

Nourishment for the Neshama

<http://lvracha.com>

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From imperfection and fear to bitachon - three thoughts

This blog article is dedicated for a refua shelama for Yaakov Zalman ben Sirel, whose teachings have benefitted me. May the emergency surgery he undergoes today restore Rabbi Yaakov Zalman Labinsky quickly to complete health and vigor.

<http://lvracha.com/2011/06/01/rabbi-labinsky---counting-the-omer--malchut.aspx>

<http://lvracha.com/2011/05/24/rabbi-yaakov-zalman-labinsky---growing-through-the-omer---hod.aspx>

1. Making a mistake, showing how imperfect we are (comparable here to a scrape on the knee) is far better than a lifetime of fear and emotional pain (comparable here to a permanently disabling condition)
2. Hashem creates us imperfect with free-will in a world of adversity so that our free-willed acknowledgment and recognition of Him when we are in the dark (that He creates for us) becomes a reason for Him to give us the greatest pleasure He creates for us – a sense of Oneness and shelamos with Him. This pleasure is given by Hashem to us just for lovingly and gently reaching up to Him and asking Him to help us through. Recognizing that we are souls in bodies and within circumstances that belong to Him (not to us although we possess the challenges) frees us to see ourselves from our soul, the Divine aspect within. Success in seeing ourselves from the perspective of the part of us that is Gdly shifts us to healthy self-esteem. It is spiritual self-esteem, which means knowing we are connected to Him at all times and by reaching upward we take the loving and gentle action He created us to take. To have healthy self-esteem, we attach ourselves to something of value that does not fluctuate! That is our core.
3. The darkness and fear have no legs or power other than the power our lack of bitachon gives to them. Bitachon helps us set healthy boundaries because it adds knowledge of Hashem's Oneness to the boundary, which helps us deal better with people and negativity because it solidifies our mental and physical existence within spiritual reality. We know both what we can know as well as what we cannot know or control, but with bitachon we know that He controls all. The place of the world is Hashem.

How I wish to finish the year 5771

I choose to see that Hashem exists in every aspect of my internal darkneses and challenges and may acknowledging that Hashem is the Creator of it shift my mind to Gdconsciousness and no separate existence, thus relieving the distress as I take action to serve Him lishma. I believe this will help me strengthen a new boundary that will make it easier for me to deal with people and events