

Heavy Ammunition

Contributed by Tzvi Fishman
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Question:

The advice you have suggested in some of your other Q&As for overcoming sexual fantasies has helped me a great deal in the ongoing battle. In addition to things like keeping busy, avoiding depression, going to the mikvah, guarding my eyes, and increasing Torah learning, is there some Kabbalistic formula that I can recite that will give me some extra heavy ammunition?

Answer:

The daily recital of the following proclamation and prayer by the famed and saintly Kabbalist and Halachic authority, Rabbi Yosef Chaim, known as the "Ben Eish Chai," can be a powerful and awesome tool in the battle against sexual fantasies and evil ruminations (See his book, "Ode Yosef Chai," Parshat Miketz, Letter Alef). The more you keep it in mind, the greater influence it will have in nullifying evil thoughts and banishing them from your heart, with the help of G-d.

Note: the Divine Name written in [parenthesis] should be looked at and not spoken aloud. Also, the Ineffable Divine Name of Hashem YHWH should be pronounced: "Adonoy."

Behold, I believe with a complete and perfect faith, that YHWH [YHWH] our G-d is the Cause of all Causes, and that He formed the ten Sefirot, which are Keter, Chochmah, Binah, Gevurah, Tiferet, Nezach, Hod, Yesod, and Malchut. And that His light is recondite and hidden in Keter Elyon, and from there the light spreads out via the letter Yud of His Divine Name, which is Chochmah, and from there to Binah (the letter Heh). And then to the letter Vav, which contains the next six sefirot, Chesed, Gevurah, Tiferet, Nezach, Hod, Yesod. And that the final letter Heh of the Divine Name is the Malchut.

Unto this great light which houses the ten sefirot of the World of Atzilut, we lift up the kavanot (mystical intentions) of our prayers, the blessings we make, and our praises of G-d; along with our learning of the holy Torah, and the performance of the Torah's commandments, and the enactments of the Rabbis, and all of the good thoughts and the desire of the heart, with the intention of drawing down Divine influx and great blessing from the illumination that emanates from Atika Kadisha, which is Keter Elyon to Abba and Emma (two of the partzufim or faces of Arizal's Kaballah), which are Chochmah and Binah. And from Abba and Emma to Malka Kadisha and Chakal Tapuchin Kadishin, which are Tiferet and Malchut.

And I believe with a complete and perfect faith, that YHWH [YHWH] our G-d, is YHWH [YHWH] a Divine Unity of Oneness and that His Name is One. He was, He is, and He will be. He was – recondite and hidden in Keter; He is – when He robes Himself in the ten Sefirot of Atzilut; and He will be – when He reveals Himself in Tiferet and Malchut. To Him we surrender our lives, our spirits, and our souls (our Nefesh, Ruach, and Neshamah) in sanctifying His blessed and Holy Name. And we accept upon ourselves the yoke of His Kingship with great love and a willing spirit, as is written in the Torah:

$\text{וְיָשָׁבְתָהּ אֶל־יְהוָה אֱלֹהֵינוּ וְיָשָׁבְתָהּ אֶל־יְהוָה אֱלֹהֵינוּ וְיָשָׁבְתָהּ אֶל־יְהוָה אֱלֹהֵינוּ וְיָשָׁבְתָהּ אֶל־יְהוָה אֱלֹהֵינוּ$ (whispered)

Behold, I reveal my intention and my desire before the Holy One Blessed Be He, with a full heart and a willing spirit, to nullify totally, with utter nullification, according to the law and halachah, every improper, non-kosher, forbidden, and foreign thought; and any thought that has any aspect of heresy, G-d forbid; and every sort of evil reflection; and every wicked, improper, non-kosher, and forbidden fantasy. And to nullify every thought of haughtiness and residue of arrogance, or unwholesome reflection, along with all types of anger, wrath, and resentment that may rise in my heart and in my mind at any time whatsoever.

And behold, I declare that they all be cancelled and nullified with an utter nullification in every aspect and regard, that they have no being or existence or substance in any shape or form. And this declaration and expression of my will, which I proclaim before the Holy One Blessed Be He, shall have the strength, power, and force that the Sages, may their memory be for a blessing, enacted for the laws of acquisitions and purchases and sale transactions; and like the law surrounding the conditions and notifications and cancellations of oaths and vows that the Sages, may their memory be for a blessing, enacted for the laws of oaths and vows.

And the force of this nullification will have the effectiveness and authority to establish as fact, according to the law of the holy Torah, just like the law regarding the nullification of Chametz before the holiday of Pesach. And this notice, statement, and expression of my will, that I declare, specify, and openly reveal, will be recorded, enacted, and

