

yechida's reflections

Posted by yechidah - 29 Jun 2009 19:47

(any questions , insights & suggestions about this thread,feel free to email me at 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 kutan - 05 Aug 2009 16:10

[bardichev wrote on 04 Aug 2009 16:26:](#)

no need to borrow

it can be yours for keeps

humble amd happy is contagious

humble and happy2

humble and HAPPY

bardichev

:D ;D

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Re: yechida's reflections

Posted by Noorah BAmram - 05 Aug 2009 18:21

you have in your right pocket-"I am dust and ashes"

you have in your left pocket-"the world was created because of me"

Time to switch the papers around.switch them

Read the one in the right every single morning.

The one on the left, you only read if someone calls you a genius,a king,a moishe rabbeinu.

the problem is that the only one who calls me "genius" is my wife, and that is when i bring home all the wrong things when i go shopping and forget the items that i actually went to the store for to begin with ;D ;D ;D

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Re: yechida's reflections

Posted by yechidah - 05 Aug 2009 18:27

TrYing

I cannot post a long thing right now but please listen carefully.

you are more Ok than you think you are,there is much much more that is right with you than is wrong with you.and what is wrong is there as a gift, because you will see that that is the true source of your greatness.the transforming and the redirecting of the wrong into a great light and this TrYing palace is vast and broad and an amazing place that you will see very soon.

I will talk about this in upcoming posts.

For now I am only posting here in this section so please visit from time to time.

I am not capable of writing these 2 letters. That, and 1 other thing I wrote 6 years ago is beyond my ability to write. It's only because of GYE Yidin here that these things could be written about in such a way.

The second letter is the key to our lives. Because that is why we are here on this world. To build that little succah within us, even amidst turmoil and pain.

I am very tired.

Please forgive me if I ever said anything wrong or hurtful to any one of you. This is a very awesome responsibility and I am sometimes afraid that I will screw up and say something stupid or insensitive. Please forgive me.

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Re: yechida's reflections

Posted by yechidah - 06 Aug 2009 18:48

My dear friends,

One of the greatest kindness Hashem did for me was this.

From the age of 12 thru 24, I davened in the same place, same seat.

I noticed 2 sets of seforim that became my "best friends", a set of maharal, and a set of R Tzadok Hacohen.

My 2 "best friends" stayed on that shelf until I got married at 24.

I came back to that shul after I got married and the Maharal & Rav Tzadok were gone. The gabbai had moved it to another part of the shul.

Hashem was telling me I gave you what you needed those years. Maybe you couldn't talk to anyone but I sent my Maharal and my Reb Tzadok to give you some chizzuk. You can sometimes be in crazy situations but I always will give you a spark of hope. There was a reason you I didn't send you someone you could talk to. But I sent you the Maharal. I sent you Rav Tzadok.

Now I realize that He didn't just send them to me for me. He sent them to me to give them to you. It's you he was always thinking about. Especially Rav Tzadok. In a sense, he saved my life.

He wrote a sefer Tzidkas Hatzaddik. siman 44. make a copy, cut out the words, and always look at them. If you will believe his words it will completely change the way you look at yourself. What you hated in yourself, you will begin to love. and you can begin to heal.

I don't have Hebrew Fonts but please please read the original.

2 sentences.

I was about 14 or 15. I was struggling with all these unhealthy thoughts and emotions, I am going insane from the see-saw in me between holiness and the opposite, amidst other scars that I won't talk about now (all of you went through many similar things as well, I am sure of that), & I open up Rav Tzadok and he tells me this:

"Someone who has these great and powerful desires in his body, should not get depressed about it. He should not think-how defective and terrible am I, that I have such desires. Because to the contrary, these desires are the vessel and the vehicle for the great love and desire of Truth."

I saw this at 14 or 15 so that I could be helped but that was incidental to the main reason which is Hashem knew one day I would be here amongst many great people who believe with the

utmost conviction that they are defective,screwed up.because of these strong desires raging in them.and Rav Tzadok comes along and says "Are you kidding me?".Do you have any idea how these ugly desires are the greatest gift Hashem is giving you? If you channel it for good,do you have any idea what you can accomplish?

