

## Nourishment for the Neshama

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**Sunday, January 27, 2013**

### **Unseat the El Zar from the throne of our spiritual operating system - how to properly use our intelligence and sense of shame**

May any insights be a merit for a refuah shelama for Rota Devorah Bat Sara Rivka and as an elevation of the souls of Sara Rivka bat Chaim and Gavriel Leib ben Yosef.

Part of the human experience, part of having intelligence, is being able to discern right from wrong. With this intelligence, after 120 years, when we reconnect to the true reality of the world, which is that there is nothing in the world except Hashem, we will give ourselves a score card on how we did with remembering while we were in this world, where our bodies use our imagination to deceive us that our MY SPACE being is who we are. It is a lie. Who we are in this world are neshamas with a positive mission and something to fix and MY SPACE is here as a vehicle to bring that mission to the world. We are not here to impose MY SPACE onto the heavenly realms through all the damaging techniques we rationalize in the name of Heaven. When we do, we give voice and expression to the El Zar, who absent our knowing it, sits at the throne of our spiritual center, hidden in our hearts and subconscious, giving us great advice as if time and space are ours to conquer for our selfish goals. Time and space are ours to conquer with our bodies and will for Hashem's goals.

The focus here is the role of shame and blame and if we are not hypersensitive to seeing their presence in our thoughts, then we can easily react to these powerful emotional motivators and direct life force to the side of the El Zar goals all the while thinking we are doing what is right when in fact without meaning to we are being destroyers of the heavenly realms!!!!

With emunah, we keep the halachas. When we have in mind at each moment to judge "is this precious or not in Hashem's eyes", we are on a path that focuses us properly.

And when we have resistance and wish to consider an alphabet of emotion and responses, we see our biases. We also see how effective shame can be as a means of controlling other people and accomplishing goals. Just think of mud-slinging politics. Just think of how easily we are embarrassed and shut down. Our souls react to shame, even when we know it is being used as a manipulative technic. Hurtful words stick to us like plaque to teeth. It is human to have bias. It is even more human to want to have the power to acquire and survive rather than feel victimized by others and powerless. How do we use our intelligence and healthy sense of conscience to live in time and space?

The Baal Shem Tov offers the system submission, separation and sweetening. Negative reactions or destructive tendencies hold a trapped force from the sitras achra (the other side) that has with it a hidden aspect of the Shechina that goes into golus with it, awaiting us to arouse in our hearts ahavas Hashem and the sincere request that out of our love for Hashem, Hashem bring out the force from the painful tuma to the side of kedusha, and that it is our tikun, our repair, that we wish to do, for the unification and sanctification of His Name, to offer this human pain in time and space to Him with love for the purpose of nullifying the force. When we do this, we are viewing ourselves primarily as neshamas and our experiences and bodies and egos as the material to conquer for Hashem.

Before Adom ate the apple, what if Adom who said, "Hashem I see that I could make such a kiddush Hashem, I could go into the world and elevate it for You!" instead said "Hashem I see that I have a thought that I, Adom, could make such a kiddush Hashem and elevate the world for You and I see that as a thought that has a tiny opening into which evil could take root, and therefore I put out my certainty of You and total love for You, I give this tendency to You with all the love in my heart for the unification and sanctification of Your Name." Perhaps if such had happened, we would not be here today! Perhaps the mixture of evil into our internal makeup would never have had to happen.

It is our number one priority to expose how the El Zar has been placed on the throne of our spiritual operating system, and that even when we keep halacha, if we do not consciously comprehend the subtleties of what it means to do what is good and right (that subconsciously we become addicted to thinking we are better and that others are less which means we are generating negative destructive beings) then we subconsciously are maintaining life force for the El Zar instead of for Hashem. Yes we want to have respect for the authority of Torah. But it is incumbent upon us to do so in a way that could not possibly create destruction, either through negative judgments or reactions to ourselves, others or Hashem.

Our eternal identities depend upon our choice to resist destroying the heavenly realms (with unintended destructive influence) by nullifying every force and power in our hearts that is not ahavas or yiras Hashem. To best do so, it is advisable to comprehend how we may keep focused to be in a constant state of elevating from the side of tuma to the side of kedusha what our lower being encounters.

I feel negative?

I judge this as fallen yiras Hashem, fallen shame, fallen ahavas Hashem.

I arouse the emotion of ahavas Hashem in my heart, the sincere love I feel for Hashem knowing that He is constantly there sending abundance despite this "cloud"

I ask Hashem to see that by arousing the sincere ahavas Hashem that He accept my offering of the vivifying force animating the negativity and bring it for the unification and sanctification of His Name to the side of kedusha, thereby releasing not only the vivifying force but the Shechina in golus with it, buried in my personality, human nature or the situation in general.

Exhale and direct the matter to the side of kedusha

Hopefully this process will bring clarity, calmness, and most of all, connection and conquer what is otherwise the illusion of MY SPACE for Hashem, creating for our neshams growth, connection and eternity, and helping us through this effort to use the bread of shame for its ultimate purpose, keeping us on track to expend our life force in His service.