

Nourishment for the Neshama

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Taking Tashlich "To Heart" - A Prayer and Tomer Devorah Hisbodidus Cards

When we grow tired of negativity, we do have a choice. It is possible to step back our egos two cents worth in order to gain a million dollars worth of G-dliness in our lives. May Hashem grant us peace and redemption for so choosing.

In my heart I am guarding a negative emotion (name it)_____ with regard to (person name)_____ and even though I believe I am right, I am special enough that I choose to give in and let go of it for the sake of the unification and sanctification of Hashem's name, may my soul be a reflection only of the aspect of the Divine image within. (inspired by Rav Shteinman's comments on Tisha B'Av)

I sincerely regret holding the negative emotion (name it)_____ in my heart because it separates a part of my soul from being close to Hashem. (Duties of the Heart www.dutiesoftheheart.net)

I don't understand anything but I know it is for my ultimate growth and development, that it is for my good. (inspired by Rabbi Shalom Arush in his book Garden of Gratitude.)

I choose to let go of the negative emotion (name it)_____ in order to remove negativity from my heart and from the world and ask Hashem to help me purify my heart, for one who seeks to purify himself will be helped. (This is a Divine promise)

Dear Hashem, please accept my sincere teshuva. I realize that holding such a negative charge in my heart caused the formation of negative or destructive forces, and now that I have done sincere teshuva, I pray that Hashem remove the destructive forces I created from the world. (Ramchal explains indeterminate forces and free will in Derech Hashem)
Please cast my sins into the sea and restore to me a fresh heart. (Inspired by Tomer Devorah)

Please download these Tomer Devorah cards that contain hisbodidus suggestions to help further with reducing negative emotions from the heart.

[Having trouble letting go of negative emotions? Try these cards!/files/79085-69231/Tomer_Devora_hisbodidus_cards.pdf](http://lvracha.com/files/79085-69231/Tomer_Devora_hisbodidus_cards.pdf)