

## Nourishment for the Neshama

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### Monday, May 30, 2011

#### Universal principle to help us through our daily challenges

"Blessed is Hashem Who forms light and creates darkness, makes peace and creates all."

Every morning we read this in our Shacharis prayer in preparation to saying the Shema Yisroel. Each of us has an inner world. Comprehending our inner world, we can comprehend on a deeper level this bracha and remembering its words gives us fortitude throughout the day.

How many of us live in darkness during the day, with worries, concerns, emotional pain, complaints and more? What this bracha is telling us is that Hashem alone creates this darkness. We may share some responsibility in nurturing or expanding the darkness based on whether we believe it, act on it, stew in it or concretize it through our egos as being the reality.

While seemingly the negative circumstances appear real and offer real challenges, a deeper look tells us that Hashem creates it. And if He creates it, then there is a hidden treasure to be found. It is our recognition of this process that can transform every moment into service of Hashem.

There is no one universal answer to everyone's challenges. However, there is a universal principle that we can all apply, and that is:

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| 1. Are we properly seeing where our behira point (our place of free willed choice is) and  | Forms light      |
| 2. Are we asking Hashem to help us at our behira point to remember that we have no separate existence, that He alone sent us this challenge to help us choose to recognize His Oneness and our inseparable soul connection to Him, and   | Creates Darkness |
| 3. Are we clinging in devekus to Him like an infant gripping his father's pinky, beseeching Him to lift us out of the negative frame of mind and into calmness and peace, and  | Makes peace      |
| 4. Are we imploring Him that by virtue of our recognition of His Oneness that we receive the soul correction the negative challenge was intended to present and a positive resolution to the circumstances He created to:<br><ul style="list-style-type: none"> <li>a. bring us to this point of recognition</li> <li>b. give us the ability to bring out the Divine Image within us and</li> <li>c. lead us in the path we wish to go in order to resolve the matter in a manner pleasing to Him</li> </ul> | Creates all      |