

Nourishment for the Neshama

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Letting go of what keeps us from identifying our esteem based on a choice to emulate Hashem

When we are very little our makeup from earth wind water and fire dominate our emotions. The natural expression of these elements cause us to experience the gamut of sadness, anger, fear, desires, flightiness, arrogance and more. We experience lack and we cry. Someone hurts and we lash out. The instinctive and natural responses are built into being in a physical body. We then think up how to act in order to "correct" the matter based on what happened, without considering anything but natural self-interest. We have parents to help us make choices based on a set of values that ultimately will help us to grow closer to revealing Hashem's characteristics.

The manner in which parents do this can make all the difference. The task is to show the child the natural reaction, the reality that there is a choice, and what the preferred choice is in a way that empowers the child rather than causing the child to develop a sense of shame or low self esteem because of having the natural reaction. Ultimately the degree we empower the child through respect gives the child the inner strength to let go of the emotions.

Every person has an ego that has a craving to feel good and right and lovable. When something upsets us, we quickly wish to restore our sense of feeling beloved. If our natural reactions are construed as negative by our parents, we might internalize unintended damage caused by shame (healthy guilt is the use of the intellect to determine if what we are saying or doing is consistent with Hashem's Will and Attributes.) Given the difficulties in parenting due to everyone being human, it is almost inevitable that we experience a sense of shame that is unhealthy.

Shame, when it blinds the identity into thinking we are malformed and bad because we have natural occurring emotions is a devastating subconscious reality. When we grow to be adults and continue to carry this shame, it affects us in a hidden way. If we look to do so, we can have some success in re-directing emotion trapped in shame towards healthier expression.

A fundamental tool to extricate from such a subconscious reality is to comprehend our identity as our choice to bring from the side of negative charge to the side of serving Hashem that same trapped energy. Understand deeply that our soul is capable of infusing the trapped energy with love and awe of Hashem and is designed to heal, uplift and redirect for the unification and sanctification of Hashem's Name whatever is trapped in false concepts and images. We need emunah and ein od milvado consciousness that all there is in the world is Hashem in order to begin.

Until we have the emunah and sense of ein od milvado consciousness, our willingness to look at the areas that trap us remain submerged, for the radioactive fire, the anger and fear, are so destructive that we can't even see that what we think is good and right is really just a self-preserving reaction. With emunah and a sense of ein od milvado consciousness, we can approach the shame that locks us into low self-esteem, which because it gives credence to autonomous separate identity is actually in the category of galva (galva being the belief that there is something other than Hashem in this world.). When we are injured and have

low self esteem because we were shamed, we fall into believing that we have autonomous separate identity.

Although it is counterintuitive to think of low self esteem as galva, it falls into the category of living in a belief that we have separate identity and it therefore is galva. Proper understanding of ourselves is that we are made b'tzelem elokim and we are here to pull back the kelpas of talva and galva to reveal Hashem's characteristics and will in the world. When we place our true identity as our choice to fulfill that process, then we have a proper basis for esteem, for that choice is 100 percent in our control.

Ultimately, the fire, water, wind, earth elements flow through our veins as long as we are alive, for that is the nature of life itself, what it means to be composed of Adom, of the earth. It would not be fair for us to base our esteem on nature itself. We have real free will and a soul that is within us designed to help us take the koach of that nature and build a neuropathway from our mind to our heart that can then flow something refined through to our bodies and become visible in our speech and deeds.

May Hashem give us all breakthroughs on this so that we are able to subdue the subconscious urges that drive us to restore our sense of being good and right based on something trapped in shame for which we have been fighting back against our sense of its injustice for a lifetime. Without realizing it, fulfilling that goal of victory in the world adds only to the darkness. Unless we understand what light is, light being the revelation of Hashem's glory in this world, attempting to right a wrong built into us when young seems like light! But Torah comes to tell us to watch out for this deception.

We start by understanding that we are here to serve Hashem and doing so is the greatest pleasure. May Hashem grant us all that experiential insight, for then we will have experience that will help us see through the deceptions of fulfilling the radioactive angers, fears and other negative charges of our subconscious that strengthen autonomous separate existence in an unrectified egotistical way. May Hashem answer us with YES when we ask Him to utilize the koach of what was trapped in falsehood to build us into a bridge to reveal His Glory when we sanctify His Name.

And may our at least asking Hashem for that experiential insight be enough for Him to see that we yearn for Him and thereby may He forgive us and redeem us b'ahava.