

Nourishment for the Neshama

<http://lvracha.com>

Sunday, February 05, 2012

Divine promise of Torah restoring the soul and ein od milvado, a combination for ultimate self-esteem

Please may the learning and insight below be a zechus for a refuah shelama for Aryeh Leib Dovid ben Esther

Rabbi Nivin offers a 6 hour series on thinking where he teaches us about the Divine promise in Torah restores the soul. It is wonderful and exceedingly helpful. His newest chabura will start Monday Feb 6 2012 www.newchabura.com

I have an insight based on using Rabbi Nivin's thought module

It is true that when we substitute a Torah thought for a corrupted thought, the negativity dissipates. But I found a way to take it another step - a step toward good self-esteem and ein od milvado consciousness

I know for me the set of negativity that flows through me related to patterns and programming has affected me over the years – what I see now is that the flow is not my essential self (my essential self is my ability to apply free will and choose to have the body serve the soul and Hashem).

What I am offering is an idea – that just getting myself out of the negative state by choosing a Torah thought that restores my soul does not necessarily finish the work! I see that it is helpful to move my sense of self from the confronting flow of negativity to a sense of self based on my pattern of choosing.

When I can see the triggering incident, the flow of negativity, the internal pain and the desire to take all as part of Hashem there to give me a choice, and nothing more, and then I choose with love to trust that everything Hashem sends is good and that even if everything I fear is true it is only because those in the setting want to take (and I can identify with that too), only then can I see my way clear to the reality that my essential self lies within the miraculous gift of free will that Hashem has endowed us with, and that I completely control my destiny by choosing to love and fear and emulate Hashem because when I do so, I choose no separate existence, it is a Divine promise that He will protect us when we remember Him.

It is great to get out of the negativity in the moment. But there is work to do. And that work is to see that our soul is affected by the choices we make – soul over body or body over soul – and that ultimately our bodies and our emotions and our circumstances are all just props, a stage upon which we can exercise free choice. Without that, the negativity and emotions (trapped in a personality seeking to take no matter how justifiably) revisit us over and over again and can chas v'chalila fester. More urgently, the pleasure of moving our self-esteem to ein od milvado cannot be overlooked as the probable goal of Hashem sending the props to begin with.