

## Nourishment for the Neshama

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### **Spiritual channels once built become pathways beyond our understanding**

When we have an area in our life that we struggle with, that pains us, that we feel our blood pressure rising, our heart pounding, that causes us to pull the covers over our head and sleep until it goes away, there is a light inside of us that is yearning to be freed from the prison of what we are identifying with. Important to life is to understand why we are alive. We are alive in order to serve Hashem according to His Vision, for He looks into the Torah and creates everything every moment of the day. My father used to say you can't fight City Hall. You can sue I suppose. But in the end, the law is what it is. Hashem listens to us and if we merit, He creates something for us that we ask for, but in every moment, it is relating with Hashem for which we are alive.

When we come to a point of truth that He is behind all the scenes, what does that say about our role?

Why are we alive?

There is an aspect from Hashem in nature and we are to reign over nature and declare the truth that all there is in the world is Hashem. When we resolve the conflicts within us with understanding that our eternity is based on our effort to reveal Hashem's glory, we declare the truth that He is One, we thank Him for subjecting Himself to massive confusion just to give us the opportunity to serve Him and declare that truth, and we open our hearts to being refilled with His patience in bearing the confusion, and THAT is how we delight in Hashem.

Opening these channels is very tough. Maybe that is why Esav resisted. His soul had the potential to open the channels for us for the 365 negative commandments. But his interest was in power – the pursuit of acquisition (honor), the pursuit of lusts (desire) and the accumulation of as much as possible (jealousy).

But once we open the channel within us to release the light from the nature of what our intellect is attracted to identify with and ask Hashem to direct that light to identify with revealing hashem's glory, we declare the truth of Hashem's glory and fulfill our service of Hashem, to connect earth and heaven.

Hashem makes use of that opened pathway – through hashgachah pratis, when we find ourselves in circumstances that we have previously thought through and declared truth on – somehow we are issuing a light that can benefit way beyond what we are aware.

May our service to Hashem be pleasing that we be deemed the generation meritorious for redemption b'ahava