

## Nourishment for the Neshama

<http://lvracha.com>

Friday, May 25, 2012

**Thoughts may not be confined to our own minds! With prayer and love for each other, we can make a sincere effort that Hashem could grant success for by bringing the redemption, may it be His Will!**

We are where our thoughts are. If we are at a light and deep in thought about something, the car behind us honks! Wake up and go! Where were we? Physically we were at the light but our soul was somewhere else entirely. We are where our thoughts are.

We are visiting with someone and someone texts us. We glance and immediately our thought is with the text message instead of with the person we are with. How could we just leave the scene?

More than ever we should be able to see the truth that we are where our thoughts are. And if we are where our thoughts are, where is THAT?

Our thoughts represent the attachment of our emotion to facts or perceptions. We are like a factory! When a fact or a clue comes into our perceptions, we attempt to collect more facts or clues until we form a belief and attach emotion to it, integrated into our mind. We have just created a spiritual being! Unfortunately, because our perceptions are imperfect, we often make wrong assumptions because our subconscious is ruled by the yetzer hara; the spiritual beings we thereby create are false and create within us negative emotion and pain. That negative, self-destructive thought is where we are! We are now in the sewer of the thought we manufactured -manufactured with a recipe from our faulty assumptions, free will, and internalized yetzer hara life coach encouraging us to feel lack and be "me" oriented. If we spend time looking at our actions and deeply comprehending our emotions and the preceding thoughts, very often we can enlighten ourselves regarding where our primal will has become corrupted.

But what if we don't analyze it, what if we don't realize the entire process? The negative thought we created doesn't stop there. Where do thoughts stay – in our minds alone? NO! This thought is now energy, a spiritual being that enters into the cosmos! A paralyzed woman is able to mentally convey a thought that will allow her to drink something! [Paralyzed woman controls robotic arm sensor with her brain](#) In all the world there is nothing but the simple unity of Hashem, Who controls the world! What use does Hashem have for that negative thought, a representation of our corrupted primal will? He sustains it because He is patient and waits for us to do teshuva. What happens in the meantime?

He can and will use it for our good. Sometimes for our good it means Hashem will find a way that we can struggle with to help us dispel ourselves of our false self-oriented beliefs so that we can make yashar our primal will and come to sanctify His name (which is why He created us). Our continued energy behind that thought propels it and Hashem can bring our worst fears into fruition by allowing that idea into the mind of someone, to test their behira, and if they fail and act on it in a hurtful way, give us a deeper and more intense experience in reality with battling our own negativity and bringing us to a challenge through which we have the capacity to grow closer to Hashem in our mitzvohs or middos.

The good news is that just as we can create negative spiritual beings that cloud over the abundance Hashem wants to send to us, so can we create positive spiritual beings to create unity, rachamim and love. This is where being devoted to sanctifying Hashem's name comes in, for which we need to strengthen ourselves in emunah and commit to our relationship with Him, accepting upon ourselves the entire Torah, written and oral.

We are getting married this weekend and a good Chosson does what the Kallah asks, within reason! What are we asking of our Chosson for each other? Let us pray for each other, let us forgive each other, let us toivel in our hearts our own sins and the sins we might judge (rightly or wrongly) others as being guilty of – it is the dirty laundry of the Jewish people BUT our soul, the nation of Israel, is pure and untouched. Let us create in our hearts a mikvah to toivel all the garments that are covering over the Jewish people throughout the world!

Pray for rachamim for where we stand, at Mount Sinai, chevlei Moshiach, with all the challenges that we have, that Hashem should please use our positive prayers and wishes for mercy for each other to redeem us! Having trouble getting there? Use that conflicting pressure, that very pain, to form the mikvah in your heart – to turn your heart into a Kiddush cup instead of a sewer, for we have no idea how those terrible thoughts are truly clouding and preventing the geula shelama. We are empowered by our Chosson to bring the redemption just by considering toiveling our negativity and out of love for our Chosson and desire to sanctify His Name, may we beg for rachamim and redemption for all

Please print and use the toolbox below:

### **Daily Hisbodedus – Torah Basis**

(Concept of the Baal Shem Tov: Submission – breaking what grips us to our bad traits, along with Rav Dessler's terminology, nullification of the lower world due to emunah in Hashem and His goodness)

**Thank you Hashem for the flow of thought, emotion, and consciousness to this otherwise inanimate body that houses it, may Your name be praised,**

(Concept of the Baal Shem Tov: Separation – the use of daas to discern - along with Rav Dessler's terminology, total just and good Divine Providence and control of nature)

**and for the ability to perceive, experience and learn, for the gift of free willed choice, and for the capacity to discern and integrate.**

(Deeper with the work of breaking the hold that our attachment to negativity has on us by applying behira, free willed choice – uses Rabbi Shapira's method to access unlimited free will)

**Please flow through me unlimited will power to direct the recipe of personality, circumstance and emotional flow You send through my heart each day so that through the use of conscious choice which You bestow upon me, I can release the innate natural gift of strong subconscious deep emotional bonding from imperfection (unreality, basic human nature) to perfection (reality of the Divine mind, connection to Divine attributes),**

(Concept of Rabbi Dessler to sanctify Hashem's name by attaching our hearts in loving service to a place that our limited self cannot go, expressing emunah and strengthening Yiras Shemayim)

**with the desiring result being that all of my emotions are directed first to loving and fearing and emulating You,.**

(Concept of Baal Shem Tov – Sweetening – seeing oneself as a pure good neshama and a healthier relationship between soul and body - see [www.bilvavi.org](http://www.bilvavi.org))

**May Your Will and Attributes as expressed in Torah be fully conscious within me and grant me success in bringing Your Attributes and Will to visibility in my actions, my relationships, my thoughts, and my emotions. May I be strengthened with unlimited conscious free will to approach my day from loving awareness of choosing what is pleasing to You**

### **Occupy our Emotions - the Process**

"I recognize that I am emotionally bonded to this pattern/thought/experience/programming/ nature and I see that it is unpleasant. Hashem please grant success to the choice I declare to shift my emotional bonding from imperfection to love and fear of You. Please see my determination and give me the will power, to the very depths of this emotion, and help me to match the emotion with will power to calm my subconscious clinging to this self-destructive connection. (I am awaiting the will power), I sincerely want to no longer be emotionally bonded with this thought/experience/memory. [once the emotion is calm and the feeling of will power there, say:]

"Hashem I choose that the consciousness that is bonding the emotions You send through me shift (Please shift consciousness given

by You which is subconsciously keeping those emotions above my behira and out of my ability to control). Right now this consciousness is emotionally bonding me to a pattern/thought/experience/programming/ nature that is unpleasant. I recognize that this piece of consciousness and emotional bonding have been above my behira and You have shepherded me and guided me to take accountability for my actions( through suffering consequences of the emotional pain of separation of consciousness from You). Please give direction of this orphaned consciousness into my hand. I beseech You to listen to my free willed choice. I direct this consciousness and emotional bonding affecting my actions to detach from pattern/thought/experience/programming/ nature and re-attach to love and fear and emulation of Hashem alone. Please lead me in the path that I wish to go, for the unification and sanctification of Your name, for now I realize that this has been sent for me to responsibly bring the consciousness You give me back into harmony with Your Will. That is my sincere choice and desire, for there is nothing but Your simple unity in all the world. Please grant success to my free willed choice to direct this consciousness and emotional bonding to love and fear and emulating Hashem and please destroy all negative spiritual entities which I may have created by misuse in the past of this consciousness and emotion. I regret it and ask that this negativity be taken out of the world and that my teshuva be a zechus and benefit for all Klal Yisrael.”