

Nourishment for the Neshama

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More on Yiras Shemayim as a constant mitzvah to rely on when feeling lack

Awe of Hashem, fear of Hashem, being a yiras Shemayim are terms for a constant mitzvah, It is a constant mitzvah to have fear or awe of Hashem.

The Maharal teaches that when Hashem stopped creating, to create the Sabbath, He held back His attribute of creating. In Hashem's holding back, He gives us menucha, a time of Shabbat, where doing the acts of creation make a hole in the rest, in His stopping, of Creation. We are prohibited from the 39 melachos in order to keep the Shabbat, to NOT make a hole in it.

During the week, when we are allowed to do work, we are using creative energy. And in the process, we sometimes find ourselves experiencing a lack. That lack with our creative energy flowing is vulnerable to the logic and forces driving nature, and if we are not vigilant, we can fall into the sweet poison of the yetzer hara who chocolate coats poison that looks good but takes us farther away from Hashem into the dark and further into a realm of confusion. When we emulate Hashem and exert our will to choose yiras shemayim, we are stopping the creating in order to unify our creative energy again with its Source, Hashem. It is like diving under a crashing wave on the shore so that we surface on the other side of the force in calm waters.

The act of exercising yiras shemayim means that we are submitting to Hashem's Will in the moment. We comprehend from the experience of lack that there is a wave building and it is time to dive through to the other side with yiras shemayim, rather than get swept and tossed and turned by the forces of the wave. We have the free will to choose to be yiras shemayim. In fact, everything else is determined except whether we will or will not be yiras shemayim. Just choosing yiras shemayim means that we are choosing to unify Hashem's name by stopping as He stopped. What are we stopping? We are stopping our creating with "me" as the focus. Hashem by showing us lack is giving us an opportunity to remember that our primary focus is His Will and that He desires our creative energy to align with His Will in this moment.

As we submit, perhaps we experience heartfelt emotions and resistance. Take a moment and in open dialogue with Hashem, look inside. We have an opportunity to discover rooms and corridors in our inner being that may need a little repair, improvement and the like. Hashem shows us our unrectified characteristics that He already knows is there, for the sake of us speaking to Him in private. He wants us to rectify our middos. In fact, that is the whole purpose of existence. Thus, the choice to being a yiras shemayim, to submitting to Hashem's will knowing that it is good, gives us the opportunity to then explore the inner chambers of our hearts to find the purity of our being that may be trapped in a corrupted thought or attribute, or stuck in a natural reaction that needs refinement. In so doing, we build a conceptualization and an awareness of our inner being as our primary and eternal identity, and we fold into our thoughts speech and deeds something added, out of love and fear of Hashem, which is like rocket fuel shining light into the heavens when we bring His mitzvahs, middos and Torah into our thoughts speech and deeds.

Yiras shemayim is a constant mitzvah. Fear and love, unify and sanctify, desist from doing what is distressing to Hashem and turn to what is pleasing to Hashem – this can be the constant avoda of our heart,

bringing connection and joy to every moment.

May our understanding that all there is in the world is Hashem and our desire to give Hashem our hearts in this way bring a new light to the world.