

We've Always Had the Power

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March 21, 2022



I am feeling a Divine pull to switch from an old paradigm, to a new one, in which we realize we've always had the power!

What if Pesach this year was that much more meaningful because you've been working to unchain yourself from today's modern enslavement of a busy, expense-filled, over-committed, cluttered life? Once again, I am feeling a Divine pull to switch from an old paradigm, in which we feel pretty powerless to make a change, to a new one, in which we realize we've always had the power. Bonus: working on this is just the right spiritual preparation for Pesach.

While the pandemic seems to be on the backburner for the time being, geopolitical and economic events are hitting hard. The

latest fallout are skyrocketing rent, home, food, and gas prices. In Israel, my home has doubled in price since we brought it four years ago; last week I paid over \$80 to fill up my gas tank, and I have two friends who will be leaving town very soon and moving south because their rent has increased from 8,000NIS to 13,000 NIS.

This topic and its related questions and emotions came up in my homeschool/parenting mentor group chat and our mentor, Chana Rus Cohen's teachings on this, resonated to the core. She moved us away from fear of the unknown and introduced us to the possibility that we are being Divinely nurtured into becoming geula in action in our body, mind, and spirit.

Wow! What a concept! Hashem is pushing us towards BECOMING what it is we are yearning for!

It's time to clean up our act, as well as our physical vessel, in order to truly connect to creation and the Creator and thereby bring the light of mashiach. We are being taken on a rollercoaster of a refinement process and not only is it a wild and crazy ride, but it requires us to be conscious, focused, and genuine, on a daily basis.

One aspect of this, as Chana Rus explains, is using your free will to make sovereign choices to simplify life to the basics in relation to food, clothing, shelter, and closest relationships. The actions required to do this actually bring us closer to Hashem because they inspire sovereignty and self-leadership as opposed to being captured by fear, comfort zones, and habit.

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It looks like most people in one way or another, will have to make some changes as to how they've been living and doing

things. Chana Rus, for example, has gotten a bike and started growing a garden, amongst other things. Another friend has taken up creating herbal tinctures as medicines for her family, foraging with her children, and switching her and her family's diet from processed and acidic foods to fresh, organic alkaline ones.

As you know, I've been studying up on homeschooling for quite a while, and if I had to do it for whatever reason, I would be very confident and comfortable doing so. I've been researching the best berry bushes to plant around my garden once shmitta is over, as well as to how to live more minimally. I've done another super round of decluttering the house and have minimized my wardrobe to black, grey, off-white and navy blue solids for the most part – a saver of time, money, and headspace.

What's the point of the above, you may ask? We are (slowly) working towards detaching from our comfort-zone life, relying less on external means such as stores, schools, money and material possessions, and instant food, and more on our sovereignty, self-leadership, and connection to Hashem. Bit by bit, we are loosening the chains of whatever externalities are capturing the mind, time, emotions, headspace, finances, and health.



We are being taken on a rollercoaster of a refinement process!

Because Hashem is showing us that whatever our fears, comfort zones and habits may be, we do not have to be enslaved to them. And it can start by simply simplifying. We can walk or bike more and use the car less. Perhaps we can work less hours but more efficiently? We can grow some of our own food. We can be our children's teachers, infusing them with love of learning and the freedom to find their God-given genius. We can be our family's doctors, cultivating vibrant health and good energy. The possibilities are endless.

Did I mention being on the phone less and connecting with our Power Source more? Life and synchronicities can get pretty wild when you add that into the mix.

An exciting download is coming down the Divine pipeline these days: we HAVE the power – we've always had the power – to play a different game! As Chana Rus puts it, each step we take in playing the game differently is a step in refinement, in truly using our free will to choose life. We may be out of practice making sovereign choices, so it feels hard, but the personal and family healing, self-empowerment and spiritual uplifting is totally worth it!

Ladies, you know where it makes most sense for you to begin the simplification process. Let's begin and then we can take it from there, alright? Let's do it!