

yechida's reflections

Posted by yechidah - 29 Jun 2009 19:47

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(any questions , insights & suggestions about this thread,feel free to email me at [taryaga@gmail.com](mailto:taryaga@gmail.com))

There are many reasons we need to be where we are and who we are,most are unknown.Why do we even have to be in a situation or have in our soul so much darkness and a pull toward self-destructing negative behaviors?

I saw once an amazing thought in a sefer.Moshe Rabeinu came from a union that after the Torah was given would have deemed him a mamzer(parents being an aunt & nephew).He could not boast of his lineage.This is one reason that let him be the greatest Anov that ever lived.

We who have to deal with the stuff that's in us that we would rather not have in the first place-this pain and shame over the course of time -makes us realize that even when we b'ezras Hashem pull out of the addictions-we will never look at another Yid that is struggling with this in a negative way

We catch a Yid looking where he shouldn't be looking and our hearts are full of compassion.We will daven for him,treat him with respect,gently try to get him out of it.We would never disgrace him-not even in our hearts-because we were there.We know what it's like.In our eyes he is a potential tzaddik.

This is surely one reason Hashem gave us this urge towards baseness with all it's shades of ugliness.Yes you are special-like every Yid is-but never ever judge harshly My son or daughter that is struggling-because I love him or her - he or she is part of Klall Yisroel.Just as indispensable as you are.

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Re: yechida's reflections

Posted by yechidah - 08 Feb 2011 21:50

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Always keep in mind

The Bal HaTanya's

Yesod

God bestows

Upon a Ben & Bas Yisroel

Abundant physical pleasures

And it is the task us Yidin

To transform these physical pleasures

Into the most beautiful

Spirituality

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Re: yechida's reflections

Posted by yechidah - 09 Feb 2011 14:33

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A wife is called

"Akeres HaBayis"

A husband is

To be aware

Of this powerful title

That Chazal has given

To your wife

This alone demands

From us husbands

To greatly respect

And listen carefully

To the words of a wife

In regards to the "Bayis"

We may be surprised

Of what wisdom we may hear

As a message from Above

Even as she may be unaware

Of the significance of her own words

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Re: yechida's reflections

Posted by yechidah - 09 Feb 2011 18:12

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Av HaRachamim"

Hard to perceive

In the dark periods

Of our history

Yet the Rachamim is real

Sometimes we see it openly

Other times Emunah is required

A lot of the Inflow of Rachamim

Into the world

Is in our own hands

The key is with us

We can connect our soul

To the Av HaRachamim

By conducting ourselves

With this middah of Rachamim

Compassion towards

Our brother & sisters

As well as ourselves

The Compassion within us

Spreading to the world

Opens the Channel of Compassion Above

To overflow upon us

In an everlasting abundance

So that we can see

With our own eyes

The Source of all Compassion

For that is when

The world will be healed.

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Re: yechida's reflections

Posted by yechidah - 10 Feb 2011 14:03

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This one is more directly GYE related:

The Greatest Anecdote

To unhealthy desires

Is True Inner Joy

Food, sex, alcohol, gambling

Are escapes

To fill

An empty inner void

With inner joy

You eat food when hungry

Drink water

As the body needs it

Directing the urge for sex

Towards

Your life's soul mate

With a heart full of gratitude

Towards her whom He has given you

Money is used as a means

For a higher purpose

Not as an end unto itself

So here lies the great secret

God does not wish to deny us

Life's pleasures

He has no problem

With us asking Him for it either

But what He wants us to do

Is see Him

Know Him

Be grateful to Him

Via the first and pleasures

He has given you

The Sun is worshipped

By idolators

While we perceive God

Via the Sun

Its warmth ,light, and energy

As a gift from Him

To the world

This is how we

Need to learn

To view this physical world,

Our bodies,

And every delight and pleasure

That exists in the world

External Beauty

Always needs to reflect

And represent

Inner Beauty

Which is the Godliness within

The physical aspects

That you are seeing

For by holding unto

The External aspects

Alone

That desperate grasping

Of the outer life

Will kill you

That is Death

By sugar-coated cyanide.

