

Nourishment for the Neshama

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Brief introduction to understanding spiritual influence of Torah learning and mitzvahs while emulating Tzelem Elokim

Upper Yud - Know there is Hashem and Hashem is One - (Yechida is tip of Yud, Keser), (Chaya is Yud, chochma) world of Atzilus, consisting of Hashem's Name, Torah and Nishmas Am Yisrael

$1 + 1 - 1 = 1$ Hashem creates His Name, One. Within His Name is Torah and Nishmas Am Yisrael. We experience our existence and exert effort to nullify the reality, demonstrating belief that Hashem is One. The effort to do so creates in the world the light of Torah, especially when we are mesiras nefesh to do so in order to bring Torah, mitzvahs and attributes of mercy over the desiring emotions and natural urges. Our effort reaches the world of atzilus and can be used to create influence if Hashem so desires.

Upper Kay There is no other Power - Neshama is bina(understanding), world of Beriah

0.....1 There are infinite numbers called fractions between 0 and 1. begin at 1 and divide, the fractions are infinite. However every fraction, in all its uniqueness and complications is still part of 1. No matter if it is $\frac{1}{2}$ or $\frac{245.231}{678.92145}$ both fractions are part of 1 and that is their predominant characteristic. Despite the apparent separate appearance, there is only one ultimate source for everything, although it may come into creation through different appearing mechanisms. Our effort to submit all conflict to reach for Hashem being One is the beginning of demonstrating this wisdom.

Vav - Love and Fear Hashem - Ruach is chesed through yesod, world of yetzira where the yetzers are created

The source of all vitality comes from the will of Hashem, who is in total control, 100 percent, 100 percent of the time. It is for us to choose to love Hashem to bring honor to His Name and to direct our fears and anger upward with a passion to serve Hashem and beseech Him to protect and redeem us. When we comprehend His Omnipotence and Omniscience and see how that is credible even to the analytical mind by understanding the role that electromagnetism plays in nature, we view ourselves as a chooser as our true identity - the mind exerts itself to bring Torah to direct thought speech and deed - making it far easier to traverse the emotional and egotistical option that Hashem has given to us to struggle with because our "identity" is not with the emotion or ego value but rather with the choice to love and fear in order to return influence to the Yud Kay, the upper realms.

Lower Kay - Guard your thoughts from negativity - Malchus, world of asiya, where thought speech and deed create action and either build or damage depending on our choice to sanctify Hashem's name.

The mind can direct the flow of the heart. From the left side of our heart may issue forth something base, something judgmental, something experientially painful yet the mind by exerting free will and walking through the above steps can lovingly and gently repackage the koach that presents itself so that it is absorbed through the right side of our hearts in garments the mind can place upon that koach, garments to

1. tolerate insults, this means not reacting to infringements on our ego in order to emulate Hashem submit, see everything as good or as a kapara for our good
2. overlook faults, Hashem is patient with our sins, He does not destroy us. Here what Rabbanit Ellashiv says about this midda of Hashem on TorahAnytime. Its importance relates to our understanding of the

constancy of our lives producing Influence because Nishmas Am Yisrael has a partnership In Influence.
{BlogcastPlayer}

3. bear the burden of the confusion of mind that happened when we ingested from the tree of the knowledge of good and evil which caused us to ingest the confusing kelpas of desire and arrogance when before us it is clear that all there is in the world is Hashem, and then
4. ask for and give forgiveness for the process we must go through and
5. cast sins into the sea, ours and all of those who Hashem used to bring this matter to our attention

Are we awake to the opportunity we have while in bodies in space at every moment of time to acknowledge Hashem's Oneness by steering our thoughts speech and deeds toward Hashem's attributes of mercy? Are we marvelling at His World and what is truly the integrity of our autonomous existence, that of having free will to choose to fear Hashem or lo aleinu to suffer from fallen fears? We pull back the kelpas of desire, talva and arrogance, galva and remember that the source of all vitality is Hashem and that all passion is to help us steer our hearts to lovingly serve Him.

May Hashem help us hunt for knowledge of Him in every way that helps us to build bitachon so that we may truly be a force in the world to reveal His Attributes of Mercy.