

## Nourishment for the Neshama

<http://lvracha.com>

### Wednesday, November 09, 2011

#### Emotions - teshuva -geula Part 2 - Feedback please

The intention of the below process is to return emotion to its Source (in addition to the thought module concept of serving Hashem with a Torah thought that generates emotion and experience). The goal is not only the miracle that we can dissolve the emotion by having an intention to replace a corrupted thought with a Torah thought, as wonderful and effective as that is. What it appears to add is intention to return the actual emotional energy to its Source in teshuva out of desire for love and connection (lech lecha - go out of oneself - body, thought and emotional reaction). This repairs not only the current moment but because it has intention of teshuva on past mistakes it is an uprooting to clean off the tuma on the heart

Think of a strong negative emotion that happens often, better if you have some familiarity with it being false and still get gripped by it: .

"Because I love and fear You, I ask to draw down will power to overcome this emotion" -

Wait and yearn for the will power with emunah and love and fear in mind, side by side with the emotion.

When the negativity subsides say,

"I direct all this energy freed from this experience as well as past occurrences of these emotions of my heart as a teshuva offering to Hashem out of love and fear. I choose relationship and connection with You with love and fear I am dust and You are King and I lovingly and gratefully comprehend that my consciousness comes from YOU at all times and the negativity came upon me to awaken me that I misused emotion by not first going to relationship with You and keeping my thoughts - with consciousness -in harmony with Your will or Your attributes.. Please accept my teshuva and my yearning to remain in harmony with You. Please may it uncorrupt an aspect of my primal will. "

At this point, there should be calmness. What I would like to know is if this works for you and how it affects the future, does it uproot, minimize, change your experience the next time circumstances arise that would generate the initial negativity? Is the intensity less? Do you have more perspective from hashem's view the next time? Are you able to respond lovingly emulating His attributes?

**Please give me feedback as I find this to be working for me and want to know if this works for others as well**