

## Nourishment for the Neshama

<http://lvracha.com>

**Sunday, November 25, 2012**

**We are here to conquer the evil inclination and do teshuva – we are NOT here to conquer each other through concealment**

*Psalm 37*

*Do not compete with the evildoers, be not envious of the doers of injustice. For like grass will they be swiftly cut down, and like green vegetation will they wither. Trust in Hashem and do good, that you may dwell in the land and nourish [yourself] with faithfulness. And rely upon Hashem for your enjoyments, for He will grant you the desires of your heart. Commit your way to Hashem rely on Him and He will act. He will reveal your righteousness like a light, and your justice like the high noon. Wait silently for the salvation of Hashem and wait longingly for Him; do not compete with him who prospers, with the man who executes malicious plans. Desist from anger and forsake wrath – do not compete, it brings but harm. For the evildoers shall be cut off, but those who hope to Hashem, they shall inherit the earth. Just a little longer and there will be no wicked one; you will contemplate his place and he will not be there. But the humble shall inherit the earth, and delight in abundant peace. The wicked man plots against the righteous person and gnashes his teeth at him. G.d laughs at him for He has seen that his day approaches....*

Please hear Rebbetzin Iris Odani Elyashiv's shiur from TorahTime.com inspired by the double rainbows in NY after Hurricane Sandy. Rebbetzin Elyashiv ties together Torah to lead us out of our unproductive attachments and find our way back towards emulating Hashem's attributes of mercy, as brought out in Tomer Devorah. We are here simply for this test. Rebbetzin Elyashiv inspires us in approaching the challenge now more than ever by remembering that before Adam ate the apple, the body and ego had no wants. Those wants were external. Now that the body and ego's wants are internalized, we have many challenges to see through to what is true pleasure and what is our mission. We are here for this test, over and over and over again, may Hashem help us to resist and repair and return!

Many Torah teachers explain how and why to do daily hisbodidus. Rabbi Jonathan Rietti has an 8 tape series on it. Rebbetzin Heller has taught it through her workshops. Rabbi Aryeh Nivin incorporates it as part of [www.newchabura.com](http://www.newchabura.com). Rebbetzin Tzipora Harris includes the concepts in [www.clarityseminar.com](http://www.clarityseminar.com).

Verbal introspection is a great tool to help us sort out what is good in Hashem's eyes - by discussing our challenges out loud in His presence for the purpose of sorting and choosing only what is precious to Hashem -also called hisbodidus. With sincerity and honesty, we begin to discern through verbal introspection who is in the center of our thoughts, speech and deeds, Hashem or our egotistical selves(that are hardwired to over emphasize what we think our bodies are in need of). The result of hisbodidus is getting in touch with our higher soul and strengthening its input into our daily challenges. It becomes the relationship that is most pleasurable, the relationship that we wish never to have a break from, the relationship we protect against disrupting, which means the pleasure and clarity resulting from hisbodidus gives us the strength to say no to false pleasures of the ego. Without the scrutiny of hisbodidus, the discussions in our head are opinions that eventually, because we are hardwired with the yetzer hara, come out in favor of our near-sighted sense of what it means to take care of me in this world. Hashem wants us with emunah to know that He is taking care of us and will best take care of us when we shine positive influence into the world by bringing into the world His attributes of mercy and doing His mitzvohs.

Below the video is a toolbox to help as well.

[to see Rebbetzin Elyashiv's shiur click here](#)

<http://moment-of-prayer.com/lvracha/hurricanesandy.swf>

May the light we may bring with Hashem's help merit for us to have a new light by Chanukah!

Daily Hisbodidus – Torah Basis

(Concept of the Baal Shem Tov: Submission – breaking what grips us to our bad traits, along with Rav Dessler's terminology, nullification of the lower world due to emunah in Hashem and His goodness)

Thank you Hashem for the flow of thought, emotion, and consciousness to this otherwise inanimate body that houses it, may Your name be praised, and deeply may I focus that my survival depends on Your Will alone and that You have given me free willed choice and consciousness to influence the world.

(Concept of the Baal Shem Tov: Separation – the use of daas to discern - along with Rav Dessler's terminology, total just and good Divine Providence and control of nature)

and for the ability to perceive, experience and learn, for the gift of free willed choice, and for the capacity to discern and integrate that there is nothing but Your simple unity in all the world and for the understanding that my thoughts speech and deed output influence on the world which if negative and unrectified becomes encloded in my circumstances in order to help me perfect myself.

