Nourishment for the Neshama

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More on ego and self-esteem - low self-esteem reader

Self-esteem is knowing that my value comes from the reality that I have an aspect of the Divine within me that I may use my free will to express, whether or not I do

Healthy ego belongs to the temporal and spatial world, as if a body part. If it gets bruised or is esperiencing lack, there is no need to affect self -esteem. (consider jealousy, desire, anger, constriction of mind - if our self-esteem is not involved in the message of lack, are we not able to respond far more healthfully?)   Much of the emotional pain we feel comes from a sense of having been lowered in our self-esteem when our egos are bruised, causing us to try to recover something we never lost - revealing fallen emunah. Self-esteem and ego are best separated for the health of each.   Letting go is accomplished by remembering "the place of the world is Hashem, everything that happens is for my ultimate growth and development and is therefore good." In fact, everything is happening so that we can use our free will to choose to emulate Hashem, thus solidifying our sense of our self-esteem in a healthy way.

Picture an aleph at all times to support our remembering that Hashem Echad but more, that our self-esteem belongs to the upper Yud (our soul is part of the Soul of the universe) while our ego belongs to the lower Yud

Notice the thin line leading to the upper right part of the aleph - what if we place our self-esteem in this upper realm while placing our ego in the top of the lower left leg, (the lower yud represents the temporal and spatial world). The aleph is a great image for understanding how we are one, and one soul connected to the Soul of the world, yet composed of different aspects!

Today when I pictured this, when something tempted me to go into a lower realm, I imagined the pain merely as a slide down sent so I could choose to enter the opening where I know my self-esteem is.   I let go and went up! This Way UP! RECOMMENDED!