

Nourishment for the Neshama

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Wednesday, February 05, 2014

toolbox based on tomer devorah

Please help me to emulate You who tolerate Insults

Please help me to emulate You who overlooks faults

Please help me to bear with You who is patient with us the burden of the confusion of mind that resulted when we ingested from the tree of the knowledge of good and evil thereby concretizing physicality to the degree that the intellect became confused and began to serve the physical side of reality over the spiritual reality of the world

Please forgive us for having made the error of ingesting from the tree of the knowledge of good and evil. Please forgive us for ever thinking there could be any glory in the world other than Yours or that we could create in the world anything better than Your will for all glory is Hashem's.

Please by my now stirring in awe of Hashem and love of Hashem into the koach I am experiencing from the physical side of me, please help me elevate fear of annihilation that triggers galva and fear abandonment that triggers talva to awe and love of Hashem internalized to the degree of Your original design for us and by virtue of this effortful request for Your help in moving the koach - as I choose to do through the free will You give to us - to unify Your name by bringing the koach from the Kellpas to the service of kedusha - please cast all of our sins into the sea and create with this transformed koach merit for klal yisrael that we should be viewed as a unified nishmas am yisrael and merit the brachas of the Torah given as a Divine promise in the 13 principles of faith and please bring us to redemption.