

Nourishment for the Neshama

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Saturday, December 17, 2011

Chanukah 5772 Revisions to Toolbox

Daily Hisbodidus

Thank you Hashem for the flow of thought, emotion, and consciousness to this otherwise inanimate body that houses it, may Your name be praised, and for the ability to perceive, experience and learn, for the gift of free willed choice, and for the capacity to discern and integrate. 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 conscious choice, I can release the gift of strong subconscious deep emotional bonding from imperfection to perfection, with the desiring result being that all of my emotions are directed first to loving and fearing and emulating You. 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

Occupy Our Emotions Process

"I recognize that I am emotionally bonded to this pattern/thought/experience/programming 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 give me the will power, to the very depths of this emotion, 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 powerful emotional bonding instead be directed to love and fear 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."