

Nourishment for the Neshama

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Sunday, November 27, 2011

Rosh Chodesh Kislev 5772 - More on Occupy Our Emotions

Our emotional bonding is very strong. Rabbi Yaakov Zalman Labinsky teaches us from the Baal Shem Tov that we are meant to fear Hashem in the best most complete way that we can, knowing that all there is is Hashem and nothing else. Whenever we have a fear of anything other than Hashem we are saying that there is something other than Hashem that we give power to more than Him. Rectification really means aligning our heart fully with Gd and redirecting all of our outside emotion only to Him. to the extent to which any fear is in anybody or any thing or object means we have not fully aligned our heart with our divine truth. that is the main point.

With our minds, we can choose to recognize that many of our emotional bonds do not first pass through loving Hashem and fearing Hashem. Let's look at how that works. Imagine a class of third graders and the classroom jobs are assigned. A new boy comes to the class and they assign him the job of opening the windows before lunch. When lunch time comes, he goes to open the windows and the teacher asks him why he is opening the windows and he says his class mates told him to. And everyone (except the teacher) laughs at the joke. They tricked him. So now he does not open the windows because it was not something to do. Okay. We are all that third grade boy. And not only that, we keep opening the windows every day even though we are not supposed to and it is not our job. How come it is so hard for us to stop? Hashem tells us why we are here. We are here to love and fear and commune with Hashem. Yet we bond emotionally with events, people, memories and more as if they have separate existence. Instead, we can see those same thoughts and events through the lens of love and fear of Hashem, realize that we are here to serve Him at those moments and that the first level of serving is to realize that we are not supposed to bond emotionally and react as if it is our job instead of doing what is good and right in Hashem's eyes.

We are all invested emotionally in areas from which we need to pull back. Hopefully we are invested emotionally in many areas that are serving Hashem. But if not, we have our mind and with our free will choice we can draw down the will power to direct the emotions of our heart away from what we are seeing as independent existence, and return that emotional energy to love and fear and service and communion with Hashem. It is really a no brainer. Whatever joy we think we obtain from our emotional bonds that are not serving Hashem, it is pennies compared to the joy we are created to experience and can experience when we direct our hearts to love and fear Hashem.

Try it please. May we be zocheh to light the real Menorah on 25 Kislev 5772, Chanukah

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