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Re: yechida's reflections

Posted by ZemirosShabbos - 10 Feb 2011 17:56

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beautiful!

really like this one

thanks very much

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Re: yechida's reflections

Posted by Rising Up - 10 Feb 2011 18:01

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[ZemirosShabbos wrote on 10 Feb 2011 17:56:](#)

beautiful!

really like this one

thanks very much

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yechida, don't get fooled. This is just an attempt by ZS to up his post count without anyone realizing!! >:D (just kidding)



Re: yechida's reflections

Posted by ZemirosShabbos - 10 Feb 2011 18:04

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Re: yechida's reflections

Posted by yechidah - 11 Feb 2011 14:06

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Long Winters

When no growth

Is seen

Dark, dead days

But that is the furthest

From the truth

For great growth is

Occurring

Beneath the surface

Not to be seen

Until Spring

So don't underestimate

The great power

Of Long Winters

It is then

When the greatest transformations

Quietly and modestly

Take place

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Re: yechida's reflections

Posted by yechidah - 11 Feb 2011 18:41

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Have a wonderful Shabbos my friends

Here are 3 short ones:

1

The inner purpose

Of all discouragement

Is to weaken

Each one of us

So as not to fulfill

Our mission in this world

For which we have been sent

From Above

2

Loneliness

Is the soul's yearning

To connect with its

Other missing parts

The soul that his root

Is connected to

3

Physical Charity

Is with money

Spiritual Charity

Is the giving

Of the gifts

Of your

Soul

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Re: yechida's reflections

Posted by yechidah - 14 Feb 2011 13:42

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Feedback on the concepts of these series of notes are greatly appreciated-either via PM or at

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[taryaga@gmail.com](mailto:taryaga@gmail.com))

Light Notes # 3-" The World of Shabbos"-(Adar 1-5771)-Ki Tissah

Dear Friends,

The Shabbos meals can be very dry and empty , even when Divrei Torah is being discussed there It can be a very unpleasant experience. To the extent that you can cut the tension that is felt with a knife.

This is even when things were done "Properly".

It is marked off in the dry cold halachic brain that things were indeed done "Properly"

Sholom Aliechem-check .

Askinu- check .

Kiddush, looking at the Neiros -check.

Netilas Yodaim-check,

Bitzias Hapas, Lechem Mishneh-check.

a zemer-check.

No Boirer-good.

No Sechita-good.

Proper berochos for desert-check.

Mayim achronim-check.

Birchas Hamozon-check.

Now I learned Hilchos Shabbos and I need to learn it again. And as the Mishna Berurah writes in the introduction there that one must always review these laws. So don't think that I do not take Halacha pretty seriously.

And yet, even a Shabbos Tish in accordance to Halacha could be Hell. It can be fully devoid of any life and of any empathy, being more like a well oiled machine with nothing there. There is an undercurrent of unhappiness present. The wife is slaving away but is barely noticed. Unless there is something wrong with the kugel. Or the chicken was somewhat burnt and the chusheva guest may notice.

This is, of course, just one specific example that may not apply to you or your household

But what is a common thread in our communities is that the true gift of Shabbos has been lost and forgotten

Let's now discuss the World of Shabbos.

It would be an impossible task for me to do justice to this topic, but lets try to get a little taste of this World of Shabbos and see if we can try to enter into it.

Before we begin we need to temper this description with some realism. Especially for those who don't have the luxury to take Friday afternoon naps. Especially for those that are exhausted from a full week of hard work and stress.

And yet the powerful yearning for the World of Shabbos needs to be a goal

As I heard a quote from Zelig Pliskin "when you stretch our your arms and reach for the stars, you may not touch them, but at least your hands won't get stuck in the mud"

So having this dream in your heart, as unrealistic as it may seem, will help your Shabbos be transform to a day of Calmness & Inner Joy

Shabbos is “ a sign between Me and you throughout the generations”

It is a sign of your relationship with God.

This sign is a “GIFT”. It is a badge of honor. It’s a source of great pride to us.

It is worthwhile to read the Appendix of the Artscroll book “Reb Shraga Fievel” (Mendelovich). His talmid, Rav Nesanel Quinn, describes how his rebbe prepared for Shabbos, and how his whole existence was on a different plane on Shabbos

I have heard a description from another talmid, Rav Moishe Wolfson in similar terms

And in the book it says as follows

“Rav Shraga Fievel had a brilliant mind , and joyful lively disposition ,and a symphonic neshomah. His neshama was a song for the glory of our Creator, a song for the marvels of Creation, and a song for the unique ,distinctive status of the Jewish People in the history of mankind”

Now that was Reb Sharga Fievel

What about us ?

