

Detecting what nature may be pulling us out of remembering that **happiness comes from learning Torah, praying fervently and emulating Hashem.** (where has our will become corrupted, trapping our soul in a false belief about where happiness comes from that is causing us to experience a feeling of constriction?) Seeing the elements of nature within us—fire, water, wind and earth - helps us understand that our nature operates within us but is external to tzelem elokim. It feels like “me” because it has been internalized to become confused with our self-awareness, a consequence of eating from the tree of the knowledge of good and evil. Our effort to restore connection to Hashem’s attributes of mercy is the basis of esteem.

**Bearing the burden of our confusion of mind** is a free willed choice to comply with not bearing false witness.. Identify where our soul has fallen in order to work back to serving Hashem instead of our nature so that we once again bring His Mercy into the world. Pray to Hashem that the light of our soul that is trapped be encompassed once again in the Ein Sof so that we can enclothe in our speech and deeds only that which reveals His Mercy, for He is all loving and all good and He is the only glory. His glory is the only currency, for His glory fills all the world and we have honor and glory for aligning with and revealing His Mercy and Goodness.

Let us  
Make  
Man  
In  
Hashem’s  
Image

Fire  
Fearful heeby geebie  
Angry Moody Doozy

Water  
Needy greedy  
Demandy cravy

Wind  
Flighty Walky talky  
Defensive mighty righty

Earth  
Sad gloomy doomy  
downer stunning heavy  
Lazy easy seeky

Tolerate insult  
Overlook fault

Bear burden of  
confusion of mind

FORGIVE

Cast sins into the sea

Do not bear  
false  
Witness