

# **More on understanding how the design of the world helps us to hold us steady in a challenge**

## **Concept 1 Our main purpose is to constructively resolve the conflict between our natural self-orientation and the reality that Hashem is One**

The main service we have is to understand how Hashem is One and to nullify whatever is within us that resists submitting to Him.

## **Concept 2 – Remembering that kina (jealousy), Kavod (honor-seeking) and taiva (desire for gratification) take us out of the world and that we are to do the mitzvah of guarding our souls from following our eyes and hearts towards these powerful lures.**

The base of our brain, the reptilian brain, when it feels sad, becomes frustrated and has an aggressive surge to defend itself. This is our survival instinct. It reads the possibility of lack in something that could affect us and immediately reacts with a surge of impulse urging us to make an aggressive attempt to protect ourselves.

## **Concept 3 – Bringing love and awe of Hashem into the picture helps to calm down our aggressive reaction**

When we choose to love Hashem and have awe in the design, sincerely from our hearts, the hormone oxytocin is stimulated in our mind, and this hormone “turns off” the reptilian brain sad mad bad reaction that was triggered.

## **Concept 4 – Emunah is needed in order to both hold steady and not act aggressively as well as to choose love and awe**

When we feel that we have been triggered, the pulls of either jealousy, the search for honor, or the pursuit of gratification trying to grab our mind and heart to act in a way that will express those goals like vortexes pulling us into the “vacuum” of darkness. The darkness is the place within us where we do not feel Hashem’s outpouring of love and mercy. Rather, we are feeling a flow of strong negativity and pain. Emunah -knowing that Hashem is One and that He is all good and loves us at all times and is merciful – gives us a place from which to hold the pain so that we may do our avodas Hashem .

**Concept 5 – Avodas Hashem is to relate with Hashem from a place of understanding that He loves us and understands and has designed our condition as a soul in a body with an animalistic nature and instincts so that we may serve Him and bring His compassion, hidden in the challenge, through our mind to our heart and to our actions.**

Hashem understands how He has made us and how He has hidden Himself. When we have emunah, then we too understand how He has made us and live up to the purpose for which He has designed us, which is to be warriors to rise above our natural responses in order to emulate His 13 attributes of mercy and draw Him from concealment to revelation.

**Concept 6 – We cannot do our avodas Hashem without His Help. We are up against nature. Hashem is the only Power. However, He gives us real free will and the ability to speak. Simply telling Hashem our choice - yearning to reveal His 13 attributes of mercy over our natural reactions - IS the avoda. We can do that, sincerely, while loving Hashem for giving us the experience of being alive and having awe for how He has designed us and the world.**

Part of keeping in mind the design of the world is to realize that we are not in control nor are we actually doing anything but choosing. Once we choose, the spiritual being Hashem assigns for that purpose is instructed to act. For example, I choose to type right now and my will to do so somehow triggers the spiritual being that controls my hands to type as I see fit . Rabbi Mendel Kessin describes this in detail from Derech Hashem on Free Will [https://www.youtube.com/watch?v=ldXbzCC\\_-so](https://www.youtube.com/watch?v=ldXbzCC_-so) This amazing yet humbling information helps tremendously in our choice to turn in relationship to Hashem to describe the pulls we feel toward the darkness and our pleading with Him that instead we wish to feel His Outpouring of love and constant Mercy upon us so that from that same part of us that is being pulled toward the darkness, instead we can simply reveal His love and mercy. This prayerful pleading comes through our lips pleading from our neshama that whatever confusion we feel in our ruach and nefesh be healed.

**Concept 7 – Understanding that part of what will happen from our pleading prayerfully for help in our choice to serve Hashem is that something from the darkness itself will also be returned to Hashem, and that will weaken in general the forces of darkness. That positive spiritual spark that gives strength to the darkness to pull us in becomes absorbed in the connection that we are using our free will to ask for. We are empowered to unify His Name and participate in the tikkun of the world.**

The healing comes from the reality that the force of darkness within us is actually lowered and the positive spark instead comes to heal us. Because we – the Jewish people- are all one soul, we are really doing our own unique tikkun. That benefits the whole community of the Jewish people. Each one of us has this opportunity. It is imperative to understand what we are capable of doing when faced with negativity and challenge – to extricate the positive spiritual spark animating the darkness and return it to Hashem so that He gives it to us as part of the outpouring of love and mercy that previously we were distant from.

May we soon see the removal of the powers of evil to pull anyone into its clutches. May we all join together in this fight to redeem the positive spiritual spark that animates every kelipa so that it may reveal Hashem's 13 attributes of mercy rather than animate the forces that pull us into the dark.