

Nourishment for the Neshama

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Goal of Gd Consciousness - Goal of Occupy our Emotions

1. Our consciousness at all times IS part of the Divine mind, although we think it is ours and that we have independent consciousness and existence. Divesting our selves of that illusion that free will creates for us is humbling.
2. When we see that what enlivens us, our electrical charge of life, is His Power, then we see our bodies and emotions and minds differently - the challenges before us mean only that Hashem is asking us to utilize the temporary faculties within our control, our thoughts, speech and deeds, to reflect the wisdom we have of Torah and His Will.
3. Doing this is a yoke on the neck of the body but a vitality producing joyous rapture whereby we experience spiritual connection as we were created to do.
4. The body is our surf board, keep your knees bent to ride the waves but concentrate on no separate conscious existence - harmony of mind in concert with Hashem - and stay calm and focused on bringing His Attributes and Torah to the world, for that is what we are here to do and we cannot fail because He wants it and is empowering and enlivening and is controlling it all anyway. We just get to say "I get it and want to help" with our bodies emotions and mind and thereby serve Him while improving ourselves through the spiritual sensation of touching perfection
5. Forming an emotional bond to the above brings that spiritual sensation into a relationship that is far easier for the body, because we want to live in our emotions. Think each night I want to feel it as You feel it, I want to give this to You, I know You want this more than I/ To do that, we need to detach emotion from nothingness to reinvest in relationship love and fear and communion, with Him