

Nourishment for the Neshama

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Negative Thoughts and Feelings are SYMPTOMS

A negative thought or feeling is a SYMPTOM that a portion of the energy that Gd sends me every moment (my soul) has been captured by an illusion offered by the Yetzer Hara – the illusion is that my wishes and goals and desires have separate existence from the will of Hashem and that if I do not accomplish them, something is wrong (with me, with someone else, with the world....) Yes we need egos with which to implement our hishtadlus but no, when results differ from our expectations and we experience negativity, the negative emotions must be seen NOT as something to dwell within but rather as “lost energy” that needs to be re-connected to the reality that we have no separate existence and that there is only Hashem in this world.

To do so requires that we use our free will to energize our emunah, our faith, that there is only Hashem in this world and that everything He does is for our ultimate good.

How to reconnect using Jewish wisdom (www.clarityseminar.com):

1. Think “I have a choice here to see this differently – I am open to the possibility that Hashem can solve this”
2. Ask myself if the negativity is coming from an outcome that causes me to feel lack, especially lack of respect or honor regarding how I appear or look to others
3. Recognize that “how I will look” to others is a concern of the ego. What matters is how I look to Hashem
4. Ask Hashem to help us reconnect to no separate existence and accept His Will that He will give us what is good for us and need for us, if not in this way, then in another way, for He has Infinite ways to accomplish what is truly good for us. The absence of what we hope for is also good even if we don't understand, because the absence offers us opportunity to grow closer to Hashem by becoming more like Him - thinking of ways to bring His Attributes into the world, - thereby demonstrating the use of free will to energize emunah and express love for and thanks to Hashem and pray to Hashem as we continue to ask of Hashem .
5. The main thing is to re-connect with the reality that we are vessels containing His energy in the form of our soul, and that we have no spiritual separate identity even though we are in bodies at this time. With this comprehension, we re-align our will with the Will of Hashem, for that is the only true reality. What we experience from our perspective of will and goals is merely the forum Hashem gives us through which we are given opportunities to use our potential and fix our defects each time we properly love Hashem and use our free will to activate our emunah and reconnect in this way, for this is how we earn eternity.