

Raise the Sparks-Newsletter #16- Recognizing G-d in this World

Dear Friends:

So many of us often feel adrift in this world. We face challenges that often seem insurmountable. We feel a lack a connection to others, to ourselves and ultimately even to G-d.

Our forefather Yaakov echoed the same lack of connection thousands of years ago. When Yaakov was fleeing from his father's house, he stopped for the night. He had a dream of a ladder with angels ascending and descending it. When his dream ended, Yaakov awoke from his sleep and made an amazing statement. He said, "In truth, G-d is in this place, and I did not know it."

How is it possible for Yaakov, one of the forefathers of our people not to know that G-d was in that place, or any place for that matter? The Nesivot Shalom, the Slonimer Rebbe explains as follows. All the time Yaakov resided in his father's house, he was involved in purely spiritual pursuits. There is a Midrash that says that he was involved in learning Torah 24 hours a day and never even slept. When he fled from his father's house, it was the first time that he entered the physical world in many years. His sleep and awakening to the physicality of existence was a totally new experience for him. What Yaakov was saying was that he intimately knew of the existence of G-d in the world of learning Torah and spiritual communion with Hashem. Experiencing and knowing G-d in the world of the physical was a completely new experience for him. He was stunned to find that a connection to G-d can be made in the world of sensations, desires, and physicality.

I see that many of us are like Yaakov. We don't feel any connection to Hashem in our daily lives. In some intellectual way we know that G-d is indeed in this place though we don't feel it in any meaningful connecting way. So what are we to do?

I would like to suggest a simple task that will help build that connectivity. In Hebrew, the word for recognition is Hakura. I would like to suggest that you begin a daily practice of Hakura. Once a day, stop and briefly recognize the existence of G-d in your life. Just for a few seconds or a minute, think about the existence of Hashem in this world. Truly be able to say that, "In truth G-d is in this place and I did not know it". Do this practice for 30 consecutive days. At the end of each day, keep a record of whether or not you practiced Hakura. The record can be as simple as a check on a calendar. The important thing is to be committed to the practice and to record your progress in writing. You might even find that you want to do the process more than once a day. I encourage you to do so.

I very much would like to hear from you regarding your progress in recognizing G-d in this world. Check out my website www.raisetheparcs for scheduled events and additional articles to help in your personal transformation. Please feel free to share this newsletter with others. You can place someone's name on our e-mail list by sending their address to moshek@aol.com Once we receive it we will make sure they receive all of our future mailings. You can also contact us on the www.raisetheparcs web page. Please

e-mail me with any comments or questions. Finally, I am available to work one on one as a personal coach in these and in other areas which will help your personal, spiritual and emotional growth.

Yours in peace,
Moshe Kessler
Certified Life Coach