

# Nourishment for the Neshama

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## We have the strength of a lion within us! Use it to serve Hashem and dominate the world by shining Hashem's Attributes of Mercy and increasing Ahavas Yisrael at the same time!

People dominate the world. We are at the top of the food chain. Many have climbed to positions of power, tyrants, dictators, presidents, kings and queens, CEO's of huge companies, rock stars and other examples of worldly positions that would be called success. No one would disagree though that there is no guarantee that such positions create inner joy, clarity and peace. Would it be fair to suggest then that the goal of domination may not have been fulfilled as Hashem intended it merely by surviving to a high degree?

In Pirke Avos, the song of the lion is  
"Hashem will go forth like a mighty warrior;  
He will arouse vengeance  
Like a man of war;  
He will shout triumphantly, even roar;  
He will overpower his enemies (Isaiah 42:13)

"The Mishna urges us to be as powerful as a lion in serving Gd, certainly not in a destructive way, but in the sense that our will to do the right thing should be indomitable and fearless. If we dedicate ourselves to this task, we may hope that the real Kling will send his blessing to enable us to carry it out successfully." (Perek Shira Insights by Rabbi Nosson Scherman, page 116)

The strength of our neshama must be felt! We are all of lion strength to dominate our human nature, that naturally wants to survive. But the enemy of survival is that it is a desire, an instinct for self—preservation, and therefore is entangled with the messages of the yetzer hara who is built into our subconscious as our "life coach" who is truly our enemy, the Soton and Angel of Death!

How can we cull our strength and dominate our nature?

Here are some steps:

1. Ask in hisbodidus and prayer that Hashem please generously give us what we want. He is all powerful. He does want us to ask, for as He answered Hannah with a child in order to show the world how to pray and make requests, so He wants us to ask in relationship with Him for the sake of our souls growing in emunah and bitachon. In the end He will only give us what is good, but we must learn that He is the only one who can give us what is good for us to receive and that He answers prayers.
2. Add to the list of what we want that the strength of our neshama be attached to loving, fearing and emulating Hashem, and not to any corrupted non-Torah-true thoughts which are bringing us into emotional pain or distress like a magnet. Be especially clear that if our source of pain is from interaction with another person to ask that all involved please resolve the matter by using the strength of their neshama to emulate Hashem's attributes of mercy.

When we comprehend that if each person is peeling back their natural instincts and using the strength of their neshama to bring Hashem's attributes of mercy to the world like a lion defeating its inner human natural enemy the yetzer hara, especially that of survival and desire that is driving us toward seeing our goals individually and separate from each other in competition, Hashem's light will shine instead of business as usual politics and influence. Just replay that last argument in your mind...had the other party had the strength of their neshama to shine Hashem's attributes of mercy, and had the receiving party, would there have been any negative reactions whatsoever? NO!

We are to pray for each other as we pray for ourselves. This is true Ahavas Yisrael:

"Dear Hashem please help all Yidden, including me, attach the strength of our neshamas to emulating Your attributes of Mercy in resolving any conflicts, misunderstandings, dealings, disputes or other matters where negative emotion might naturally be generated and may You have Mercy upon us, for we are one Jewish people, one soul, Your Kallah who desires to bring Your Will into the world, not our subjective wills."

Rabbi Rietti says that Hashem squeezes us like tubs of toothpaste to see what comes out. He wants to see if what comes out looks like His Attributes of mercy. If not, then it is for us to observe what gook we need to bring closer to His Attributes of mercy.

This is the task. This is how we become lions, using the strength of our neshama to direct a shift within ourselves from natural survival human nature towards Hashem's attributes of mercy.

May we by doing so soon see Hashem's answer, the redemption and removal from the world of the yetzer hara

Please review Tomer Devorah for which there are many resources on this blog including audio, hisbodidus cards and more.  
<http://lvracha.com/2012/08/14/what-does-it-mean-to-emulate-hashem--here-is-a-3-hour-shiur-by-rav-cohen-from-passaic.aspx>