

## KosherTorah School

for Biblical, Judaic & Spiritual Studies

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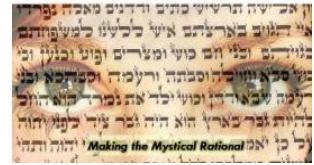
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# Healing Your Soul

by Ariel B Tzadok

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*The flawless wheel rolls with ease.  
The chipped, broken wheel jolts along with difficulty.  
Souls are wheels, and are subject to their conditions...*

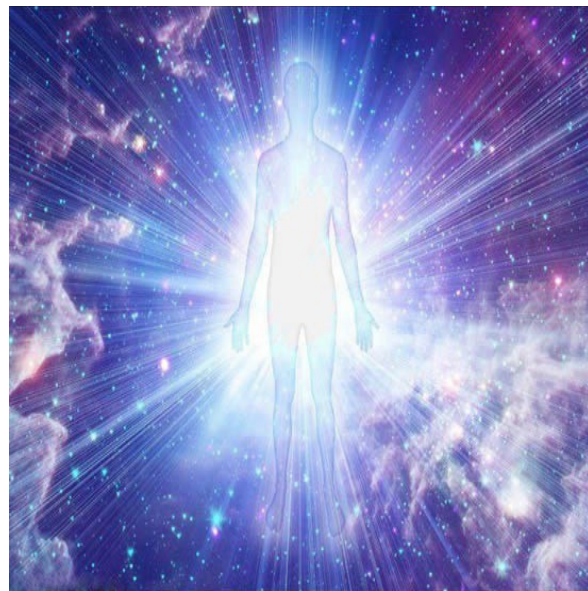
How many colors are there? As many as the eye can see? But what about those colors that the eye cannot see?

Just because the eye cannot see them does not mean that they do not exist. There is much that exists that is invisible to the eye.

How many sounds are there? As many as can be heard? Yet, there are sounds unheard by the human ear that are heard by other creatures.

Sounds are vibrations, and there are vibrations that travel through space and time, without being detected as sound. They are unheard, but they exist nevertheless.

How many opinions are there? As many as can be expressed. Some opinions we find agreeable, and others, we do not. Yet, as long as there is a thinking mind, there will be ideas, thoughts, and opinions. Colors, sounds, and opinions all share the common denominator of infinity. Each has its place, its definition, and its parameters. One may be similar to the next, but is in actuality, its own special existence.



As it is with colors, sounds, and opinions, so too is it with souls. Each soul is unique. Some are like others, and some are radically different from others. Souls are like colors and sounds, they vary in every way.

Which soul is better than another? Which color is better? Which sound? Souls, like colors and sounds have no objective values, rather their value is definitive within the context of their being, their place, and their time. When everything is in its place, then this is good. When everything is out of place, then this is bad.

A soul knows when it is out of place. For a soul to be out of its place, this is bad. When the soul knows that it is in a bad state, it feels strong motivation to move out of that state. The conscious mind does not understand the stirrings of the soul, and therefore, usually ignores it. This creates a split of focus between the mind, and the soul.

The soul is at a disadvantage in that its primary domain is in the unconscious. When the soul is not in its proper place, it stirs in the unconscious, and the conscious mind usually ignores it. This psychic disturbance is the cause of many psychological problems, and mental illness.

Colors create beautiful art. Sounds create beautiful music. Many opinions give rise to discovery. In the multitude of differences comes the beauty of existence. What does this say about reality? What does this say about the Primary Color, the Primary Sound, the Primary Opinion, and the Primary Soul?

All that comes forth from the Primary are its multiple children. All of us are thus children of the Original.

A painting all in one color expresses no art. A symphony of one instrument, playing only a single note, is not music. A single opinion denying all others closes the mind to truth. A single soul alone, and isolated knows that this is not the right way. We all know more things than we think. We all know more things that we'd like to admit.

The conscious mind focuses on the reality before us. As such, its perspective of reality is sorely limited. By hearing only the voice of the outside world, the mind ignores the internal voice of its own soul. This is the meaning of not marching to the beat of one's own drummer.

When one is out of sync with one's inner self, the natural consequence will be that one will also be out of sync with the outer world. A disconnection between the mind, and the soul leads to an equal disconnect between clarity of mind, and clarity

of one's way in the outside world. Either there is unity in all, or disunity in all, this is just the simple truth of things, (and deep down, we all know this to be true). So, let's not waste anymore time. Let's address this issue, and see what steps we can take to realign the mind, and soul into a restored state of natural unity, and harmony.

In order to better understand the faculties of mind and soul, let us compare them to vision. Some have very good vision, and can clearly see everything near and far. Others are not so fortunate. Some are near-sighted, others are far-sighted. Some need glasses for reading, and some need no glasses at all. As it is with the eyes and vision, so too is it with the mind and soul. Some minds are able to grasp all types of knowledge with ease. Others are not so fortunate.