(Deeper with the work of breaking the hold that our attachment to negativity has on us by applying behira, free willed choice – uses Rabbi Shapira's method to access unlimited free will)

Please flow through me unlimited will power to direct the recipe of personality, circumstance and emotional flow You send through my heart each day so that through the use of conscious choice which You bestow upon me to judge my thoughts as precious or not precious in Your eyes, I can release the innate natural gift of strong subconscious deep emotional bonding from imperfection (unreality, basic human nature including my very survival ) to perfection (reality of the Divine mind, connection to Divine attributes and ein od milvado consciousness), and nullify any need for You to enclode as opportunities for growth the fallen Yiras Hashem of my negativity into circumstances in my life

(Concept of Rabbi Dessler to sanctify Hashem's name by attaching our hearts in loving service to a place that our limited self cannot go, expressing emunah and strengthening Yiras Shemayim)

with the desiring result being that all of my emotions are directed first to loving and fearing and emulating You, Who controls our ultimate survival and destiny along with everything else in the world and thereby bring Your hidden light to every matter

(Concept of Baal Shem Tov – Sweetening – seeing oneself as a pure good neshama and a healthier relationship between soul and body - see [www.bilvavi.org](http://www.bilvavi.org))

May Your Will and Attributes as expressed in Torah be fully conscious within me and grant me success in bringing Your Attributes and Will to visibility in my actions, my relationships, my thoughts, and my emotions. May I be strengthened with unlimited conscious free will to approach my day from loving awareness of choosing what is pleasing to You and thereby redeem the Elokus in golus within the "body-partnered-with-yetzer-hara" veil over it, affirming to You love for and Yira of Hashem; may I strengthen the ship of emunah through which I choose my body and soul to travel through this world, thus forming a vessel through which to receive abundance and act upon Your Will thereby uncovering an aspect of Your light encloded in my soul and shining it willingly into the world

### Occupy our Emotions - the Process

"I recognize that when negative, angry or afraid, I am emotionally bonding to the yetzer hara's message of lack implanted in my subconscious that open the doorway out of the world of neshama and connection and into the world of falsehood based on pursuit of jealousy, desire, or ambition and I see that it is unpleasant. In this case the strong unhealthy magnetic bond is to \_\_\_\_\_(name the pattern/thought/experience /programming/ nature) and I judge it as fallen Yiras Hashem. Please help me see the corrupted thought that is switching me out of reality .Please help me elevate the fallen Yiras Hashem trapped in that thought to true Yiras Hashem..

Hashem please grant success to the choice I declare to shift my emotional bonding from imperfection to love , fear and emulation of You. Please see my determination and give me the will power, to the very depths of this emotion, and help me to match the negatively charged emotion (which is a result of my tzelem elokim connecting with falsehood) with will power to calm my subconscious clinging to this self-destructive illusion. (I am awaiting the will power), I sincerely want to no longer have the strength of my neshama emotionally bonded with this thought/experience/memory. [once the emotion is calm and the feeling of will power there, say:]

"Hashem I choose that the strength of my neshama that is bonding to negatively charged emotions of jealousy, desire or ambition of honor – specifically \_\_\_\_\_ - shift (Please shift the strength of my neshama which is subconsciously attracted like a magnet to falsehood and which has been above my behira and out of my ability to control). Right now the strength of my neshama is bonded to a pattern/thought /experience/programming/ nature that is unpleasant and unreal. I recognize that this has been above my behira and You have shepherded me and guided me to take accountability for my actions( through suffering consequences of the emotional pain of separation of the strength of my neshama from connection to You). Please give direction of this orphaned strength of my neshama into my hand. I beseech You to listen to my free willed choice. I direct this strength of my neshama and its emotional bonding affecting my actions to detach from pattern/thought/experience/programming/ nature and re-attach to love and fear and emulation of Hashem alone. Please take the very same strength with which it was subconsciously attached to falsehood and build that strength into the volume and density of my emunah in my heart so that I may with that strength create in my heart a mikvah and place my sins and everyone's sins in for forgiveness and love and may this teshuva be a zechus for our generation. Please lead me in the path that I wish to go, for the unification and sanctification of Your name, for now I realize that this has been sent for me to responsibly bring the strength of my neshama that You give me back into harmony with Your Will thereby releasing it from the golus of my subconscious as it reconnects with Your Will and attributes. That is my sincere choice and desire, for there is nothing but Your simple unity in all the world. Please grant success to my free willed choice to direct this strength of my neshama and emotional bonding to love and fear and emulating Hashem and please destroy all negative spiritual entities which I may have created by misuse in the past of the strength of my neshama attached to negative emotion. I regret it and ask that this negativity and any destructive beings related to it be taken out of the world and that my teshuva be a zechus and benefit for all Klal Yisrael."

