

Nourishment for the Neshama

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How do we fundamentally change the way we see ourselves and bring a new Light to the world? May any effort to do so be a merit to create protection for Klal Yisrael by creating positive influence through mesiras nefesh

Let's face it. We are in bodies. We have egos. The deepest rooted feelings of pain that we have, the deepest anguish we feel in our hearts, the headaches, the rising blood pressure – at the center of these painful experiences is a part of us that truly feels like our very being. And if we are unaware of why Hashem created a being that has an animal soul and a neshama, it is no wonder that we are stuck in this imaginative place, a place that is merely our kelipas, the container including the ego, the false illusory sense of self which seeks validation and feels pained and oppressed without recognition.

How many of us are aware of why Hashem created a being with two souls....

And if we are unaware, why are we unaware. We know we are to repair our middos, our character traits, but exactly what is this all about?

What if we understood that we are predominantly and for eternity a neshama, an aspect of Hashem's own thought that is poured into a temporary container in this world in order to obtain free choice and provide influence for the structure of the heavens? What if we understood that the only reason we become subject to the pain of being trapped in a body and ego is the absence of seeing Hashem's light - His light is totally hidden in this world even though there is nothing in this world that is not a mere garment of Hashem.

Enclothed in every item we must with our spiritual eyes know that there is His light. And we must choose to behave with that knowledge despite the absence of the physical confirmation that would remove our free willed choice.

If we could see His light, we would not have free will or a sense of self. What if in the midst of emotional distress, we remembered that the distress we feel is an illusion and that at any moment we choose to activate our understanding of this pain from our higher soul, Hashem is standing ready for the negativity to dissolve? Would we ever again be so gripped by that same negative feeling? NO! It would instantly take its place as the illusion it is, an illusion based on a false belief that WE are central instead of Hashem and His will.

Our higher soul is a source of light and has the ability to seep into our hearts to soothe the negative charges we feel, IF we are ready to mobilize our definition of ourselves based on our emunah rather than our ego. This is the akeida for each of us – are we willing when pressed with our worst fears, the worst sense of having been done wrong to, the loss of something we cannot bear, the most irrational painful emotional disempowering messages that come to mind – to soothe ourselves by remembering that it is merely an opportunity to tell Hashem – I am my choice to know that this is NOT EMES – that this is an illusion because it is a concern about my ego, my life, my honor that is at stake, and there is nothing about me that is worthy

of honor because all my good qualities, my ability to discern and integrate and know are YOUR qualities that You give me. And since I do not own them, there is no cause for me to feel dishonored, disrespected or pained if You deem whatever You deem. Instead, what IS mine is my choice to tell You Who I LOVE that I know what this is for, for me to create positive influence in the world by emulating YOU, tolerating insult, overlooking, being patient, giving the benefit of the doubt, waiting for the harm to go away on its own, casting sins into the sea and all of Your 13 attributes of mercy. Just as we created the positive influence that Hashem used to split the Red Sea with our emunah to walk into the sea up to our noses so each time we are in emotional distress or in a disempowered place, we can nominate ourselves to be the one to create from it positive influence in the world through our free willed choices.

Here is how to nominate yourself:

1. remember when experiencing a thought that is causing a sense of emotional distress that this is an opportunity of a lifetime to create positive influence in the world
2. summon up emunah – everything Hashem does is good and I wish to feel, think, and do only that which is pleasing to Hashem
3. judge the thought or feeling as unpleasant to Hashem and acknowledge that it is coming from the physical/egotistical side and not from the eternal neshama side of our makeup
4. Ask Hashem to please help us activate our higher self, to take off the blinders on the neshama that think we are trapped in a dark world
5. Remember that our neshama is at all times attached to Hashem in a world of light and that if we just allow the light that is part of us to soothe the lower self, we can rectify our middos
6. Recall the mitzvah to love Hashem and fear only Hashem
7. Tell Hashem that the matter is nothing more than a personally designed experience to see how we will channel our thoughts – toward Him in the center or toward ourselves in the center and that we KNOW with certainty that if we channel our thoughts toward Hashem in the center then we are loving Hashem and acknowledging with emunah that everything that Hashem does is good, and that we acknowledge that despite the appearance of separate existence, the truth is that we are part of Hashem.
8. Remember that at all times we are a thought of Hashem with free will to return our strength to Hashem for the unification and sanctification of His name and that this is the very best choice we can make.
9. Remember that this is what Hashem wants – a relationship with a being that has this choice and consistently prefers to put Hashem in the center rather than pursue selfish goals.