

Nourishment for the Neshama

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Order up your day - total control! Would we be happy?

Would we really enjoy life if we had total control?

Imagine for a moment that you could wake up in the morning, go to your computer and order up your day. Perhaps it would look like this:

I would like the weather to be 70 degrees, sunny, slight wind. I want my car to work well, no one in the family to get sick. Everything I need to buy I want to find on sale. The people that I meet during the day should all be nice, loving and warm, happy to see me. My employer should be pleased with my work. I should win the lotto and everything that I eat would not cause me to gain weight. The cheseds that I do should all be with comfort and ease and I should have all the resources and time needed to accomplish them without sacrifice.

Now that would be a pretty good day! Nothing extraordinary there. But what if I ordered that day every day. What if I had total control over everything that happened to me every day?

Quite frankly I think I would not be happy. I think I would find myself moving through my day but unengaged. What is there to do? Where can I make a difference? How would I show Hashem that I am ready, willing and able to bring out the aspect of His image that He implanted through my soul?

Not only do we not have control over our day, but every person on this planet does not have control over their days. We are moving and active in this world along side every other person, each one struggling with the uncertainties and challenges that a day poses. This is the design of the world and seeing it should lead us with absolute certainty that there is a Designer – a Designer Who wants us to move with uncertainty in a world so that we develop awareness of the Designer and attachment to the Designer. The goal of this world is developmentally one of emunah, of realizing that at all times there is a Designer Who wants our souls to find Him, indelibly imprinting His presence in our minds and allowing it to pierce the false images that encase our hearts from feeling His presence.

Hashem loves us and stands awaiting our constant awareness of His complete control over the world, every thought, every emotion, every atom, every occurrence. There is nothing but Hashem but we can't see Him because if we could, we would not see a world. He withdrew layers of His constant presence so that a world could appear, a world where it appears we have independent existence, a world where He gives us the free will to deny His existence! With the very intelligence He gives us, we have free will to fear or not to fear Him, heaven forfend.

There is nothing in this world that He does not control. He designed our character traits, our circumstances and everything else. It is all for the good of helping us realize His constant existence so that we can come to the pleasure of touching His perfection by choosing to bring His attributes into this world rather than the natural reactions or ego-based victories we might erroneously think are good and appropriate and necessary for self-esteem.. True self-esteem is knowing that we can choose, even if we fail at times, to bring out the aspect of the Divine Image that is within us. We are all here to fix something withiin ourselves, and the challenges are designed to elicit from us a response of Gdliness that elevates and heals and repairs.

Look at a knee. It is the joint between the thigh bone and the shin bone. There is a connection. It holds the bones together. When the thigh moves, the knee allows the leg to kick or extend forward. And when the leg moves, the entire body goes with it.

There is effect in both directions.

Hashem created us. If we do not realize it, we will move in natural patterns that take our souls to places that may be in contrast to His commandments. When we realize our connection, and the consequence that we take ourselves far away from pleasure unless we follow His commandments, then we are careful to step in a manner that affects us in a positive way in His eyes. We build eternity and create behira energy by choosing to be Gdly instead of natural or goodly.

We are Hashem's arms and legs in this world. We are His keyboard, the connective devices through which Hashem's presence can come into this world. Through our actions and words, we are here to deliver His significance and attributes to the uncertainties and challenges we face each day.

So we really can order up our day. It is just that we need to know what we really want as we traverse all the difficulties and uncertainties!

Dear Hashem, please show me gently what I need to see at this very moment in order to take my next step in serving You.

We can order this every day, at every moment, and doing so will bring us closer on an infinite path of connection that will bring us happiness as a byproduct of living meaningful and holy lives.