

Nourishment for the Neshama

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Rosh Chodesh Nisan - where intellect clings to damages from being it can be freed and there can be healing by attaching to purpose and unity

Today is the anniversary of the formation of the Jewish People, two weeks before we left Mitzrayim, marked by the dedication of the New Moon. Happy Birthday Klal Yisrael! In less than ten weeks we will stand at our chuppa, as Nishmas Am Yisrael.

When a baby is born, its intellect begins to develop as it senses and explores its environment. The intellect literally grows from the baby's interactions with its environment. The brain is like wet cement and the intellect develops as the brain absorbs a vast amount of information, experiential reference points, and parental modeling and education. Thus is the intellect automatically attached to physicality, as its growth and reference point. The intellect considers the body and the ego and our experiences to be the "I".

When we take the time to immerse that intellect in Torah learning, we begin to comprehend with the intellect that there is something we can attach to that can help us transcend seeing the "I" as the body/ego/circumstance. The intellect can begin to see that in addition to having a being, it has a purpose.

In order to be healthy, our dependency needs as children need to be acknowledged, the things we need for our being provided with love and without trauma, fear and the like. The scars formed as associations otherwise blind the intellect to gripping what its coping mechanisms know best, how it survives despite these challenging circumstances. Heaven forbid, the intellect's allegiance to these bonded coping mechanisms may never be able to be loosened without Torah. Yet our best chance to freeing the intellect from our past traumas is Torah because we can learn and begin to find healthier bonds and values by which to live based in emunah and based on an understanding of Hashem's Purpose in sending tzelem elokim into a fallen world. With this imperative information, we can tow our tzelem elokim and the Shechina that is trapped with it from our personal negativity and bring it into service of Hashem, as is His Purpose, and as we can bring our intellect to define as our unique purpose, and then fulfill it with love and joy as we experience the pleasure of doing so, a pleasure that is indescribable in terms of the five senses.

Thus on our birthday as a people, with intellect that has grown protective of our survival because of millennia of abandonment, annihilation, expulsions, pogroms, extermination, anti-semitism, Intifada and more, we find that intellect emulating what has denied acknowledging our being rather than reaching for our purpose as Nishmas Am Yisrael. We need to ask Hashem to please take our intellect out of this Mitzrayim, to free our intellect to once again serve His Purpose in creating us, and take our first step, which is to love and respect each other even if we don't agree with the values that are impossible for us to reconcile. Just pausing and recognizing that we are in Hashem's world and that everything He does is tov opens up our lack of understanding because we are in a fallen world to receiving an insight from a higher world. All there is in the universe is the glory of Hashem. That includes the powerful internal conflicts that we experience. Our intellect can attach to our higher soul and bring the matter from negative to positive expression of Hashem's attributes, using free will to reveal Hashem in this world. That is our purpose. Nishmas Am Yisrael reflects Hashem's Glory despite the confusion of being in a fallen world.

So happy birthday and let's get to our anniversary united!!!