If you take that sexual desire in you,and you don't give in to it,and instead you daven one long and powerful Shemona Esrai with that energy,it's pleasing to Hashem like the ketores.Lewd thoughts strike you,and it's Thursday night,you run to Tomchai Shabbos,You guys need any help carrying these heavy packages to the third floor of that building?No problem.I'll do that for you.or you talk a very long walk and talk to Hashem as you are doing so.You sing to Hashem with all your might.You use all your talents in a healthy way.

Don't think this is Plan B.Poor me,I'm nuts,so I have to deal with this crazy stuff,so I'll just redirect my desires just to cope.nebach on me.

It's not so.This forced redirection is the Plan A,it's what Hashem loves about you.He gave you a tremendous powerful gift,don't give in and abuse it.Direct it in the way I want and you will be amazed at what you can accomplish.and down the road we will all thank Hashem with a full heart for all we had to go through.and these fiery desires become the fire in the fireplace,that gives off soothing light and comforting warmth to us all

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Re: yechida's reflections
Posted by the.guard - 06 Aug 2009 20:08

Beautiful!!

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Re: yechida's reflections

Posted by Ykv_schwartz - 06 Aug 2009 20:25

Thank you yechida for sharing.

In fact, this Rav Tzadok (#44) is a well known one to us at GYE. Guard even put it in his [attitude handbooks](#). Look at attitude #17. He quotes precisely this siman and elaborates on it.

For a thorough description of this beautiful principle that you brought to light, you can also read Guard's chizuk email, on [this page](#), email #412-#415, where he quotes Yair's book.

Thanks for bringing it to the forefront again. We should review this yesod at least once a week.

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Re: yechida's reflections

Posted by yechidah - 06 Aug 2009 20:50

Ykv Schwartz

Thank you for bringing all this to my attention. And by the way, since this is the first time I'm speaking with you, I must say I admire very much your ability of "likut", of compiling many sources of what you learned to one concept. How do you do this? Does it come automatically? Do you take notes and organize it that way? Regardless, it is a great gift you have, and you are using it for the best possible purpose.

Also I wanted to know if siman 47 in tzidkas hatzaddik is discussed in the GYU material here. That no middah is completely evil, there is always a good side to each middah that Hashem wants you to use for the service of Hashem. Good middos could be bad. Bad middos could be good. It's a powerful concept that could be used here, because channeled the right way, these middos that we hate in ourselves we can use to serve Hashem with, and then we can rejoice in those very middos we had hated in ourselves in the past.

If you have advice regarding your power of being melakiet I would appreciate it. It's an art I would like to learn if I can.

Thank you, dear Ykv Shwartz

yechida

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Re: yechida's reflections

Posted by Ykv_schwartz - 06 Aug 2009 21:36

Yechida,

Thanks for your warm words. I am sorry I did not formally introduce myself. I would like to say that your contribution to this site is enormous. I read all your posts and I am always moved by them. You are a powerful fire, as your logo implies.

Regarding being m'laket, I do not take too many notes. Most of what I quote just comes to me. However, when I get a chance, I do write things down, either on my computer or in my notebook. When I learn mussar/hashkafa, I try to write down all my thoughts. But when it comes to actually being melaket things on paper, I am terrible at it. I am better with the spur of the moment. I doubt this was helpful to you.

But, we each have our talents. And your talents are very apparent. You clearly possess the power of expression and reaching hearts. As I stated above, I am simply amazed.

Regarding siman 47; No, I do not think this has been mentioned on these forums. Though, I have it written in my notebook. I began writing down a list of relevant Rav Tzadok's to review for quick chizuk (Though, I never finished). And #47 made the cut. I summarized it as follows: "any tendency ingrained in a Jewish soul always has a good side to it". Also, if you get a

chance take a look at 49. That one is my life. [I do not want to say this too loud, because then Noorah and Efshar are going to come after me to post these Rav Tzadok's and then poilitely remind me that I have not finished my Succa discussions.]

