

Nourishment for the Neshama

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What in a moment in time does relating to Hashem's Name consist of?

Challenge presents in a moment in time. Our thoughts speech and deeds provide the soul for the moment of time in which we exist in space. We are here for the fixing, but the fixing is not the apparent analysis and solution that appears to be at hand. To understand fixing, listen here to [Rabbi Glatstein on Parshas Shemos regarding what Moshe Rebbelnu was fixing.](#)

The fixing we are here to do in that moment in time is to relate lovingly to the will of Hashem by relating to His Name yud k vav k, saying Baruch Shelm kavod malchuso leolam voed and bringing the koach of our natural reactions full force into thoughts speech and deeds thereby bringing into space a reflection of Hashem's attributes of mercy as they exist within us, thus fixing our participation in having ingested with Adam from the forbidden tree. Knowing we are here to fix by relating to Hashem's Name IS understanding and it becomes like the sinews over the bones of whatever action we may take. That means we are aware and we understand that we are to experience the koach of our natural reactions and with our intellect ask Hashem to please help us re-direct that koach to move from the kelpas to kedusha by have an intention for our next action sourced in tolerating insult, overlooking faults, bearing the burden of the confusion of mind that happened when Adam ate from the tree of the knowledge of good and evil concretizing out of proportion physical existence, and asking for forgiveness and forgiving others and asking that our sins and the sins of all Nishmas Am Yisrael be cast into the sea.

Out of love and fear, the next step in bringing Hashem's attributes into our thoughts speech and deeds is emotional, like the muscle structure, and involves our middos. Specifically and simultaneously, with our intellect directed towards the One Master, we journey from understanding closer toward our thoughts speech and deeds through middos and their corresponding expansion and contraction. We expand in chesed and endurance by remembering that Hashem is One. We contract from doing what is stopping us from sincerely and lovingly declaring baruch shelm kavod malchuso leolam voed by remembering there is no other power.

When our understanding and our middos are united to serve Hashem Echad, we become the free willed connection of heaven with earthly reaction, opening a pathway to bring Hashem's attributes into space by our choice in a moment of time. We can consider by doing this that we have opened a pathway that only we, in that moment, can open. That is, whatever koach we effortfully re-direct from the kelpas to kedusha, we can in tefillos give as a bracha that the world should recognize the Honor of Hashem and He should be seen in this world and the Jewish people, His people, should be protected from our enemies and errors and forgiven and redeemed.

We ask Hashem to merit to be the vessel to bring into space Torah and attributes of mercy. And as we experience the pleasure of bringing His Attributes into space, the details of the solution are in His Hands and with complete awareness that we have fulfilled our yeud and tikun in the moment, we understand that whatever happens is all good.

All this is the fixing.

The solution, which we would call success, is NOT in our hands, for the place of the world is Hashem, Who is 100 percent in control 100% of the time. He knows our innermost desires and needs and what is and is

not good for us. He is all powerful. Our hishtadlus is in the fixing and in bringing His Attributes and Torah to the world in our interactions, clearing the emotional hurdles and expanding the loving and enduring aspects of ourselves necessary to be able to sincerely and lovingly say Baruch Sheim Kavod malchuso leolam voed with that as our experiential reality over self-interest.

May we be able to emit into space in every moment of time a unification and sanctification of His Name and may the effort bring a new light very soon!!!

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