

Ignite your Emotions on this Chanukah and Beyond

written by Yardena Slater
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If we were created in God's image, and we are feeling, emotional beings, then it must mean that God must also have emotions and feelings...

While out with my friends the other day, the subject of feelings and emotions came up. I can't get into the entire conversation, but the conclusion of it was that my one friend, who's a real "feeler" type, said that if we were created in God's image, and we are feeling, emotional beings, then it must mean that God must also have emotions and feelings so to speak. My other friend, who is more of a spiritual out-of-the-box type, then said that it must therefore mean that God communicates to us through our feelings and emotions. And

therefore, we need to pay very close attention to them.

Which got me thinking... that the more we communicate with Hashem through our emotions, i.e., truly from our heart, the closer we come to Him. As it says in Tehillim 145/18: "Hashem is near to all who call Him, to all who call Him with sincerity."

Yes, this may seem obvious to some, but for the non "feeler" types amongst us, myself included, it's just not that obvious. Yet after giving it some serious thought, it hit me just how powerful it can be to spend time getting in touch with my real feelings and emotions, communicate to Hashem through them, and check them for possible communicational guidance from Above.

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Since there's no way I personally can do this type of thing on my own, I went ahead and wrote a prayer just the other day, asking for Hashem's help, to begin saying on Chanukah, which is a very auspicious and light filled time to pray. I am sharing it with you here in case you too need some extra help with opening your heart to yourself and to Him.

Thank you, Hashem, for allowing me to know You, to fear You and to have a dynamic relationship with You. I am so grateful and overjoyed to be able to talk with You daily about everything that is on my heart as well as ask You for help with everything and anything. Thank You for giving me feelings and emotions both to communicate with You as well as to hear Your subtle voice speaking to me.



Thank you, Hashem, for allowing me to know You!

Please Hashem help me truly feel my feelings and emotions and use them appropriately in my prayers to You and in all my interactions in the world. Send me clarity, strength, and empowerment to use my feelings and emotions in an appropriate manner. Please help me understand Your messages to me through them. Surround me with Your love and compassion and help me have love and compassion for others. Please heal my heart and infuse it with sensitivity in accordance with Your will.

Hashem, I want to do the right thing, to respond appropriately and to take action successfully. I want to be able to determine right from wrong, falsehood from truth as well as not veer from these no matter what. Please help me do right, respond according to Your will and take truthful action in all areas of my life. Help me nullify myself to You and Your will only and be joyful while doing so. Awaken my heart to deeply experience Your guidance, direction and loving kindness. Allow me to feel Your energy flow through me and around me and become empowered and healed by it.

Please Heal my heart, body, mind, and soul so that I can fulfill Your mission for me in this world in the best way

possible. Thank You for listening to me, teaching me, sending me messengers, healing me, blessing me, having compassion on me, and infusing and surrounding me with Your energy of loving kindness.

appy Chanukah Ladies. May we all be able to take advantage of the Chanukah light to heartfully pray and see blessings and good in everything we do. Amen.