-yaakov

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Re: yechida's reflections

Posted by yechidah - 07 Aug 2009 12:41

Thank you Yaakov

You definitely have this koach of likut which is tremendous.I would beg you to continue writing and writing and writing.Amazing things Hashem will put into your head as you write.and you will Boruch Hashem be using it in a great way.

Thank you for your kind words and may you and all of us here have a wonderful Shabbos.Eikev has amazing things in there.People don't realize.

Even though you say you are terrible at it,do not underestimate this ability that you have.You never know what great goodness that could come out of it

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Re: yechida's reflections

Posted by yechidah - 10 Aug 2009 12:23

My Dear Friends, special brothers and beloved sisters, (a long one, but a "life saving" one, for me, and for you, that will hopefully heal us and give us a very long and happy life)

I see in all of you parts of myself. Therefore, this hurtful emotion that is buried deep within me is

in you too .I see it in me, and in you, this hurtful thing that clings to you, clings to me, and will not let go.

We have to let it go. Hashem wants us to let it go. It's a terrible weight upon us. We let it go, it shifts off of us, and we soar upward, because we are no longer shackled by this hurtful thing, by this hurtful thing that tears at our hearts ,and drives a sharp knife deep into our soul.

We talked about the Tanya that tells us that tells us that Hashem forgives us immediately and completely and we need to believe it ,internalize it, and not let our past sins burden us and bring us down.

The concept here sounds similar, but if you read and study carefully you will see it goes much deeper, because even if we internalize the idea that Hashem immediately and completely forgives us, our minds and hearts and souls cling to the very essence of the sin of which we already have been forgiven. Even if we believe that Hashem forgave us and erased our sin, our minds refuse to erase this very sin that was already erased by Hashem.

And our minds not erasing the sin that Hashem already wholeheartedly erased for us—that is a very deadly devastating thing. It will destroy us. It is killing us.

Hashem tells us “I made this bad thing disappear—POOF!!—IT’S GONE!!” But no,no,no, our stubbornness, stupidity, twisted thinking, Mr YH doing his great shtick ,tells us ‘IT’S HERE!!’. Hashem says ‘IT’S GONE!!’,and we defy Him and tell Him “YOUR WRONG,IT’S HERE!!”

Hashem is pleading with you, begging you, ”please forget about this. Please. I promise-this thing that you are harping on, this thing that is driving you nuts for years, this thing that tortures you, maims you, hurts you, drags you down, it’s not there anymore, do you understand ME? It’s not here. Not now, not even in the past, not after 120, not when Moshiach comes.”

After 120, you come up, I bring you upstairs, and your’e a nervous wreck, you expect on the BIG IMEX SCREEN showing “MOVIE OF YOUR LIFE” and Hashem gives you a heads up ,He tells you “I already deleted completely all the bad parts .It’s not there. It’s as if it never was.”

But you are in a state of absolute panick ,pure terror, and the“ MOVIE OF YOUR LIFE” is shown in front of a grand audience, in front of all those that knew you, you fear that great deep shame that is about to come but it doesn't come. You are very very relieved. Not bad .Not bad at all. as a matter of fact, it's pretty good .Rated G.(even the private intimate parts of your life, channeled properly, used the way Hashem wanted you to use it, is Rated G upstairs. perfectly kosher and exceedingly beautiful)Even won Best Picture. Best Performance, not by an Actor or Actress, but by a wonderful special Yid.

You are very relieved but you are also an honest guy .or girl. So you turn to Mr Malach and tell him, excuse me, but this movie is missing a lot of shameful parts. Don't get me wrong. I'm happy it's not being shown, but this is the world of truth here. shouldn't it be there? these missing files? the director's cut? the not rated unedited version? and Mr Malach gives you this puzzled look and tells you, listen, we don't make mistakes, I'm telling you no file is lost, we do not have this here, this what you tell us is missing, what file?we don't lose anything, and it's not here.As if it never existed.That deep shame never was and never will be.

