

Nourishment for the Neshama

<http://lvracha.com>

Friday, February 03, 2012

Everything including our thoughts and emotions is from Hashem but **WE ARE OUR CHOICES**

The learning below is dedicated for a merit for the refuah shelama of Aryeh Leib Dovid ben Esther, Rabbi Nivin, who teaches ein od milvado consciousness and personal spiritual growth through www.newchabura.com - the newest chabura is starting next week on Monday! The Ramchal is one of the many sources for the material that Rabbi Nivin uses to guide chabura members through helpful daily tools for personal spiritual growth.

The podcast below is a discussion of Derech Hashem by the Ramchal given by Rabbi Jonathan Rietti. The entire 34 shiur series by Rabbi Rietti is available for purchase at

<http://www.torahmedia.com/flexcart/item.php?evid=uusxa86twb&prodID=NA10111>

Please listen to the discussion in the podcast below which reveals that everything we experience is 100% from the mind of Hashem. The implication of this in our daily lives is to remember that our most compelling challenges and the emotions they generate seemingly from within us ARE COMING FROM ABOVE to us for one purpose - for us to choose what meaning we bring to it and thereby reveal the aspect of the Divine within us (light) or, chas v'chalilah, bring into this world something less than that (darkness, coverings to the soul). But ultimately, the purpose of listening to this clip is to bring out the idea that **WE ARE OUR CHOICES - THAT IS OUR IDENTITY, NOT THE FLOW OF CHALLENGES OR THE EMOTIONAL OPTIONS THAT FLOW THROUGH US LIKE WIND.** We own our choices and we control our destiny. Comprehending this allows us to move the negative emotional tornados to a covering that is not our intrinsic self and thereby we come to reveal our identity - through our choice to bring light or create darkness, to give as the Divine gives or to take and take better than others disregarding the ethical standards Hashem sets forth for us. The basis for self-esteem lies in our choices - are they reflective of knowledge of Hashem or are they reflective of the desires of our hearts and emotions?

This world is a spiritual place in which we are to search for the knowledge of Hashem and search for what we can do to bring His Light, which is within the soul of every person, into this world to dispel the darkness. Ein od milvado consciousness is knowing we are one with Hashem and that He is 100% in control and that every aspect of nature is a constant miracle.

Choosing well over and over again, cleaning out our desiring emotions, eventually affects our hearts and that pleasure is the greatest joy a person can experience in this world. And it is the basis for our eternity.

{{ BlogcastPlayer }}

Free outstanding shiurim on Derech Hashem and Pirke Avos and davening and more designed for those seeking to grow spiritually are available by Rabbi Yaakov Zalman Labinsky on www.becomingdivine.com