

Nourishment for the Neshama

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We choose and we are not our pain

Insight into thought module [that tells us thought produces emotion produces action/experience]

May the learning in this essay be a merit for the refuah shelama of aryeh leib dovid ben esther, Rabbi Nivin, who through his personal growth chaburas teaches how to live transformed lives.

Emotion comes from our Gd-given energy directed through a choice to discard or nurture a thought that comes into our head. What values we use to choose between discarding or developing our thoughts reflects back to Hashem and into the world of action our level of comprehension that Hashem is the only force in all the world [ideal primal will]. Lower levels of recognizing that Hashem is the only force in all the world re-direct Gdly-given energy through our emotions and actions away from that energy's idealistic, purest expression in this world [corrupted primal will].

Negativity, especially the most painful upsetting emotions, are invariably rooted in the idea that we have to take something and we can't get it, or that we want something, and it is not available [lack, the blemish off which the yetzer hara feeds]. When we open our eyes with watchfulness to see if the thought behind taking something or wanting something has passed through the scrutiny of choice to act with the knowledge of Gd – does this thought that is creating motivation and desire within me reflect accurate knowledge of Hashem from a Torah source and would I be bringing Hashem's light to this matter – we more easily see the pain and negativity as a covering over of our inner light and we stop identifying ourselves with the negativity. We are our choices to bring light, not the obstacles over which we have to choose in order to bring that light to the world.

When we succumb to the negativity, or if we feel pervasive emotional pain, it is like a wind – even a tornado – blowing through our system. We can get knocked over. We can form false impressions, say things that are not true, believe things that damage relationships forever or make ourselves so very sick. Those negative winds are blowing through us solely for our benefit, to give us the chance to use our minds and choose to cling to Hashem by replacing a Torah thought that restores the soul for the corrupted one, may Hashem help us be watchful for corrupted thinking and instead substitute:

Everything that Hashem does is for our ultimate growth and development

Please show me what my next step is in serving Hashem

What mitzvah or middos do I do in this situation

What is the corrupted thought behind this negativity and how can I place a Torah thought there instead?

There is no other power

Do not stray after the thoughts of your heart or eyes

Love Hashem

Fear Hashem

Hashem is One, there is nothing but the simple unity of Hashem

Know there is Hashem

Everything Hashem does is tov maod, very good!

This personal choice - to bring our primal will out of a corrupted state - is essential!

See lvracha.com/2012/02/02/primal-will-search-for-the-knowledge-of-gd-spiritual-infrastructure-and-the-red-sea--a-wake-up-call-to-action-for-those-yearning-for-moshiach.aspx