And it's very possible that you are in for a great delightful surprise. These deletions weren't deletions at all. They are a great Light, that is stored away for you in the World to Come.

Please look at the Chiddushai HaRim on Yom Kippur. The very first torah written there.

I must admit to you that I read it several times and I couldn't grasp it .I could translate every word but to me it was like a blurry mirror. Then a Yid explains it to me. After that, I look at it again, and the blurry mirror suddenly becomes crystal clear.

Dear brothers and sisters, I know I'm digressing, but this is extremely important to tell you. So I must say this now.

It's very very important that you study and learn and try to understand the world and yourself through the eyes of the Torah. But part of your learning is listening as well. An “incidental” comment from a fellow Yid can open up your eyes and your heart and see things that you've never seen before. I have to tell you the truth. I do not have the time to view all of what you have to say but you have no idea how much I learned from many of the insights that you have said here. In one case, a single phrase caused a powerful thing to come out from inside of me and it is only because of you. Always remember this when you search for the truth .a little

comment from another Yid may be the key that opens this great big door inside you .Do not estimate another Yid, specially the one that you think he or she is lower than you, because Hashem will place your precious key, the key that will open up your neshomah ,into this "simple" Yid who is really not "simple" at all. Your listening to him or her is the giving over this precious key that will unlock your neshomah. So you always need to listen to another Yid. And you will be blessed to witness many times the sacred and momentous act of the giving over of this precious key, from one Yid to another. and then you will realize that this Yid was always part of you, and that the key that was in him was in you as well because you and this Yid are one and the same.

The Heart of Klal Yisroel is One.

The first thing about this amazing piece by the Chidushai HaRim, is the things he is saying to you "between the lines", not what he is saying openly. He is telling us a life changing concept that will liberate us from tremendous pain and inner turmoil.

Because sometimes you think that Mr YH only deceives you with sheker-with falsehood. But here the Chidushai HaRim tells us that Mr YH sometimes deceives us with truth. Pure 100% truth,1000% truth ,the pure truth of pure Torah, pure words of Chazal Mr YH could even take that and make you nuts with it. Mr YH will try to murder you with the 100% true words of Chazal.This is when Torah becomes "Poison" And we will now give an example of this method that Mt YH brilliantly applies.

In the next paragraph, you will see true Torah. Every Yid must believe in it 100%,and every Yid is obligated to do what is written next. But here is the key. Hashem wants you to use it one way (the way the Chiddushai HaRim describes)and Mr YH, well he wants to torture you with it.

There is a special mitzvah of "Vidui". the confession of one's sins. Every Yid is obligated in this mitzvah. So if one morning a Yid commits a particular sin, he is obligated and right away ,to feel regret, and verbalize it, express explicitly and openly ,with a full heart, "Hashem I am sorry-I did such and such(the details you tell Him briefly)-and I deeply regret it-and I am sorry" There are other factors in teshuva but this is " Vidui" Being "Mefaret Hachet"-explicitly expressing the detail, yes I stared at that woman across the street for an extra ten seconds and committed the sin of "lo sosuru..."I'm sorry.You say this with full intensity to Him. This is "Vidui"

On Yom Kippur, or a Chosson/Kallah the day of the their wedding, this "Vidui" process goes

even deeper. Many many “Al Cheits” are said. Listing in detail all different types of sins, and again, the same obligation applies. One must say each one with a full heart, deeply regret the sin mentioned in each one. This is “ Vidui”- a great mitzvah.

But this is the key, my friends. This is what Hashem is telling you. This is what the Chiddushai HaRim is saying. The “Al Cheit” of Yom Kippur”should be said “bimiherus’-which means “quickly”. Listen very carefully, he didn’t say not to concentrate on what you are saying, chas vesholom. that’s not what he means. you must say it with your full heart, with your whole essence--but you say it quickly..

