

Nourishment for the Neshama

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There is a greater pleasure than the fulfillment of our every desire

The ability to choose away from self-referencing begins only when we realize there is a greater pleasure than the fulfillment of our every desire. Although we crave what we want and like, when we experience the pleasure of delighting in Hashem, we have a new reference point for setting our goals, because the body and sense of self actualization benefit and experience pleasure when we reveal Hashem's attributes of mercy in the moment.

Connecting our intellect so that we identify esteem based on our effort to reveal the seed of rachamim in us, the tzelem elokim, is a choice. Torah tells us to, but it is still a choice that on the inner level of our emotional makeup may be overlooked or done without conscious choosing. We are 100 percent animated by a light, a seed of rachamim, that when it departs our life ends. Whatever remains associated with the body after death is released after the body is totally decayed. Toward what pleasure do we believe life is for, something based on temporal existence in time and space or something based on eternal existence?

It sounds esoteric, but it is within our ability to experience the pleasure of connection with Hashem in this world. We can glue ourselves to revealing the seed of rachamim that is our tzelem elokim and we can realize that much of our emotional suffering is optional, caused by identifying with esteem based on externalities rather than on effort to reveal tzelem elokim.

The world is filled with Hashem's Glory. He is the Sustainer and Creator of all. What is miraculous is that He creates a world where we believe that we have independent existence. That belief and the pursuit of satisfying the desires associated with living in time and space are our lives. Free will to choose acknowledging Hashem's Glory as One is obvious to everything except mankind and free will is how Hashem gives US currency – when we willingly choose to reveal the seed of rachamim over those desires, we are paying in the currency of our lives. In His great kindness to us, He gives us clarity and calmness when we choose well, and in this way we come to understand that we can have a meaningful relationship with a present and active Creator who loves us and desires to give us pleasure in this world and the next.

It is a process that takes time, but we can at any moment begin the journey toward upgrading the pleasures we seek. Emunah is built as we begin to trust this process and seek the pleasure of devekus over other pleasures, including the shift of the basis of our esteem.

May our resolve to do so be enough to deem our generation meritorious for redemption b'ahava.

There is only One yet it feels like two. Please help me unify with You.