

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.

=====

Re: yechida's reflections

Posted by Serene smile - 20 May 2011 17:59

Yes. " invite this Yid for Shabbos and he'll keep Shabbos, right. It's very simple. Give him mamash a taste of Shabbos."... I find it to be a MAJOR part of our own recovery. When done gently, patiently, kindly etc (darchecha darchey noam).. It lifts us beyond the 'world we see' as we connect neshoma to neshoma.. Tzedukka is also (and mainly) b'ruchnius

Salanter goes so far as to say that by guiding others you will be transformed, attaining levels of mitzvot and holy thoughts that you previously thought were not within your reach."

Ahavas yisroel..

Baba Metziah 85a - one who teaches the son of an am haarretz torah - Hashem erases decrees for him...

Et etc.. Good erev Shabbos!

=====
=====

Re: yechida's reflections

Posted by yechidah - 23 May 2011 16:47

Extremely Important Aish Article for those who are going through economic hardship

How to boost your self esteem when you're getting kicked around in the job market.

by Sirena Rubinoff

Grad school graduation was a day of excitement, pride over my accomplishments and hope for

a bright future. I was 22 and had two degrees, a 'can do' attitude, and a lifetime of debt. I was ready to go... but I wasn't prepared for the dismal economy that waited to welcome me into the professional world.

I was a highly educated, goal-driven all-American over achiever who was using a Master's degree to baby sit and clean homes. But I knew I wasn't alone. Millions of young, bright and talented Americans were struggling to find work.

Unemployment, or underemployment, brings with it a lot of ills besides the lack of a paycheck. Healthy self-esteem can be elusive when you have nowhere to go day after day. With grad school loans to pay back and a strong desire not to have to move back in with mom and dad, recent grads can be even more vulnerable to the potential slide into a negative self-image and depression.

So, what can you do when you're master plan is slowed down by a lousy economy and a non-existent job market?

Here are 10 strategies for staying positive:

1) Redefine your value. You are not what you eat and you are not what you do. Your food, clothing and job do not define or dictate who you are or who you want to be. Take a minute each morning to remind yourself that your innate value as a person is not based on having a job (or having money in your pocket, for that matter) and use the time to focus on building respect for yourself. You are worth it.

2) Clean that mess up. If your lack of professional success has left you discouraged, don't take it out on your apartment. Losing your keys in the mess on your kitchen table and then wading through the pile of dirty dishes and take-out containers until you find one that's clean enough to drink out of is the last thing you need.. This isn't college. You're not living in a frat house. You'll feel better about yourself and your space if you can keep it clean and organized.

3) Get up and get dressed. Sleeping in can be nice for a few days or even a week or two. But it gets old fast and it will not help you snap out of your unemployment funk. I know... I've been there.

Instead of starting your day late in the afternoon, try getting up early, getting dressed before 9 am and using your time well. Getting out of pajamas is one of the first steps to boosting your self-esteem. Networking in fuzzy slippers and an oversized t-shirt is way less effective than casual business attire and matching socks.

4) Explore your creativity. You finally have time for that project you always wished you could get to. Start painting – your walls or an artist's canvas. Fung shui your living room. Start visiting the colorful alleys and stalls of local flea markets and see if you can find any treasures that inspire your own creative juices. Do something concrete that you can point to and say, "I did that and I'm proud of it."

5) Volunteer. Just because you can't find a job that pays doesn't mean you can't find work. Take all of your skills and eager desire to do, and get busy. Being a giver feels great. Being able to meet the needs of others guarantees you a healthy shot of self-esteem. Plus you may meet new, like-minded people all working towards the goal of making this world a better place.

6) Exercise. It's time to get up off the couch, pop in those ear buds and go for a walk or jog around the neighborhood. Regular exercise has been scientifically proven to help reduce stress, anxiety and depression through the release of endorphins. Endorphins trigger positive feelings in your mind and in your body. So grab your favorite tunes or a favorite friend and set aside some time each day to get together and exercise.

7) Say thank you. Okay, so maybe you're not exactly thrilled with life right now. But stop and take a second to rewind... Is it all bad? Don't let your unemployment cloud rain on all the good stuff coming your way. Did you get a smile from the cashier? Did a friendly neighbor take the time to ask how you're doing? Are your employed friends inviting you to events and trying to help you network?

If you take a second to notice and be thankful each time some positive energy comes your way, all those good vibes get stored in your mental piggy bank. Then you can draw on all your positive experiences when you need a little pick-me-up. And when you're ready, you can start sending your own good vibes out into the world and encouraging others as well. Start by acknowledging one experience each day that you are grateful for – even if it's as simple as a cool breeze on a hot day. Experiencing gratitude will make you a happier, more self-confident person – which also makes you more employable.

8) The social network. Just because you have 500 friends on Facebook does not mean you don't have to get out there and socialize. You're not working, but that doesn't mean you should be cooped up, depressed and not having any fun. If money is what's worrying you – don't sweat it. Summer is coming, which means plenty of free outdoor fun for you to take advantage of. Go for a bike ride with a friend or plan a potluck barbeque in the park or at the beach (you gotta eat, right?). Re-connect with old acquaintances and ask them to bring new friends along so you can network with potential new co-workers.

9) Educate yourself. Read the newspaper. Pick up a book off the best-seller stand. Take a class or follow online forums on your favorite subjects. Do things that will stimulate your mind and keep you in the loop of what's going on in the world. You will feel good about yourself for being an informed, worldly person and your self-education might even open up new doors for employment opportunities.

