO (see occupy emotions process below)

May we focus and comprehend today that Hashem is behind our potentials, our abilities, our circumstances, our thoughts and emotions and may we use our free willed choice effortfully to align our hearts with His Torah and let Him know we know we love Him and wish to sanctify His name and make His name known in the world through our deeds. And in so doing, may we remember the wells that Avraham and Yitzchak dug and redug and see this as our way to reach our tzidkus, may our hearts desire it.

BELOW IS A TOOLKIT TO HELP ACTUALIZE THE ABOVE:

### **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,

**(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)**

and for the ability to perceive, experience and learn, for the gift of free willed choice, and for the capacity to discern and integrate.

**(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 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, I can release the innate natural gift of strong subconscious deep emotional bonding from imperfection (unreality, basic human nature) to perfection (reality of the Divine mind, connection to Divine attributes),

**(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 emulating You,.

**(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

### **Occupy our Emotions - the Process**

"I recognize that I am emotionally bonded to this pattern/thought/experience/programming/ nature and I see that it is unpleasant. Hashem please grant success to the choice I declare to shift my emotional bonding from imperfection to love and fear 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 emotion with will power to calm my subconscious clinging to this self-destructive connection. (I am awaiting the will power), I sincerely want to no longer be 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 consciousness that is bonding the emotions You send through me shift (Please shift consciousness given by You which is subconsciously keeping those emotions above my behira and out of my ability to control). Right now this consciousness is emotionally bonding me to a pattern/thought/experience/programming/ nature that is unpleasant. I recognize that this piece of consciousness and emotional bonding have 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 consciousness from You). Please give direction of this orphaned consciousness into my hand. I beseech You to listen to my free willed choice. I direct this consciousness and 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 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 consciousness You give me back into harmony with Your Will. That is my sincere choice and desire, for there is nothing but Your simple unity in all the world. Please grant success to my free willed choice to direct this consciousness 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 this consciousness and emotion. I regret it and ask that this negativity be taken out of the world and that my teshuva be a zechus and benefit for all Klal Yisrael.”