

Nourishment for the Neshama

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Toolbox September 25 2013 21 Tishrei 5774

Principles

Hashem's ratzon, will (wind), comes to us through our higher soul and stimulates thought. Because of Adam's sin, we have confusion of mind with internalized messages regarding the apparent identity of Me in time and space. Hashem's will that triggers us through thought becomes mixed with self preserving reactions filled with fear of annihilation and/or abandonment.

Self preserving reactions along with the logic of the yetzer hara can trigger destructive and hurtful thoughts, emotions and reactions (unstable/radioactive, fire), which gives us an apparent alternative upon which we can exercise free will. Remembering that the Source of all Vitality including the soul in all its five parts is Hashem (Torah, water), and He gives us His Torah as a guide, we can relate to our self-preserving reactions knowing that our tikun lies in redeeming the Shechina trapped in the appearing real sense of "me" so that we may unify Hashem's Name (bereshis starts with bais, two, in order for us to unify, to One). Using free will (behira), we ask Hashem to help us bring middos harachamim into the reactions, which are me oriented. The reactions are mental structures occupied by messages of abandonment or annihilation; with integrated Torah understanding, we can choose to bring into residence Hashem's middos harachamim. (water puts out the fire)

To concretize daas (the bridge we build to unify heaven and earth by unifying Hashem's Name), we view our self esteem as based on b'tzelem elokim and the effort we make to clean our garments, our thoughts. (Daas, devekus), knowing that all there is in the world is Hashem Who desires us to demonstrate in time and space His Attributes by enacting b'tzelem elokim over natural and possibly subjective instincts.

With the water of Torah, we can lovingly and gently yet with determination, reverse the destructive impulses to nullify our own apparent will and lower level thinking so that we may rise to a new level (positive constructive fire to serve Hashem)

With our hearts serving as a mikvah, we ask Hashem to please help us wash off the garments of our thoughts with the water of Torah, with the nullified will standing by, and absorb into our hearts the strength that made the now subdued fire and destruction seem so powerful, attracting our hearts to middos harachamim in the same automatic instantaneous way. (solidify emes and emunah, earth)

From a place of clarity and calmness, with a will in unison with Hashem's will, bring Hashem's will into movement through our emotions, speech and deed (wind.) This is mesiras nefesh, self sacrifice and is a rectification of tikun and/or expression of yeud, fulfilling our individual unique purpose each time we do it.

Experience (don't dismiss) the pleasure of devekus from aligning with Hashem's will and fold that emes into emunah to form a stronger understanding (daas) of the role of Am Yisrael, to create positive influence each time we are mesiras nefesh in this way, choosing to nullify our will for Hashem's will because of increasing certainty of ein od milvado.

Ask that our free willed choice to do this be a merit for Klal Yisroel and a rectification of the sin of Adam, to push away the confusion of abandonment and annihilation and move towards redemption.

The goal of the toolbox above is to assist us in our yearning to shine the light of our soul into the world,

having first toveled the parts inherently built in or trapped due to nature or subconscious by the kelpast in the mikvah of our heart and doing our tikun, which unifies Hashem's name so that when we act, we sanctify Hashem's name and become a vessel for Him to have expression of His Will in this world.

Give everyone the benefit of the doubt for struggling with this, without giving power to darkness as though darkness is truth.

Practice/Daily and Ongoing Hisbodidus

Dear Hashem thank you for the gift of my soul made in Your Image. Right now I am perceiving what is coming into my senses and it is triggering a reaction based on my viewing primarily from a me perspective and that is causing me a negative reaction.

You place my soul into a physical body and give me free will. I wish to be viewed in Shemaylm as a soul who remembers to create positive influence by bringing an aspect of the soul You give me into the darkness here, and not as a destroyer protecting against fear of annihilation or a taker protecting against fear of abandonment. You in Your wisdom have imprinted upon the mortal flesh brain of mankind after Adam's sin these built in self preserving stickers upon our soul, and You have implanted in my soul the strength to invoke a repair, a repair that I alone, with my unique soul and circumstance, am created to repair. And I wish to. Please give me the will power to draw closer to identifying with yud gimel attributes, to emulate you first by tolerating insult and over-looking faults, and after submitting to Your Will in that way, to then hold focus to separate out falsehoods so that there can be a re-focus on bearing the burden of the confusion we all suffer because of Adam's sin and please permit me to ask You to cast all of our sins into the sea and please help me put into motion with ahavas Hashem and yiras Hashem lovingkindness, compassion, forgiveness, patience and Your Will as Your Agent.

With that in mind I am relating to the negative reaction now from a place of drawing upon the source of vitality, Hashem's attributes and Torah wisdom. Please help me cool off the negative reaction. Please help me take the strength of the negative reaction, which like the nutrients in an orange rind, I wish to build into the strength of the mikvah in my heart. I wish to be attracted magnetically to tolerating insult, overlooking faults, bearing the burden of others struggles with patience and casting sins into the sea with the same strength as I first found myself in this negative reaction. I ask that this part of human nature, which You design, be directed now towards lovingly and gently nullifying the lower negative reaction and root will based in fear of annihilation or abandonment so that with this strength and passion I may rise to the next level of serving Hashem.

Just as I take an object of metal or glass to the mikvah, please now help me take this strength from the negative reaction to the mikvah in my heart, to build it into the walls of lovingkindness, forgiveness, overlooking faults, tolerating insults and casting sins into the sea. Please may I be given access to the strength to now bring it into my thoughts, emotions, speech and deeds with movement that reflects like the moon reflects the sun Your Will and middos harachamin alone. Help me give love and value knowing my survival is in Your Hands alone.

Please may this effort to rise above the confused sense of priorities that generate emotions based on believing what is only an apparent separate identity be pleasing to You. In the merit of this effort, please grant success. Please may this process be a merit for all Klal Yisrael and grant success to helping bring us back to the level of Adam before the sin, for we are all merely confused by the consequence of eating the apple and our souls in essence love and long for You.

Now that we have Torah and show that we have internal clarity that Torah and Hashem are the source of all vitality along with a process to bring into the world Your attributes,

nullifying our will for Your Will, please may we be zocheh have Your Shechina in time and space once again, In the Bals Hamikdosh, wltH Moshlach and the fnal redemption.