

Nourishment for the Neshama

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Rosh Chodes Adar Beis - A Toolbox to help us merit redemption b'ahava

May my Intellect hook onto all glory Is Hashem Who Is the Source of all vitality and Joy

May my heart be stimulated to love Hashem for all the good and to experience awe of Hashem for creating us with free will (such that our Intellect falls into service of self-interest despite the true reality that all glory Is Hashem Who Is the source of all vitality and Joy.)

Please help me bring a flow of Your kindness through love and awe of Hashem into speech and deed (because I wish to unify Your Name and bring Your kindness to impact the inclination from the kelipas and build that inclination also into Your service instead of serving self-interest), I beseech You to help me extend the inclination that naturally draws toward self-interest towards revealing Your lovingkindness in the world:

1. Tolerating insults
2. Overlooking faults
3. Bearing the burden of the confusion of mind that occurred because we ate from the tree of the knowledge of good and evil thereby concretizing physicality to the degree that the Intellect automatically serves it over the true spiritual reality that Hashem Is the Source of all vitality
4. Forgive us for making the error of thinking that there is any glory other than You
5. Release us from the fallen awe of Hashem that gives us fear of abandonment (desires, talva) and fear of annihilation (anger, arrogance, galva) and help us elevate these fallen fears to awe of Hashem for the manner that He creates our mind so that we have free will and the ability to earn reward simply for choosing truth over falsehood
6. Please cast us not into a net of sins but rather cast all our sins into the sea and help me forgive every hurt by myself doing teshuva on the area of my nature that contributes in the same way, and may this teshuva heal and rectify unrectified characteristics and be a kapara for our common shared nature and a merit for klal yisrael that Hashem deem us redeemable b'ahava.