

Nourishment for the Neshama

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Inspiration from the splitting of the Red Sea

Our generation having the perspective of seeing the cumulative annihilation and abandonment and condemnation of the Jewish people for all of history and experiencing the current trends in today's world has an opportunity to relate in a transformative way to the fear that the generation that left Egypt must have felt as they became trapped with no escape route at the Red Sea. After years of enslavement and a miraculous year of plagues that rectified the tuma in them, they ran out of Egypt into the desert, a place with no assurance of food or shelter, following Moshe Rebbelnu and what happened? The Mitzri came running to get them again!!

That to us feels so real. Is it post traumatic stress disorder? Is it the continual berating by our enemies hatred of us? Yet from then to now, we are still here. Nishmas Am Yisrael, in this moment, is being thought of by Hashem before He is creating the world, Nishmas Am Yisrael is at Mount Sinai and Nishmas Am Yisrael is living in Eretz Yisrael. And from Hashem's view, Moshlach is redeeming Nishmas Am Yisrael. We are on our time line, a little dot on a circle with Hashem in the center, our dot being a place in time and space that is our lifetime yet connected to every other soul in time for all time.

The tools for spiritually surviving all the geopolitical realities that Nishmas Am Yisrael has undergone is given in this week's parsha.

Why in the first place did Hashem need to send Pharaoh and the Mitzri to wage war against the Jews - surely there would have been a way to accomplish the geopolitical reality without scaring the living daylights out of everyone. What we see is that when we go into the sea knowing that we are in Hashem's hands, the concealed world, the floor of the ocean, becomes revealed with many gifts and treasures!! Our worst fears when we extract the koach from them and still in love and awe of Hashem and the desire to don His garments of mercy become the channel that brings abundance.

And that reveals the deeper purpose of Nishmas Am Yisrael, to struggle to do this in order to bring Hashem's Ohr to the world.. If we were not so terribly confused by the geopolitical realities of staying alive and earning a living, would we not see that Hashem is totally in charge of every aspect of the universe? Because we ate from the tree of the knowledge of good and evil, that perspective became confused. Yet even that sin was foreseen by Hashem, for the opening that allowed the sin is forgetting that All Glory is Hashem's. With all that man takes credit for, it is in truth a little repulsive to take any credit for any of it. Hashem gives us all our success. All glory is Hashem's. Our role is effort. The effort we make to walk into our personal darknesses where our self interest feels oppressive and forge across our corpus coliseum seeking to put a skylight in our ego through with Hashem's middos harachamim can flow is the way we provide the soul of every moment of our lifetime. The thoughts speech and deeds that are positively impacted by our setting aside self interest in this way impact not only our moment of time when we have in mind our teshuva as a benefit for Klal Yisrael.

As soon as the mitzri were drowned and were eliminated as a threat to us, the wars continue with Amalek who is within us operating until this very day. It is up to us to push across the logical doubts and reasonable arguments and cynical outlook that Amalek suggests, trying to keep us in self interest and prevent us from

opening up channels to bring in mercy.

Every one of us in whatever time we live in whatever part of the world we live in are all part of One and even though we see ourselves in a distinct way, our efforts to forge upwards from our fears and self interested goals in order to bring in middos harachamim heal and repair Nishmas Am Yisrael and help to bring the geula shelama, may it be very very soon.

Redemption is NOT a spectator sport. May Hashem grant in the thoughts of every Jew the yearning to adorn our strength rescued from self interest with His attributes of mercy, tolerating insult, overlooking faults, bearing the burden of the confusion of mind that occurred when we injected from the tree of the knowledge of good and evil that concretized physicality to the extent that our intellect serves the lower soul, and forgive us for our original error in considering that there is any glory in the world other than Hashem's glory, and please cast all our sins into the sea, wash us off, for in this very moment Hashem is thinking of Nishmas Am Yisrael. Let us put on the garments of our Father and may He redeem us!!