

Nourishment for the Neshama

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We can bless any negative impulse/energy and redirect it

Try it...when seeing a negative emotion or an anxiety developing, stop its mushrooming using "Hashem there is no other power" and then bless the energy that is coming and redirect it to serving or honoring Hashem.

- express gratitude
- give a blessing
- say tehillim

May we soon say Shalom to Moshiach

We are neshamas in bodies that cover it. All negative emotion comes from our soul being drawn to a negative event or thought because WE freely choose it and ascribe meaning from the ego concern for how we look or the bodily concern for how we feel. With this awareness, when negative events or thoughts occur, and we begin to see our soul gravitate to it - RUN to there is no other power, everything Hashem sends is good" and make something good from the energy by uncorrupting our primal will, the desire of the heart (ego and body) to attach to that negative event - bless the energy and take a step that sanctifies Hashem's name and gives Him honor.

That is what we are created to do. Simple but hard. It takes integrated daas and will power (which is unlimited if we ask for more will power, we can have as much as we need!) We are stiff-necked people, not victims! Let's use it for bringing honor and sanctification to Hashem every moment we can, using our emotions, in our individual worlds, to declare Him King and create connection through reflection of His will and unity with every other Jew.