Every person, on his or her level, has a much deeper connection to the Creator on Shabbos. Its more deeply felt. It's s gift to us. All of us.

It is true. A big focus of the laws of Shabbos is what we cannot do.

And yet, the greatest gift of Shabbos is what we can so. What we can feel. What we can see. You can use the power of imagination that God has given you to aid you. Who says imagination is always negative? It's there to be used for positive purposes. It's a gift!! Look around!! It's a different world on Shabbos!! The sun doesn't look quite the same, It's a Shabbos Sun!!! The streets are Shabbos streets, the home is a Shabbos home, you wife is a Shabbos wife, your children are Shabbos children, the nesomah yeseirah there, it is real and it is there!!! Look and you will see more kedushah there. You may have tasted the chulent Thursday night, but on Shabbos it tastes the taste of Shabbos. Your bed is Shabbosdik. Your clothing are Shabbosdik, Hashem's presence is more palpable. More easily felt. So that the work restrictions do not chain you down. It frees your soul!!!! allows it to express itself, to sing, to pray. You can't say Nishmas on a plain old Tuesday morning. It just doesn't feel like Nishmas. Same words, but its not the same. On Shabbos-Now that's a Nishmas!!!

The Fridays are getting longer, try to rest. If you know you can't ,try to go to sleep earlier on Thursday night.

If youre too exhausted on Friday night, don't lose heart.

Get a good night's rest on Friday night and the light of Shabbos will be felt in the morning. If this Shabbos didn't go as well as expected, there is always the new opportunity of the upcoming Shabbos .

Learn things you enjoy, try "Siduro Shel Shabbos" that will aid to the special feeling of Shabbos. Sing Zemiros , or any niggun you enjoy. Your tired Shabbos afternoon?, then take a nap, rest ,and take with you a story about tzaddikim. When the days get warmer, take a walk with your wife in neighborhoods where it is very residential and pleasant. Talk about pleasant things, nice thing, joyful things no we need to take care of this or that.

For those that practice Hisbodidus (Talking privately to God in your own words), Shabbos is a beautiful time to do so. Especially as the days get longer. If something is bothering you, certainly, pour your heart out to Him. But also it is a great time to give thanks to the pleasures and blessings of your life.

It is also a time you can repair your relationship with your wife and children. Little by little. You have time to talk to your wife and listen to her. And it makes no difference whether she is a niddah then or not. Shabbos is a time where the inner Keshet between the two of you can be enhanced greatly. As important as it is to have Orchim, it has to be balanced with having a peaceful and less stressful home. If it's too hard on your wife, don't invite guests. Let your wife be your guest.

It is very important not to overstrain yourself on Shabbos. Even if you wish to learn many hours be careful that it is not of a tense nature, but of a joyful one.

Rest your mind.

You have time to think more slowly, less intensely, and this type of thinking is extremely powerful

It's a time to think about Emunah and Bitachon and Hashgacha Peratis. May we merit to feel the true gift of Shabbos

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Re: yechida's reflections

Posted by ZemiroShabbos - 14 Feb 2011 19:18

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wow!

beautiful

thanks for sharing that



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Re: yechida's reflections

Posted by yechidah - 14 Feb 2011 19:24

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Thank you Zemiros

may you be a blessing to all those around you!!!!

Do not undervalue

Your gift

To your environment

To a natural-born leader

The influence is apparent

Palpable ,felt by all

Yet every human being

Has the God given ability

To affect those around them

In a very powerful way

Not just by active teachings

But by the very act of being

Though perceived as passive

Is anything but that

It's amazing

What great gifts

The world would have

If only

Each individual

Allows themselves

To be the best they can be

Their unique selves

Enhancing the lives

Of all around them

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Re: yechida's reflections

Posted by bendurdayah - 15 Feb 2011 05:12

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Beautiful words, and more importantly, heart.

I see I have 75 pages to read here!

Thank you,

Bira Amikta

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Re: yechida's reflections

Posted by yechidah - 15 Feb 2011 13:30

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Thank you Bira

The main light is for the Bira Amikta,for it is from there that greatness comes forth

One lights his own fire

Not merely to brighten himself

But to illuminate others

Bringing forth warmth & light

To the world

So that wherever he is lead

Through work ,marriage , shul-life,

Travels, appointments, tasks

Every move, spiritually and physically

Is to fulfill the soul's purpose

Bringing forth

From the potential

To the actual

Everything he or she

Needs to accomplish

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