

Cry,Baby,Cry!

Posted by Mevakesh Hashem - 29 Sep 2008 00:59

A while ago I mentioned that reading certain posts here just made me break out in tears and sobbing.

After I mentioned that, Guardureyes, our legendary leader, revealed that he too broke down crying after reading the same posts, which obviously were laden with some subtle spirituality and Kedusha!

The very next morning, after giving a lot of thought the previous day to our tears, and their purpose, I was learning Shaarei Teshuva before Selichos, and I came across the answer to it all. It took me a few days to digest, before I was ready to put it to paper and share its deeper meanings with you.

Rabeinu Yonah quotes a Yerushalmi in Brachos (Perek 1 Halacha 5) which says: " There are two channels with which a person sins, his heart and his eyes. Therefore, the sins that were performed with each channel need to be atoned for in the way in which the sin was performed. Sins that came about through the channel of the heart, need a broken heart to facilitate atonement. And sins that were committed through the channel of the eyes, **need TEARS to facilitate atonement!**"

Rabbeinu Yonah continues, and quotes a Pasuk in Tehilim (119) "Palgei Mayim Yordu Eini Al Lo Shamru Torasecha" - rivers of tears flowed from my eyes, because I have not guarded your Torah. Rabbein Yonah explains this Pasuk to mean that not guarding what our eyes see is considered as if we have not kept the Torah, and indeed warrants rivers of tears for its atonement!

My dear brothers and sisters, Rabeinu Yonah is talking to me!! He is talking to Guardureyes!! He is talking to YOU! He is talking to us all!

Our eyes have caused us to reach the low levels to where we reached, as we didn't keep the "Lo Sasuru Acharei Eineichem" properly! Baruch Hashem we are all on the road to Tesuva Shelaima (some of us just starting, some of us well along, but the main thing is that we are on the road!)

However, rabbeinu Yonah is telling us that we need more than just Teshuva. We need to cleanse the very channels with which we have sinned, with TEARS.

CRY MY DEAR BROTHERS AND SISTERS, CRY YOUR HEART OUT TO OUR FATHER IN HEAVEN. HE AWAITS OUR SINCERE TEARS AND WILL USE THOSE TEARS TO MAKE THE MORTAR WITH WHICH HE IS BUILDING THE BAIS HAMIKDASH HASHLISHI.

Never in the history of Klal Yisroel have we stooped to such low and degenerate levels of znus, filth and impossible environment.

But, as Hashem always keeps the cure close by, NEVER in the history of Klal Yisroel has there been such a power of good ready to combat the evils of the street. We all owe a tremendous Hakoras Hatov to Guardureyes who has started a movement of good. A movement of Teshuva like never before. A revolution of Anti filth! A real army ready, willing, worthy and able to fight, capture and slaughter the Yetzer Hara!

My dear brothers, Rosh Hashana is less than 24 hours away! CRY!!! CRY!!! CRY!!! CLEANSE!!! CLEANSE!!! CLEANSE!!! CHANGE THE WORLD!!! I CAN! YOU CAN! WE CAN!!!!

KESIVA V'CHASIMA TOVA. PLEASE DON'T FORGET DO DAVEN FOR EACH OTHER AND 5769 WILL BE THE YEAR THAT MOSHIACH TRIUMPHANTLY ARRIVES AND ALL THE FILTH WILL BE ABOLISHED FOREVER AND EVER.

AND AS ALWAYS, AND AS IT SAYS IN THIS WEEK'S PARSHA: CHAZAK V'EMATZ!!!

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Re: Cry,Baby,Cry!

Posted by Elya K - 29 Sep 2008 01:20

Mevakesh, thanks for bringing up that Rabbeinu Yonah. I have mine next to my siddur in shul. Years ago, when I first discovered the internet and this being an "addiction" I read this passage in Shaarei Teshuvah and actually have it underlined. In those days someone published a frum 12 step guide and actually referenced the places in the Rambam and Shaarei Teshuva that match the individual steps. Everything is from the Torah. I actually have the steps numbered in this sefer also. So to not let myself away, I underlined a whole bunch of other things also.

I wrote in a past post about my trip to a weekend retreat for this. I cried more that week than in my whole life and now, during RH & YK, I can go back in my mind and see myself crying and it brings it all back. This is a great way for me to mourn the fact that I have this affliction and all the years and hours wasted.

Crying is indeed good for the Neshama and especially good for us.

Ksiva VChasima Tovah.

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Re: Cry,Baby,Cry!

Posted by the.guard - 29 Sep 2008 08:16

Ah, there is nothing like tears. *Sharei Dima'os ainum ninalin* - the gates of tears are never closed before Hashem. Happy is the man who can cry to Hashem.

One thing that helps is to go to a secluded spot, in nature, or at night where you can look up to the heaven and see the stars, and just sit there and talk to Hashem.. Just talk and pour out your heart to him, and tell him how hard it is, and how far you feel, and beg him to open our hearts, for ourselves and for all of klal yisrael, and the tears will just come...

Elya, where did you see the 12 Torah steps? Is it like [this page](#) or is it another set from someone else? If another, can you send me the text of it? I'd like it up on our site....

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Re: Cry,Baby,Cry!

Posted by MW - 29 Sep 2008 14:27

In those days someone published a frum 12 step guide and actually referenced the places in the Rambam and Shaarei Teshuva that match the individual steps. Everything is from the Torah.

Elya, I would love to see the sources for the 12 step in the Torah, are you able to post it here or email to me, thanks alot.

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Re: Cry,Baby,Cry!

Posted by jack - 29 Sep 2008 16:27

i want to wish all my brothers who are helping me out there a ksiva vchasima tova, i will have all of you in mind this rosh hashanah. i feel connected with each and every one of you, even though i have no idea who, or where, you are.but we are together in spirit, trying to do the will of our Creator. love you all, jack

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Re: Cry,Baby,Cry!

Posted by Mevakesh Hashem - 29 Sep 2008 16:53

Elya, I have met him on a few ocasions, but didnt really know him.

Today, I went to a jewish cemetery , and I cried, and cried and cried. May Hashem answer all

our Tefilos!

Chazak V'Ematz!

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Re: Cry,Baby,Cry!

Posted by Elya K - 29 Sep 2008 18:13

OMG, you just reminded me I have to go to the cemetary today.

Crying is good, it purifies our souls.

I'll have to dig up that article. After RH.

Ksiva VChsima Tova

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Re: Cry,Baby,Cry!

Posted by UTS - 06 Nov 2008 08:21

[quote="Chazak" link=topic=75.msg747#msg747 date=1225793031]

[Chazak wrote on 29 Sep 2008 19:22:](#)

To anyone who wants to know how the 12 step program has a source in Torah, I remember

reading Rabbi

Twerski's (approach) explanation of this in one of his books, "Self-Improvement, I'm Jewish?". There may be more on this subject in another book/sefer of his.

Now to add one thing that I have not seen mentioned. Chazal say that "Yeish chochmoh vago'yim". Whether the 12 steps were developed by goyim or not, if they work, they work. If nothing else works as well, we must avail ourselves of them, especially if a frum rov, not to mention odom godol who understands this all, recommends these.

We all use modern medical treatments and other modern conveniences that did not exist 50 to 150 years ago.

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