10) The reward system. You may be out of work, but that doesn't mean you don't have responsibilities. There are resumes to be sent out, groceries to be bought, laundry to get done, and a whole slew of other chores you know you have to do...but just haven't gotten around to in your unemployment funk. Combat your inner laziness by giving yourself small rewards for accomplishing tasks you dislike and ticking off everything on that day's "To Do" list. Be sure to set realistic goals for yourself and then take a second to congratulate yourself upon accomplishing them. You will feel more productive, self-confident and employable if you know you can set goals and meet them.

Healthy self-esteem is one of the most important things to focus on during this difficult time. If you have ideas for staying positive while being out of work, share them below!

=====

=====

Re: yechida's reflections

Posted by Serene smile - 23 May 2011 17:46

Pirkey avos ch 3 last few words of mishna 17 ".. And in a time of drought he has nothing to worry about".. Sha'ar Habitachon helped me immeasurably (u wrote the story of the Brisker!).. I've been in court 3 times facing eviction in 4 years,, BH kids r happy and succeeding in learning, Shalom Bayis strong, etc.. Gamorra says "be careful w/children of poor people; from them Torah will emerge." Meetings, phone calls, and chavrusas with FIXED (unbreakable)

TIMES for learning are vital..'Enough bread for today' got yidden through many generations..
Asking for help pulled me through too.. One day, and miracle, at a time..(Ps, being 'poor' I didn't
lose 1 penny on the stock market, and my (non-existent) car has never been towed :-).)

=====
=====

Re: yechida's reflections
Posted by Me3 - 23 May 2011 17:57

Dear Serene Smile:

You may not have noticed, but the title of this thread is called Yechida's reflections. Perhaps
you should start your own thread titled Serene Smile's reflections?

=====
=====

Re: yechida's reflections
Posted by yechidah - 23 May 2011 18:03

I enjoy serene smile's thoughts and observations very much

=====
=====

Re: yechida's reflections
Posted by Me3 - 23 May 2011 18:25

Why do you automatically assume that I don't? I enjoy them so much I want him to start his own
thread to accumulate them, otherwise they will get lost among yours.

Of course if there is somebody out there who wanted to read your posts and not his they would
likewise benefit...

=====
=====

Re: yechida's reflections

Posted by Serene smile - 23 May 2011 19:18

To quote yechida "If you have ideas for staying positive while being out of work, share them below!" .. :-) (yeichida has quite a fan base, including me, BH.. I'm happy to read what everyone posts, no offense or 'post hogging' intended, what's better? I should let my emotions out in other ways not so healthy?)

=====

=====

Re: yechida's reflections

Posted by Serene smile - 23 May 2011 19:46

"start his own thread to accumulate them". ME3.. Very good idea :-) I'm adding to it now.
Happiness amongst the headaches to all

=====

=====

Re: yechida's reflections

Posted by yechidah - 24 May 2011 12:47

Through the keeping of the Torah

And its commandments

One actively draws in

The light of the Shechinah

In our hearts

=====

=====

Re: yechida's reflections

Posted by yechidah - 25 May 2011 22:56

Love and Awe

Though in human terms
Seem like incompatible opposites
Are in reality
Two sides
If the same coin

Unified Whole
The two wings
Of the bird
The gift of its beauty
And its ability
To soar to the Heavens

=====

Re: yechida's reflections
Posted by yechidah - 29 May 2011 12:36

Hashem creates the world anew every single day, every single second

there is always the power of renewal within us

Do Not Judge Me For Who I am Today, For I Will Be Different Tomorrow, Again
by Kathleen L. McDonald

Today I wander down one road, a road filled with natures' splendor

Colors abound as my eyes traverse the valley below gazing at the

Meandering ripples skirting the rocks in the stream

Flowers show their glory as they dance on raindrops gleaming in the

Morning mist, just before the sun comes up to dry their sleepy eyes

Waving to their neighbors as they open up their arms to its warmth

As the day wears on and night slowly steals in to darken the skies

The moon glow gently slips over the valley and closes sleepy eyes

The rustle of the wind lulling all to sleep with her soft sighs

Day breaks with thunder roaring in its anger over the land

Darkened clouds overcast the valley flowers in quickened speed

Winds whipping all of nature into a frenzy of deceit

Morning mist turns into dense fog and slips its cloak over all

the valley below. While flowers weep softly in sorrow their

stems bent to ward off the anger of the threatening storm

So it is with life as we travel through each new day

Changing as we learn its lessons along the way

For there is no limit to life's happiness and pain

Only the knowledge that is to be gained

Today I walk on rainbows up into the sky with a smile

For happiness fills my heart and soul

Opening the shutters of my mind to let in its new

and exciting day's soft glow

Do not judge me by who I am today, for I will be different tomorrow

Life is a merry-go-round, full of adventure and joy

It is up to me to decide how and when I want to ride

Take me as I am as day turns into night

For tomorrows adventures will determine

How I will brace myself to face the new light

=====
=====

Re: yechida's reflections

Posted by Serene smile - 30 May 2011 10:58

"Hashem creates the world anew every single day, every single second

there is always the power of renewal within us"

:-) :-) :-)

=====
=====

Re: yechida's reflections

Posted by yechidah - 01 Jun 2011 18:00

God being Infinite

Beyond our comprehension

In truth

We are all nullified

Within this Oneness

God willed Creation

So that created beings

Should have their own identity

To feel themselves “separated”

From their source

And yet

Despite created beings perceived “independence”

They learn and yearn

To connect to the Creator

Nullifying their will to His

This is true Unity

When the “perceived” separateness

Is pierced

And true Unity

Is revealed

=====

Re: yechida's reflections

Posted by yechidah - 03 Jun 2011 12:24

The Mishkan

An external structure

In reality

Is internal

The Eternal structure

Of the Shechina

Residing

Within the chambers

Of our heart

=====