

Nourishment for the Neshama

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Monday, October 10, 2011

Reflections on Yom Kippur 5772 - New Morning Hisbodidus

Dear Hashem,

Please help me rise above my bodily (avon), mental (pasha), and emotional (chait) limitations so that my emotional relationship with those time and space circumstances is one where You are King, meaning that I choose to bring Your will, Your mitzvahs, or Your attributes into my thoughts to generate emotion and an experience that will shine my love for You into the world.

I ask and beg for Your assistance because I strive to live as having no separate existence from You, choosing to remove as much as possible the false sense of independent existence that Your wonderful creation free will is intended to blind us with (free will allow us to fall farther away from You, victimizing ourselves with downward pulls from self-interest related to body, mind, and emotion)..

The goal of this striving is to develop day by day an ever-closer relationship with You (loving You, fearing You,), connection with You (emulating You), such that my control center (i.e my self-esteem) is fully rooted in the intrinsic reality of Torah, mitzvahs and middos.

May I be zocheh to use the talents and gifts that You bestow upon me every day in relationship with You that reflects my total love and dread of You for a year that is also sweet to me, and if my efforts are pleasing, may they be a merit for all Klal Yisrael that You should forgive us, have mercy upon us, and redeem us.