

## Nourishment for the Neshama

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### Friday, May 27, 2011

#### Stewing or Yeuding - Ein Od Milvado Putting Gd at the center

As I go through my day, I begin to notice that there are two basic categories of emotions – those related to the things that I do well and those related to the things that go wrong or that I do wrong. My inner reactions are my world. But is it my only world?

My inner reactions can be positive or negative, but in both cases, what is crucial to comprehend is that my reactions are not my essential self. Yes, I live with my reactions 24/7 but there is an important concept to taking control of our life in this world and the next.

We are taught to thank Hashem for the good and also for the challenges and the apparent evil. Most probably, we find it more natural to thank Him for the good. Of course we find the good comfortable, enjoyable, or beneficial. Likewise, we find the bad uncomfortable, painful or full of suffering. Our lives and what happens are not entirely in our control. HOWEVER, there is an area where we can have TOTAL control, a control that becomes the ultimate reality.

Where can we have total control? It is in the mitzvah of remembering that Hashem is one, ein od milvado. No matter what happens, no matter the circumstances, the characteristics involved, the suffering or the joy, if we dig deeper into ourselves just a little further with one more penetration into our minds and hearts, we discover something that is the simple reality. Every detail comes from Hashem, Who simply wants us to go through the challenge or benefit declaring that we know He is there and choosing to do His Will. We can choose to bring Hashem into the picture and fulfill our positive mission or soul correction at every moment, no matter what the circumstances. What might be an example of how this looks?

Positive mission:

"Dear Hashem I am so grateful to you that you blessed my efforts with success. I am grateful for the talents and opportunities that You created that gave me this wonderful opportunity, may I continue to be able to serve You with everything that I have."

Soul correction:

"Dear Hashem I am having a terrible reaction this moment (and this moment, and this moment, chas v'shalom), worrying (or feeling angry or feeling afraid or whatever you experience). I am suffering and it feels so hopeless. I did not select this personality reaction any more than I chose my height or the color of my skin – I know that You Created this for me to possess so that I can make a soul correction. Please let my recognition that this comes from You and that there is only You in this world fulfill the purpose for which You created this – let the suffering and my recognition that Hashem Echad be accepted by You as taking responsibility for possessing this personality and these circumstances that You alone created, and may it be a soul correction and teshuva for whatever Your purpose is."