

Nourishment for the Neshama

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Prayers to say before each day's Pesach cleaning

Prayers to say each day before beginning Pesach cleaning, courtesy of Rabbi Aryeh Nivin www.newchabura.com

style="color: rgb(0, 0, 102); letter-spacing: -0.05pt;">Below is one of the prayers - below that is a summary of the prayer that shows how it parallels submission, separation and sweetening, and suggests where one might insert Hashem's attributes of mercy.

Hashem You see from the beginning of time to the end of time and You know what is inside a person. You know a person's life, personality traits, and particular situation- because it is all from You.

Hashem help me to know that all of the circumstances in my life- from the time I was born, until now, and for all of my future- is all from You. I know that You love me and Your only desire for me is to become closer to You.

Please help me to remember Hashem that I am just passing through this world. Please help me Hashem not to get dragged down by all the little details in my life- help me to keep my focus on the larger picture and on the blessings that You have bestowed upon me. Especially now, at this time, as I attempt to prepare myself for Pesach.

Please help me to remember what the most important thing in my life is- my relationship with You, with those around me, and with myself. Help me, Hashem, to keep and hold tight to my connection with You, even in times- especially in times- when I am so busy and when my to-do list is so long and I feel that everything will never get done. Help me Hashem to let go of control- to do my best, but to let go of the results. Help me to influence others positively when I can, but not to attempt to dominate them. Help me to have compassion and patience with myself and those around me.

Gently remind me, guide me and inspire me, Hashem, each and every day, towards Your will and towards Torah. Open the path for me to Your pure Torah and help me to truly live and serve You according to Your will.

Hashem you do not sleep, nor do You feel tired or weak. Please Hashem, especially in those times when I have little strength left in me, please help me. Please guide me, with love, to do only that which is best for myself and my family in my service of You.

Hashem I want to serve You in happiness. Hashem you know me as no human being does- You know what is inside of my heart. Therefore, **Hashem, please remove the hurdles that are blocking me from serving You in joy.** It is written that Your paths are paths of pleasantness- help me to serve You and to prepare for the holiday of Redemption with joy and not with sadness, with strength and not with weakness, with clarity and not with doubt.

Help me to know what my hishtadlus is- help me to know what and how much to take upon myself and

what to let go of or delegate. Help me to understand clearly what is necessary and what is not necessary, both in Pesach preparations, and in all of the mitzvos that I undertake.

Help me most of all Hashem to have emunah in You- real inner knowledge in my heart of hearts that everything that happens is only from You and only for my good. Even if I am in pain or if things don't go the way I want or are not the way I want them to be, help me to accept them as Your will and to be safe in the knowledge that this too is from You. Especially at those times, open my heart to You in prayer that I may understand Your will for me.

Hashem please help me to pace myself in my Pesach preparations so that I do not get worn down. Help me to bring joy into my preparations. Let us welcome Pesach on the seder night 100% ready in all respects to welcome Your Redemption.

The highlighted sections of the above prayer parallel Submission, Separation and Sweetening, the wisdom from the Baal Shem Tov that helps us emulate Hashem and bring the Glory of Hashem into our actions rather than actualizing something self-referencing (ego-based).

Submission

Know there is Hashem; Hashem is One

Hashem help me to know that all of the circumstances in my life- from the time I was born, until now, and for all of my future- is all from You. I know that You love me and Your only desire for me is to become closer to You.

No Other Power

Please help me to remember what the most important thing in my life is- my relationship with You, with those around me, and with myself. Help me, Hashem, to keep and hold tight to my connection with You. Help me Hashem to let go of control- to do my best, but to let go of the results. Help me to have compassion and patience with myself and those around me.

Separation

Love Hashem

Gently remind me, guide me and inspire me, Hashem, each and every day, towards Your will and towards Torah. Open the path for me to Your pure Torah and help me to truly live and serve You according to Your will.

Hashem, please remove the hurdles that are blocking me from serving You in joy

Have Awe of Hashem

Help me most of all Hashem to have emunah in You- real inner knowledge in my heart of hearts that everything that happens is only from You and only for my good. Even if I am in pain or if things don't go the way I want or are not the way I want them to be, help me to accept them as Your will and to be safe in the knowledge that this too is from You. Especially at those times, open my heart to You in prayer that I may understand Your will for me.

May I suggest to pause and speak out loud to Hashem

With both of my inclinations and with the intellect through which You give me life, I choose for intellect to cling to revealing Your Glory, for emotions to yearn to emulate Your Mercy and for actions that reflect effort to bring Your Glory into this moment by:

tolerating insults,

overlooking faults,

bearing the burden of the confusion of mind that happened when we ingested from the tree of the knowledge of good and evil thereby concretizing physicality and attracting our intellect to serve that physicality over the spiritual reality that All Glory is Hashem,

forgiving myself and others for ever thinking there is any glory other than You

Asking for love and awe of Hashem to nourish the natural human fears of abandonment and annihilation that resulted when we were thrown out of Gan Eden and made mortal

Please cast all our sins into the sea and may the effort being made to reveal Your Glory by revealing Your Mercy bring from the side of tuma to the side of kedusha a strength that You Desire from us to merit Your Redemption and Your Revealed Glory in time and space.

Sweetening

Hashem please help me to pace myself in my Pesach preparations so that I do not get worn down. Help me to bring joy into my preparations. Let us welcome Pesach on the seder night 100% ready in all respects to welcome Your Redemption.

One suggestion is to acknowledge to Hashem that we yearn for our actions to reveal His Glory for the sake of His Glory being revealed in the world, and that the pleasure we truly desire is the pleasure of the mitzvah of emulating Him, and that success in this regard is up to Him, for we struggle with self-referencing and honestly need Hashem to lift us when we act so as to reveal His Glory..