

Nourishment for the Neshama

<http://lvracha.com>

Wednesday, April 30, 2014

Updated toolbox Rosh Chodesh Iyar - A daily effort to grow spiritually

There are no shortcuts to growing spiritually to our potential. It is a daily effort that continues for 120 years at best. But we can grow spiritually, which means that we can displace our natural characteristics within our Intellect with Hashem's attributes of mercy. Our minds are intended to be the vessel to hold and reveal Torah. The Intellect grows out of the natural, and a healthy childhood and ego are essential to development of that Intellect and a person's well-being. Once developed though, the "rocket-booster" of the ego for esteem needs to drop off slowly with every free willed choice to be replaced by Torah and middos harachamim as the energy of our esteem. We literally sacrifice our self-interest to give birth to tzelem elokim as our Identity. The effort alone to do so is meritorious, regardless of the outcome within a situation.

Here is my updated toolbox based on the values expressed in Tomer Devorah and understandings from a cross-section of Jewish learning, including nefesh hachaim, chovos halevovos, Mesillas Yesharim, Tanya and more.

When we are in the clutches of a negative emotion or circumstance:

Please help me to tolerate insult

Please help me overlook faults

Please help me bear the burden of the discomfort of having ingested from the tree of the knowledge of good and evil which caused our Intellect to become naturally attached to physicality (which along with giving us free will is part of Your Plan for being seen in this world and giving us the greatest pleasure for eternity.)

Please forgive me for ever thinking there is any Glory other than You

Please help me arouse in my heart love of Hashem to reach into the Intellect and help it shift from clinging to naturally developed fears of abandonment, for it is impossible that You can abandon me in a two world picture and instead help me realize that You are asking to displace within the nervous system and natural learning of my existence this fear of rejection with love of Hashem, a free willed choice You give to me to make.

Please help me arouse in my heart awe of Hashem in how You created the world and a being such as myself whose Intellect is a potential vessel through which Your Glory can be revealed based on my free willed choices to draw awe of Hashem into the fear of annihilation that I am experiencing. In this instance, please

help me bring to balance, to tiferes, the judgments and discernments that I am making - seemingly to protect myself from annihilation - but that rather are the thoughts generating the emotions of distress, for it is not possible to be annihilated in a two world picture. Please help me realize that my fear of the consequences that might be punishing is a form of idol worship, an extreme of gevurah, forgetting that it is You Hashem Who is behind everything and that everything is good.

Please Hashem please have mercy on the part of You, the tzelem elokim, that is trapped in the fears and help me to pull back intellect and reactions out of a kindness You place in my heart so that Your light can be reflected back into the upper worlds through these words expressing desire to connect tzelem elokim back to You.. May Your attributes now be drawn deeper into the vessel of intellect that is natural so that more and more of these fearful reactions are replaced with reactions reflecting Your Mercy and may that become the new natural.

May turning to You in this prayerful way out of chesed for the part of You that is trapped in it help balance the matter so that compassion may be revealed through this newly formed will based on Your Middos, to the thoughts emotions and speech and deeds that result.

Please cast me not into the net of sins but please cast all our sins into the sea