

Nourishment for the Neshama

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More on the Preparations of Adar Aleph for Purim - Be Empowered!!

The more we come to realize how great is Gd the more we realize how full of error are we. Instead of being disempowered by this idea, it should be empowering because that is the point of being alive. With all our faults, imperfections, challenges, fears, anxieties, sadnesses, illnesses and more, when we realize these are the setting for us to infuse with Hashem's characteristics, the matter becomes empowering. Our soul is empowered to seep down through our free willed choices into the actual time and space realities of existence, but not through physical movements that attempt to create solutions or destroy dangers. Rather it all takes place in our internal processing, affecting the inner world of intention, which with love and awe of Hashem, generates a revelation of His characteristics beyond what we can understand. And it is that revelation which soars to the world of atzilus to affect the beria. What holds us back is the heaviness of letting go of what seems in time and space to be so emotionally charged and problematic, hopeless situations and awful terrorizing internal messages of doom and gloom. There is a name for that too, and that is the yetzer hara, the root of which is Amalek, the voice of doubt, that does not want us to remember that we are Nishmas Am Yisrael and our role as Nishmas Am Yisrael to unify what seems to be two forces into shema Yisrael, emunah in Hashem Echad.

The internal process does not end and being involved in it does not keep us from falling into the matter. As long as we are in time and space in bodies, which means as long as we are alive, that is the whole purpose. We cannot escape the work, but we can embrace it and serve Hashem with love and awe knowing this is our function and that He knows what He is doing.

It should be quite obvious that the confusion and dangers in the world are not going away. It is incumbent upon us to not overlook that Nishmas Am Yisrael creates an influence through our avodas Hashem that can help. Let us take responsibility and ownership of this tremendous gift that each of us, whether we realize it or not, has been given – that of being able to reveal Hashem's characteristics of mercy in this world in our sphere of influence – in order that Hashem's light can once again be revealed in this world. Find a way to exchange any ill will - whether justified or not justified with family, friends, community members, or leaders – with something that reflects Hashem's characteristics.

The simplest one is – cast me not into a net of sins but rather please cast all our sins into the sea. Have the intention of unifying the charged negativity back to Hashem's Name for the sake of sanctifying Hashem's Name. Blessed be His Name forever and ever. And then remember shema Yisrael Hashem Elokelnu Hashem Echad. There is nothing in this world but Your Glory, thank You for giving me a chance to participate in unifying Your creation.

And with the infusion of love and awe of Hashem into the emotions that otherwise were swirling, may we see warmth, light, and protection for all Klal Yisrael and a new light revealed in the world.

Please build up your inner world and help build the inner world of each one of us - start now!