

Nourishment for the Neshama

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What is the good purpose for which we experience negatively charged emotions?

There is a good purpose for which we can use our negatively charged emotions. The energy from these is generated because of our identification with our ego and physical natural existence. It is our life as we know it in time and space and it feels real and near, more than anything else.

We receive our life from our parents, through whom we are born and raised and inherit physical existence and receive spiritual gifts. Yet absolutely everything in the creation has its ultimate root in Hashem, Elokim, who seems like many powers but there is ultimately only One. This appearance of sources to blame is an illusion designed to confuse us, an illusion that triggers our natural reactions. Without Torah it consumes us appearing to be reality, for we attach our identity to it.

Comes Torah to tell us that all there is in the world is Hashem! That includes every ounce of energy, including the electrical impulses involved in life itself. And because we know that Hashem does only good, then how can our reactions be good when they bring us to feelings that if we attach identity to we feel so badly?

The good purpose is exactly that. Hashem is giving us currency. Our currency is the choice on how to spend our free will – what to identify with, so He can give us real reward, earned reward. We have relationships and we love and we care, and these garments over our seed of rachamim feel like the real us. Just as Sara Imeinu died when she thought Avraham had sacrificed Yitzchok, so too do our bodies and ego have responses, may we not be tested. Yet we learn from Torah what is truly real and what is temporally real, and what the goal of our life and free willed choice is - avodas Hashem to earn eternity and build the heavens while we are alive. Only while we have life can we build. After 120, we do not have a portion in building. While we have life, we have currency to unify and sanctify Hashem's Name.

It is crucial to come to understand that when we realize that Hashem is One and the Source for both our very life force and every circumstance and electrical charge coursing our veins, we can bring that energy to unify His Name.

Hashem, thank You for my life, for the seed of rachamim and for these circumstances that my intellect is naturally drawn to desire something or to seek recognition, may I not be tested. Thank you because by merely focusing on Your willingness to be put into the dirt of the feelings that would be generated just to give me life and free will to tell You that I know it is You, I have so much gratitude because all I desire is You, to unify Your Name and enjoy the pleasure of bringing into consciousness Your middos harachamim, tolerating insults, overlooking faults, bearing the burden of the confusion of mind that continues until we are redeemed, forgiving, and casting sins into the sea. Please fold the energy of natural life into the energy and delight of revealing these attributes through my consciousness. All there is in the world is You. Please send brachas to Klal Yisrael that we may be deemed the generation meritorious for redemption, and please may the choice to unify and sanctify Your Name help us all in this

avoda so that the truth, that all there is in the world is You, can be seen by all.