

## Nourishment for the Neshama

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**Thursday, February 13, 2014**

### **Purim Katan 14 Adar Aleph - May our intellect serve Your Name with love and awe**

Tonight is Purim katan and although we don't bring out to the fullest extent the ohr of Purim that we can through the halachos of megilla, seuda and tzedaka, the ohr of Purim is part of this day in potential identical to Purim itself.

The ohr that is present is the light of salvation and redemption – in our most primal selves, the hidden miracles of Purim as brought out in the megilla brought to the hearts of the Jewish people an emunah that penetrated through to the body and ego. Whatever spiritual heights we achieve, unless our higher self touches for the sake of healing the unrefined aspects of the lower self, the ohr remains concealed. We have real free will and can choose to touch our lower self with this higher light

Imagine in front of us on the left a diagram or picture of the coping mechanisms we developed when young to help us deal with the realities of life. Very often these coping mechanisms have energy and charge to them, meaning we rationalize and believe that as the way to get done what needs to be done.

Imagine on the right the letters of Hashem's name yud k vav k, in white on a sapphire background, glowing and radiating light.

Now imagine that we are in a conflict where our complex coping mechanism usually steps right in. Which one shall we choose? Our mind may glance at Hashem's name yud k vav k but without verbal introspection and consideration, most likely we will move forward with our ingrained coping mechanisms that we justify.

This is because our intellect is serving the coping mechanism, and the intellect is convinced that because the lower self would reel and be in pain, there is no point in choosing another option, that other option being to attach the intellect to Hashem's characteristics for the goal of revealing His characteristics in this challenge. It may feel like our survival is at stake, no time for niceties!!

We cannot see how revealing Hashem's characteristics in the world in this situation is going to get us what we want. It seems to have absolutely no connection to the matter at hand and in fact we rationalize that we will fall, be annihilated or abandoned, lose out, be trampled upon and more. Welcome to the voice of Amalek, standing guard to keep us from seeing reality!!

All success is only in the hands of Hashem. How do we achieve a goal of helping someone we love who is struggling? By giving them advice all day long and undermining their confidence or by davening to Hashem to give them a breakthrough? I dare say most people would feel more comfortable and feel as though they did something to help by giving them advice. We feel then that we have done what we can to fix them. The problem is, that without Hashem's help, we cannot fix anything.

When we bring our Intellect securely to serve Hashem's Name, choosing to reveal Hashem's characteristics, clothing our thoughts speech and deeds in His garments, we feel we have done everything we can and more, because what Hashem can do is unlimited. In one second He can change everything.

We saw this at Purim time. The Jews did teshuva and the king had a dream and the gezeira was changed.

This energy is available to us tonight.

Please Hashem help us find one area in our lives where our Intellect has chosen and sees as good and right a coping mechanism that is really casting us into a net of sins.

Please Hashem help us to shift our Intellect to serving Your Name meaning that our Intellect desires to reveal Your mercy in this world.

Please give us as much will power as we need to utilize our amazing strength from the faulty mechanism to instead be a conduit to reveal Your characteristics.

Please Hashem, as we choose to reveal Your Characteristics of mercy, please utilize the light to create in this world a revelation of Your Glory with the coming of Moshiach.

Cast us not into the net of sins, rather cast all our sins into the sea!!!