

## Nourishment for the Neshama

<http://lvracha.com>

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#### Improve ourselves, improve the world

Throughout this blog, Nourishment for the Neshama, are may descriptive tools to help those seeking and searching to grow. By grow, I mean to grow closer to the aspect of Hashem's image that is within us. Gd created man in His Image and when we search to bring that out within ourselves, it means we rise above our instincts, our basic human nature. This process is the basis of holiness, of what we call kedusha. We make ourselves holy by rising above our limitations and use our free will to declare Hashem's unity and bring His light into the world.

Rebbetzin Heller, on [http://www.tziporahheller.com/one\\_article.php?id=46](http://www.tziporahheller.com/one_article.php?id=46) , writes:"

".... All effort to become more like Hashem is a fulfillment of the commandment, "Walk in His ways." This mitzvah is accomplished by becoming more compassionate, more patient, more loving, more forgiving – all qualities of Hashem that we can – and should – emulate."

Basic to all the tools in this blog, whether they are tools taken from the writings of mainstream Judaism or the sharing done here from experience, is constructive thinking (that is, thinking needed to help us expand in hollness) - the first step of which is positive thinking

What are we up against in terms of our physicality? How are we designed?

Dr. Miriam Adahan explains the physiology of our brain so that our struggles in achieving positive thinking are exposed, which in turn makes these struggles a bit less intimidating.

<http://www.adahan-online.com/index.aspx?id=2624&itemID=1927> physical - developed by 6 months  
<http://www.adahan-online.com/index.aspx?id=2624&itemID=1928> emotional - developed by age 3 or 4

<http://www.adahan-online.com/index.aspx?id=2624&itemID=1940> ; thinking centers, cortex developed by age 20; Our cortex has to reprogram and control the lower brain; it is our upper brain helps with victories over not giving into negative impulses

It is crucial to our times to understand how easily we could all become trapped in the physical or emotional parts of our brain, overlooking Gd-given directive and guidance on how to become truly human by bringing out the aspect of Gd's image that is within us. Only human beings are created in Gd's image and only we can bring His Light to this world. Furthermore, it is incumbent upon us to do this. lest His Attributes no longer be visible in this world, Gd forbid.

What stands in the way of our grasping this more naturally is that Gd gave us free will, and one of the main ways we are given this free will is to have a blind spot to the spiritual reality that we have no separate existence '[in our sould] from Gd. Instead, Gd allows us to explore fully the concept of independent existence, .

Rebbetzin Heller speaks about this as well [http://www.tziporahheller.com/one\\_article.php?id=46](http://www.tziporahheller.com/one_article.php?id=46) :"

"People value "independence," and consider it a great achievement to not need others. From the Torah's viewpoint, however, if a person could achieve complete independence – financially, emotionally, and intellectually – that would be a great tragedy, because human beings are meant to contribute to each other. And you can only contribute something significant to another person if that other person lacks what you have to give."

Some refer to this idea as tikkun olam. But the Ramchal [Rabbi Moshe Chaim Luzzatto in Derech Hashem] explains that we are here to perfect ourselves - that is to make ourselves in Gd's image -so that we can be more like Him, and thereby experience the pleasure available in this world.

Rebbetzin Heller says in the same article [http://www.tziporaheller.com/one\\_article.php?id=46](http://www.tziporaheller.com/one_article.php?id=46): "Exile isn't a geographical reality. Exile is detachment from source hood."

When we realize that we are connected to Gd, Who is the primary cause of everything, and to each other as well, we take the first step toward holiness, which is knowing the spiritual reality of the world and accepting it.

As we lift ourselves upward, we gain merit and we grow closer. Each of these brings attachment, and, if we can all do our share, perhaps we will see the utopia we yearn for.

May all of us through sincere love and fear of Gd, find fulfillment, and may our lives be enhanced by the resulting true joy of life.