

Nourishment for the Neshama

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Hod shebe hod – Lag B’Omer – Understanding the purpose of humility in humility as unity

The negative reactions we have when we feel threatened, endangered, insulted, rejected and more reveal to us how the natural elements of earth wind water and fire vie for expression over revealing Hashem's attributes of mercy. The inspiration and understanding we need in order to tolerate the vibrating pulsating natural urges is that the purpose of the circumstances is ONLY to see if we will use our free willed choice to submit our nature and open to the understanding of eln od milvado. By opening to the understanding of eln od milvado, our identity becomes the effort we make to flow these fallen "sparks" from the natural world to the heavenly realms. The effort we make to flow from the kelpas of our natural reaction to our hearts actions and speech that reveal Hashem's attributes of mercy is an indication of our understanding what our lives are truly for and how to build ourselves into strong vessels in the service of Hashem.

Hashem wants a relationship with each and every one of us. Each one of us is part of an assembly line, and we are each to emit our tikun, to release the sparks of our nature through our thoughts speech and deeds so that we can unify Hashem's Name, yud k vav k, the lower k with the higher k, and thereby overcome doubts in faith that solidify His Kingship and make it visible. Each time we strain to give the benefit of the doubt, no matter the rational proofs of wrongdoing even if true, we are declaring a far higher truth, which is that we accept our role to unify and sanctify His name because all there is in the world is Hashem. This is true unity and reflects the functionality that Avraham Avelnu discovered in the manner that the world is created. It is the topic of Nefesh HaChalm. It is crucial spiritual science. Collectively, we can create something that has tremendous positive impact in the heavens and on earth - if we all make the effort, there would be a different world immediately.

May our understanding of the opportunity when facing negative emotions grow and become integrated into our hearts, thoughts speech and deeds. And may we be zocheh to also receive from Hashem's utterances a new light shining in the world.