

Nourishment for the Neshama

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1 + 1 - 1 = 1 Hashem Echad and our role in the formula

Hashem made man In His Image, meaning that the soul of Nishmas Am Yisrael contains a reflection of the attributes of mercy from the upper yud of Hashem's Name, given to us In order for us to have a medium In which we can choose to relate to His Name.

When we seek out these attributes of mercy within us and choose them over natural tendencies, we are making a simple but difficult statement In emunah. That statement is that all honor belongs to Hashem. It is crucial for us to comprehend that all the taking that we do, all the pain we suffer by feeling insulted, all the fear we have of being rejected, is an illusion that we can obtain honor and pleasure In some way other than by bringing Hashem's honor to the forefront of our mind.

We must submit to the reality that our meager existence is nothing more than soil animated for a period of time for the express purpose of sanctifying Hashem's Name In every moment. In order to submit to this truth, it is imperative that we recognize that our esteem is based ON that decision to submit and NOT on the stimulating events or their outcome. This is understanding the true nature of reality In Hashem's world. Hashem is 100 percent In control 100 percent of the time.

Just as the hot molten iron and nickel tornados In the earth's outer core generate magnetic fields to make it possible for us to enjoy earth's atmosphere and live, so too the emotional tornados that arise from within the base of our limbic system In reaction to perceived threats and affronts to our ego have the potential to create positive influence that maintain the world and bring Hashem's attributes of mercy into view. We can pull back the kelpa of desire, including the desire for honor which is so basic In every one of us, and the kelpa of self-interest, anger, fear and arrogance, including the cultivated judgments and accusations we use In our attempts to "fix" others.

We can improve our emunah to a level of increasing our consciousness of how Hashem desires us to relate to yud k vav k and we can use our free will to submit to reality and begin choosing In the manner that is pleasing to Hashem. We are here to pull back on the coverings of our earthly being, unifying His Name through the energy it takes to do so, In order to reveal tzelem elokim, sanctifying His name.

Hashem is One

$1 + 1 - 1 = 1$

Hashem is One plus the apparent physical separateness of man, nullified by the force of our free willed choice to unify Hashem's Name brings to light Hashem's attributes In this world. All honor is Hashem's. And when we declare it In our lives with our free will, we experience pleasure and receive reward from Him.