

Nourishment for the Neshama

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So I have a soul that is light? What practically does that mean for my day?

We also have a lower soul, an entity that is competing for our free willed choice. It comes to us as part of our existence in a body in time and space. We are very familiar with it. It is the messages upon which we act that bring us to our fears, anger, desires for honor and excessive focus on pleasure. It is the part of us that we listen to even though we know we are being deceived by it and taken towards something we know is not really good for us physically, emotionally, spiritually or mentally but we seem to be a victim of it.

How are we a victim of it? It has strength. Amazing strength. Its strength is coming from a huge magnet called the yetzer hara. Yet we have free will.

And we can do battle with it. If we strain our intellect at those moments, we can actually bring that strength into the service of Hashem. Not in the form of the illusion of pleasure that the yetzer hara tempts our physical side, but rather we can bring that strength into the service of Hashem and experience the pleasure of devekus, which is hands down a far greater pleasure here in time and space as well as for all eternity.

Try it.

When feeling a strong negative urge, whether it is sadness, anger, fear, a desire for honor, jealousy, or just for excessive pleasure for its own sake, notice it and rate its strength. Is it taking 60 percent of your attention? 90 percent? Just rate the strength. Rating it now brings you to a place of choice, for we are essentially NOT those thoughts or temptations or past mistakes regarding this strength. See that strength as having a value though, as something that is good in that whole mixture of what is NOT good and see it as a light that can be brought to serve Hashem.

Speaking out loud ask Hashem to please lead you in the path you want to go, to please reconnect this strength to tolerating insult, overlooking faults, bearing the burden of being a person in a society post Adam's sin, and being a partner in casting sins into the sea by bringing this in line with Hashem's attributes of mercy. By saying so out loud, we actually form the spiritual beings that bring us there. It may be necessary to really strain the intellect in order to do this. Just keep in mind that the goal is the pleasure of connecting with Hashem in this regard, and that is 1000 times a greater pleasure than keeping the strength clanging around in our heads as it is.

As soon as the feeling of calmness comes, make a mental note. That feeling of calmness is an answer of YES. Fold that back into emunah and have it available the next time it is needed to do battle and strain the intelligence. Keep in mind this is a never ending process and the "weights" get heavier but the process time shortens and the pleasure becomes more accessible and relatable.

Hatzlacha and may we soon see a new light in the world!!!