

Nourishment for the Neshama

<http://lvracha.com>

Monday, March 17, 2014

Doing the best we can or being the best we can - these are not necessarily the same unless we have all of Torah

Given life's circumstances, we do the best we can.

Doing the best we can means to rise above our urges and reveal tzelem elokim

Conducting ourselves in Hashem's image connects us to real wisdom that all there is in the world is Hashem's Glory

Connecting and revealing Hashem's Glorious Image heals the defects that waylay our Imagination from truth to falsehood.

Given life circumstances, may revealing Your Image absorb the strength that otherwise would be switched out of Your Service to instead become visible in self-oriented responses that are scattered, fearful, angry, jealous, desirous, savage, hateful and the host of negative reflections animated by Your Glory trapped in the limited self-oriented nervous system within, yearning to unify with You but held and trapped by an opposing force designed by You to give us a real choice.

Given life circumstances, help us reveal Your Image to be the best we can, to be visible as tzelem elokim so that we unify Your Name and then sanctify Your Name through our thoughts speech and deeds reflecting Your Glory

At the moment we experience negativity, doubt, or any of the host of savage or natural responses, understand that the non-human creations of Hashem have total clarity that all there is in the world is Hashem's Glory and that He is behind the strength of our response solely for the purpose of giving us a real choice. This is evident to those who are involved on a daily basis in reading Perek Shirah, the song of the universe, where we see that everything, inanimate, vegetable and animal is singing constantly to Hashem a pasuk. Everything has consciousness of Hashem's Glory. As do we, despite how easily it becomes submerged by the neuro-circuitry of our human systems.

Hashem gives us an opposing force built into our nervous system and affecting every cell in our body. That opposing force is human nature. It is the default if we seek no further understanding. Torah, all of Torah, tells us that we are more than a nervous system and body and how to bring our unrectified characteristics through our mind and return them to our heart and actions to reveal Hashem's Glory. The Vilna Gaon

Instructs us that if it were not to do this, we would have no reason to be alive in this world, that doing so is our primary mission.

Soon we will begin the journey through Passover to Har Sinai. It is a time of kindness from Hashem. Where do we wish to be taken out of the slavery to our nervous system and body? The process of Pesach cleaning, Pesach itself, the omer and Shavuot provide us a means to take our next step, no matter how small, toward revealing tzelem elokim. The name of the process is submission, separation and sweetening. The simplest discussion of it can be found at www.bllvavl.org in the book Getting to Know Yourself by Rabbi Itamar Schwartz, who explains how to view ourselves as a neshama in a garment called a body.

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Help us reshape the fabric, the strength, to reveal Your Glory, which is the actualization of tzelem elokim and the fulfillment of Your Purpose in creating the world and our unique mission in this lifetime.

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For a community that is involved with these ideas, please visit www.becomingdivine.com style="mso-bidi-font-weight:normal">