

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 TrYiNg - 08 Jul 2009 17:30

It's beautiful ...

It's a little scary and lonely because in the beginning,as we close our eyes from the bad of the world,our inward eye has not yet opened.It may take some time to see and develop.During that time one may feel alone and in great pain,missing this harmful(but addictive) stimulant from outside ,without yet feeling the light and warmth from within.

Exactly. You've expressed just what I'm feeling.

Don't despair during this time.

That is when you need to feel all your brothers and sisters here holding your hand-giving you a hug,giving you chizzuk.Hashem is holding your hand.Soon it will become easier,it will become less painful,soon it will be wonderful.But you just need to stick with it.Dont give in to you outer eye.Use it for good things only.Have faith in yourself-You can do it!!!

And then sometimes suddenly - but most of the time gradually -you will feel the light and warmth of your neshomah,the love that will spread outward to your spouse,your neighbor,your friend.Your eyes and heart will be healed and it will heal others as well

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Re: yechida's reflections

Posted by yechidah - 08 Jul 2009 18:13

Thank you TrYiNg

May you be blessed.and I have you in mind in my prayers for Hashem to provide you your true zivvug and true simcha.Don't need to know who you are.I just say to Hashem to please help TrYing and He knows exactly who I'm talking about.

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Re: yechida's reflections

Posted by Pintele Yid - 08 Jul 2009 19:06

[yechida wrote on 06 Jul 2009 14:47:](#)

My beloved brothers and sisters.When we close our eyes from the filth around us,from things we are not allowed to see,our inward eye opens up.We see beautiful secrets from the depths of our neshama.Even if in the past we damaged our eyes,the damage is not irreversable.It doesn't need to go blind chas v'shalom.The Tshuva cleans the eye from the past and closing it in the present will open our spiritual eye to see the wonders of Hashem and the greatness of our neshomoh.

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Dear Yechida,

Thank you for such beautiful Divrai Torah and insights.

I learnt in the sefer Bakodesh Chazisicha, (which is a Yalkut), that how much we perceive in the next world, directly corresponds with how we watched our eyes in this world.

The Tekunai Zohar in the section of Pashach Eliyahu states that if one wants to understand the workings of Olam Habah, (the next world), he should see how this world runs. Olam Habah runs on the same principles as this world.

Considering what you said that the more you watch your physical eye in this world, the more in this world your spiritual eye can see, it follows that the same is true in Olam Habah.

I sometimes use this a tool when I am having a Nisayon in Shmiras Aynayim. **I would rather see the "real stuff" with razor sharp vision when Moshiach will come, and perceive Hashem's glory in Olam Habah without all the lenses. These lenses, created by my lack of Shmiras Aynayim in this world, might Chas V'shalom minimize my perception of his glory.**

Although I have fallen many times in the area of Shmiras Aynayim, your statement that T'shuva cleans away the filth is so pertinent and motivating. In the spirit of Mokom Shebaila Tshuva Omdin Shom, Tzaddikim Aynom Omdin Shom, we should look at our past failures as an

Pintela Yid

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Re: yechida's reflections

Posted by yechidah - 08 Jul 2009 19:27

Thank you Pintale Yid for the wonderful insight.Indeed you are right.We need to prepare our eyes for what we will see with the arrival of Moshiach

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Re: yechida's reflections

Posted by yechidah - 08 Jul 2009 20:18

The very special piece of Kli Yakar(Pinchas 26-2) shines out to us.Every family in Klall Yisroel has the Hei in the front and the Yud in the back.The Shechina dwells within us.He wants to be part of the family,not as an outsider,and certainly not as the "Black Sheep" of the family that is kicked out on the street.Sometimes Hashem feels like the kid nobody wants.The Hei and Yud disappears.The family crumbles.

The woman has the Hei of the shechina within her.The man has the Yud.Look in the Kli Yakar to see why the Hei is listed first(see as an example the family of "Ha-Cha-No-Chi").We can add that true the woman is a tznuva,and is usually therefore in the background.But in truth the Hei is first.She is the true leader of the Jewish Family-behind the scenes.To emphasize this,the Hei is listed first.

Every woman has the Hei within her.This is true even when one is single,widowed or divorced.Every man has the Yud within him.One must keep the Hei and Yud safe within themselves,not to allow it to leave or hide deep inside themselves.

When a husband loves his wife,(for real,her true essence) he loves the shechina within her,the Hei,that his Yud is seeking to unite with.The same is true with the woman who loves her husband(for real,his true essence),reaching out to the Yud and bringing him home,bringing him peace and comfort,letting the shechina come in and shine on them both,healing them from deep wounds that life may have brought upon them in the past.

The wife may gain a few pounds,may be stressed,or at times insensitive,but the Hei is pure and intact as the day she walked down the chuppah many years ago.The man may be worn down(also maybe a little more than a few extra pounds),the knees hurt,the wrinkles are starting to show, and yes,your wife did spot some grey hairs(or baldness-depending on your mazal

!!!),but the Yud is in him.And she loves his Yud,his unique personality Hashem gave him,he may make mistakes,but the Yud will always be with his Hei-forever and ever.

The stumblings and failings,the challenges we are facing causes the Yud and Hei,the shechina,to go into hiding.But it is retrievable.When the wife sees her husband trying so hard to stay clean and ehrlich(She may not say anything but she notices),she is instinctively drawn to the Yud within him,and her love for him will return and grow strong.He,in turn,will see his Hei,shining and beautiful-his true zivvug.

Children won't know this intellectually,but they are calmer and happier when they see thier parents,the Yud and the Hei,as one.This is the best chinuch you can give them.This is the greatest gift you can give them.There is more calmness in them when the Yud and the Hei are together and one,it calms them because the shechina has a soothing effect on us.