Some minds can easily grasp the complexities of intricate mathematics, and other minds can grasp the complexities of intricate human interactions. Some minds can easily grasp the tangible, and others can easily grasp the abstract. Like the saying goes, "different strokes for different folks." All this is well and fine, until one finds oneself in an area where one does not function as well as the circumstances might demand.

How many of us remember being in a classroom where the subject matter was very difficult? For some students the subject matter was easy, and they could pass the course with the greatest of ease. For others the course work was tediously difficult, and maximum effort was required just to barely pass. We all know this experience. We all know the natural limitations of the individual mind.

Certain circumstances cannot be avoided. It is a fact that there are going to be areas in life where each individual will excel, and other areas in which the individual will struggle. Recognizing each of these areas, and equally recognizing one's abilities within each of these areas, is the first step to be being prepared to deal with each one.

Step one is to accept the way that things are. Step two is to then take whatever steps that are necessary to help improve the situation. It may be possible for one to improve oneself to a point where the difficult becomes easy. Then again, not everyone can do this. All the practice in the world does not lead to perfection for everyone who tries. Accepting this is also wisdom. But on the other hand, who knows how much practice is necessary before a breakthrough might possibly come?

There is no fault in aiming for perfection. Then again, there is no fault in not reaching that perfection, if indeed, one has made every effort, and simply cannot achieve it with one's limited faculties. Not everyone can become a rocket scientist, not everyone can become a model, not everyone can become a millionaire. Try as

we may, not everyone succeeds in accomplishing everything that one may dream to accomplish.

Sometimes one's soul knows the truth of things that one's mind refuses to accept. It is this division that often leads one to failure. Deep within, one's soul knows the truth about what will bring one true happiness. However, one's mind, influenced as it is by the external world, may draw other conclusions, and then seek to acquire other forms of happiness, and fulfillment that one's own soul knows to be harmful to its health.

When one's mind pushes out of consciousness all things that it does not like, and does not want to deal with, this creates what psychology calls the sub-conscious, not to be confused with the unconscious, which is the soul. In mystical language, the sub-conscious is called the klipot, the husks/shells that intervene between the unconscious soul, and the conscious mind.

If one wishes to hear the voice of one's soul speak clearly within one's mind, one has to wade through the muck and mire of the klipot/sub-conscious. This is never a pleasant experience, but it is a necessary one.

The greatest of all the klipot that fill the sub-conscious is one's unfulfilled desires for that which one does not have, and possibly, by definition of one's soul, one may never have. Trying to be something that one is not, and trying to have something that one cannot have are the two greatest klipot that separate one's mind from one's soul. These two desires, to be that which one is not, and to have that which one does not have, are the greatest sources of personal imbalance, and the causes of most personal unhappiness.

Blue cannot be red, and loud cannot be quiet, each is what it is, and each should be what it is, and not try to be something other than itself. As it is with color, and sound, so too is it with every single human soul. The mind that discovers its inner truth, and lives it, unites one's mind and soul. This state of unity permeates one's life, and fills one with the contentment of knowing that one is living the way one is meant to live.

One who hears one's own inner voice, and pays attention to it, not confusing it with the voice of the sub-conscious becomes a satisfied, and peaceful soul. This is true healing, at its best.

Each soul is unique. Each soul is a single instrument that contributes to the symphony of the universe. Each soul is a single shade, that when added to others, together form a magnificent image.

Each soul has its own opinions. Some opinions are wiser than others. While the opinions of souls will stand, the unwarranted opinions of a mind filled with sub-conscious klipot will fall. It is the destiny of klipot to fall, because only internal truths can withstand the trial of time, and the trial of a self-introspective mind.

In order for one to take the steps to heal oneself, one must first know oneself. It is this first step that is the hardest, for it requires of one to expand one's mind, and consciousness. One must uproot and dig out one's personal klipot from one's unconscious, and seek revelation and insight from one's soul hidden within one's unconscious.

Getting through one's personal klipot, and down into one's true unconscious self (soul) is a long, and arduous process. Throughout the centuries, religions and spiritual paths have developed numerous kinds of meditative practices designed to help the practitioner discovered altered states of consciousness. Through these altered states, one comes to see oneself for who he/she truly is. One comes to recognize one's klipot/sub-conscious, and learns how to bring healing to one's soul. This is a life-long path.

*The KosherTorah School offers personal, spiritual guidance to all its students, to assist each individual in discovering one's true self, and to find one's true fulfillment in life.*

*Private counseling, and meditation guidance is readily available.  
But in order to receive these services, one must first reach out, and contact me.  
No outreaching hand is left empty.*