10 seconds,15 seconds,20 seconds, you say that sin ,you cry, please forgive me Hashem, please,for the sin of immorality,of “Giluy Arayos”---after that, Hashem commands you, literally commands you NEXT!!!move on, move on, move on , Do you think I want you to spend 45 minutes or even 4 minutes on the holiest day of the year in the muck of your sins of immorality ?? NEXT!! move on ,move on ,move on. You are forgiven, I already forgave you with MY Full Heart, NEXT!! You will say this again 20 seconds by schachris twice, 20 seconds by mussaf twice, 20 seconds by mincha twice. I don’t need anymore, I don’t want anymore, You are completely forgiven, put your mind on the positive, both on Yom Kippur itself, and on those days you decide to make your personal Yom Kippur. I want most of the day of Yom Kippur(and your personal Yom Kippur),not to dwell on the filth of you old sins. I do not need to hear from you or for you to remember all the sick details of that movie that wish now you would have never seen. I know you are truly sorry. You told Me.So forget about it and think about “V’simloch Atoh Hashem Levadecho”—That You alone rule us all-kvod malchus shomayim-that is what I want you to focus on.

My dear friends, this is the key. Do not let Mr YH torture you, making you believe that you need to regret, regret, confess, confess, cry, cry, always be sick ,sick ,sick to your stomach over past negative deeds---24/7.

There is a point ,after “selach lonu”, after the 10 seconds of that “Al Chait”,that Hashem tells you enough ,now think positive, think holy, think good ,as a diamond cutter who screws up a special diamond ,he cries ,he screams ,he kicks himself once, twice, three times, then ENOUGH ALREADY!!!, time to work on the next diamond, and the next one ,and the next one, and the next one, and you will do a great job .I am proud of you already

My brothers and sisters, so much potential in you, so much beauty in you, so much love in you ,so much creativity in you, so much inner kindness in you, so much positive power in you .focus on that,Trust Hashem. He said OK, it’s enough, Now it’s time to move on in life .You have so

much good in you. so much good in you. Move on with your wonderful life. Put your heart and mind to that which is so good and special about you, fill yourself with that, and then give it over to your brothers and sisters who need these great gifts that only you can give them

Your unique gifts ,the ones I see so so clearly in all of you, no one else can bestow these gifts upon your brothers and sisters.

Only you can do it.

Because there is no one else that Hashem gave these special gifts to.

He gave it only to you.

Because He loves you

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Re: yechida's reflections
Posted by yechidah - 10 Aug 2009 21:18

it is clear to me that all these struggle correspond to the great specialness of the neshomos that are here.

Mi k'Amcha Yisroel

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Re: yechida's reflections
Posted by Efshar Letaken - 10 Aug 2009 21:46

Wow! Reb Yechida,

I can now go to Elul with a whole different perspective.

E.L.

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Re: yechida's reflections

Posted by Noorah BAmram - 11 Aug 2009 00:40

Sweet sweet precious holy tzadik lover of Hashem and his holy people the nistar who call himself Yechida,

I must admit to you that I read it several times and I couldn't grasp it .I could translate every word but to me it was like a blurry mirror. Then a Yid explains it to me. After that, I look at it again, and the blurry mirror suddenly becomes crystal clear.

The Chidushey Horim is mamesh the Hope diamond (one the largest diamonds in the world on display in the Smithsonian museum) but its very very blurry to my eyes.....why u ask?

What a holy hashkafa!! Myesoidey hadaas mamesh!!

Ashrechoh!!

Beautifully written! Funny also!

especially the "scene" of the great imax in Bais Din she'll maaloh!

Beautiful!!

Umatzdikey Harbim kikochavey hashomayim...

Love

Noorah

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Re: yechida's reflections

Posted by kutan - 11 Aug 2009 15:35

In case anyone is interested (and didn't yet know) you can print out a thread by hitting the print tab in the top right corner of the screen (you may need to scroll up to get to the very top).

formats it very nicely for printing, and prints the thread from the very beginning (or you can highlight a section and print just that selection).

FYI, Yechida's thread is up to 44 pages.

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