There is the Yud in every man.There is the Hei in every woman.Keep it safe.Keep it clean.My dear brother's and sisters we must know that the complex and powerful storm within us will never ever erase the Yud and the Hei within us.The fact that we are on this website proves that we have seen glimpses of it's greatness.We must tap into the shechina that is within us and loves us.If we see it in each other, we will be able to see it within ourselves.

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Re: yechida's reflections
Posted by TrYiNg - 09 Jul 2009 03:33

And, thanks for thinking about me in your tefilos. Its the ultimate chesed you can do. I always thought a Refuas Hanefesh is more important than Refuas Haguf.

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Re: yechida's reflections
Posted by yechidah - 09 Jul 2009 15:29

Thank you TrYiNg

Always remember the name you chose here.It's Hashgacha that you chose it.Hashem doesn't always judge us based on results.He values your efforts whether or not you had a tangible hatzlochoh.You could have a rough day spiritually when it's difficult to think or feel properly.But you try.You still daven.You still talk to Hashem.You still do mitzvos.You still smile.Your'e head spinning and you still extend a helping hand to someone in need.You feel low inside and you still pick up a siddur and bentsh after a meal.Very twisted thoughts pops into your brain or even lingers there and You say "I love You Hashem.You know this is not the real me.Please remove this from me" and by just doing this you are a hero-even before succeeding in removing these strong thoughts and emotions from your head and heart.

You are a hero because even though you feel low-even so low that it's hard to explain to another person what's inside you-You still love Hashem and TRY.And you did the best you can do.Hashem loves you for this.the TrYiNg.

After such a day you may feel unworthy but Hashem doesn't believe that for a second.Some neshomos are here on this world to struggle with darkness and by trying to bring great light into this world.

TrYiNg,you are one of those high sensitive neshomos that are here to draw light and warmth from darkness and confusion.This is nothing to be ashamed of.It's your badge of honor.Hashem derives great nachas from this and only you can accomplish it in your unique way.

You have many great years ahead of you,years of joy and light and healing -even if you may not feel it just yet.

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Re: yechida's reflections
Posted by yechidah - 13 Jul 2009 17:29

Every Yid here has something in him or her to learn from.I have learned alot from many of you without you even realizing it.Thank you

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Re: yechida's reflections
Posted by TrYiNg - 14 Jul 2009 07:37

I realized that I forgot to say thank you for your latest inspiring post. You're truly one of a kind! I can't imagine the schar for someone who comforts and aids others in klal yisroel to reach their

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Re: yechida's reflections
Posted by yechidah - 14 Jul 2009 13:04

TrYing,

a great painter was painting his masterpiece. Even half way done it was absolutely breathtaking, no one had ever seen such beauty in a painting ever before.

suddenly while painting something happens that never happened before. A severe spasm shoots through his painting hand leaving on the wonderful canvas a long dark black stroke, an absolute devastation

A smaller painter would have cried, raged at his stupidity, and smashed the canvas against the wall-shattering it forever.

But this painter is great. He is not to let a black dark streak break him. He has Plan B. He adjusts his original formula, and he says I will make this canvas so beautiful, so breathtaking, that not only will the black streak not ruin it, it will enhance it. It will become part of and integral to the greatness and awesomeness of this Masterpiece that looking back wasn't Plan B but Plan A all along.

TrYing,and all those reading this,take this with you the rest of your life.

You think damage has been done to your neshoma,damage that can never be undone.You feel broken inside.That is the ache.That black streak.You wan't to smash it,smash it,even if it will destroy you completely in the process.

But this is not so.This terrible ache.this black streak,is part of Plan A not Plan B.This will be transformed into a wonderful painting,you see what Hashem gave me?This wonderful gift,transforming a black dark streak,negative energy,into not only not damaging what is inside but transforming it into the biggest bracha in my life.

TrYing-you will need to know this 10 years from now.

It's going to happen.Youv'e been clean for the longest time.You have a wonderful husband,beautiful children,your Shabbos is so spiritual,and even the weekdays feel like Shabbos.Then you go to sleep,thinking of a beautiful Michtav M'elياهو you saw and all of a sudden ,as clear as day,the ugly hateful images will fly up in your mind and will try to shock you into a state of despair and grief.You will hear a voice in your head,sneering,you see Mrs "Tzadekes" TrYing,your'e a shmuck,a lowlife,you always was and you always will be.

It's going to happen in one form or another.But it will not break you.It won't even unsettle you.You wake up,you smile,and Modeh Ani,another beautiful day.Thank you Hashem for giving me a wonderful husband,beautiful children.And that smile that morning puts that black streak right where it belongs.In that beautiful Plan A painting.

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Re: yechida's reflections
Posted by battleworn - 14 Jul 2009 13:33

Yechida, that's **POWERFUL!!!**

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Re: yechida's reflections

Posted by 7yipol - 14 Jul 2009 13:38

Yechida; that was really beautiful.

Just wait; we will yet see that in a chizuk email from Guard!

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Re: yechida's reflections

Posted by Efshar Letaken - 14 Jul 2009 17:02

This one tops everything you have said thus far!

It's Soooooooo Gevaldig! I feel like dancing!

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Re: yechida's reflections

Posted by TrYiNg - 15 Jul 2009 06:56

WOW. AMAZING.

This incorporates an idea I expressed the first time after I read the handbooks, in an email to guard.

So maybe this addiction is actually the answer to my prayers! In other words, davka through this huge spiritual nisayon, hashem wants me to draw closer to him!

To take the black streak and incorporate it in the picture, so that it not only doesn't ruin, but enhances it. A powerful idea.

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