

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 - 18 Dec 2012 01:12

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Walking in the rain

Early morning

To shul

Pleasant life-giving rain

Washing the streets

Glistening sparkling droplets

Tears of joy

Washing away

The dusty barrenness

Within our souls

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Re: yechida's reflections

Posted by yechidah - 07 Jan 2013 18:42

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Watching a Chuppah

Thinking

Why shouldn't every husband & wife

Be this way with each other

Tonight

When they come home

When the simple act of holding hands

Is so fresh

& excitingly new?

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Re: yechida's reflections

Posted by yechidah - 07 Jan 2013 21:25

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Aish Article

4 Steps to Great Listening

by Rabbi Benjamin Rapaport

The secret to amazing relationships.

We all want amazing relationships. Every week a bestseller comes out with the latest recipe for how to have them. Fortunately, the Zohar,<sup>1</sup> the primary source of Kabbalah, taught long ago the true secret of connection: great listening.

The Zohar reveals that listening and unity are intimately related. Let's consider the faculty of hearing. Every word that is spoken is heard one by one. It is only in the mind of the listener that the words come together and combine into a meaningful whole. This physical reality reflects a spiritual truth: It is through really listening that discrete, separate entities come together and form a greater whole. How we hear determines the quality of our relationships.

To experience deep connection we need to develop our listening abilities. Here are four fantastic tips to help us hear better and take our relationships to new levels:

1) Listen with your eyes. Look at the other person when they are speaking. 93% of our communication lies beyond the actual words that are said, according to a study by UCLA. 38% is related to voice quality, things like tone and inflection, and 55% is related to non-verbal

communication, the physiology we talk with. This means that the way we physically communicate is nearly eight times more impactful than the actual words that are said (at 7%).

We've all had the experience of talking with someone and they are looking past us or checking their phone. We may have also experienced how wonderful it feels when the person we are with is really listening to us, and really sees us.

Remember the golden rule of Hillel<sup>2</sup>: Do not do unto others what we would not want done unto us. Next time someone is speaking to us, let us tell them with our eyes that what they have to say matters to us, and even more importantly, that they matter to us.

2) Ask open questions. An open question is the type of question that invites the other person to tell their story, to respond with something more than just a yes or a no. These questions often begin with words like "what" or "how" and create a space for an answer that will take longer to listen to. They communicate: I am interested in knowing you more deeply, in connecting with you.

Closed questions such as, "Did you like it?" Or, "Was your meeting good?" limit the feedback. They close us in to a short response. Often this all the questioner wants and we respond in kind.

When we give others the room necessary to share their story it encourages them to go further with us, to experience a more profound connection in the relationship. It is remarkable how powerful this can be in building better rapport.

3) Validate: Even when we disagree with something that has been said, we can express this in a way that is respectful of the other person and their intelligence. Proverbs teaches (9:8): "Do not rebuke a mocker lest he hate you. Reprove a wise man and he will love you." The holy Shelah (1565-1630), a great kabbalist, explains that the above verse is not referring to two different people, but rather to the same person. He explains: "When you criticize someone do not relate to them as a ridiculer. If you do they will hate you. Rather, relate to them as to a wise person and they will love you." Expressing our criticism in a way that validates the value of the other person makes all the difference.

4) Empathic listening. Try to get behind the eyeballs of the other and strive to understand what they are thinking and feeling. Ask yourself, what brought them to their position? Who is this person? Where are they from? What have they experienced in life?

So often, we think we know what others mean without really having the big picture. Hillel expressed this with the dictum: Don't judge your friend until you have reached his place.<sup>3</sup> So many misunderstandings can be avoided when we sincerely reflect on where others are coming from and consider more fully their point of view.

An easy way to remember these four tips is to listen with LOVE:

L – Look (at the person you are speaking with)

O – Open (ask open questions)

V – Validate (the person you are speaking with)

E – Empathic (try to see from their eyes)

### Four Obstacles to Listening

In order to really raise the bar in our relationships, we also need to understand the four foes of listening and how to overcome them. They are:

Too busy to listen. Life is busier than ever and we are multitasking like never before. There are emails to answer, meetings to make, and deadlines to reach. As a result, anything that does not seem so urgent takes a backseat. Sadly, listening in a meaningful way to the people in our lives usually falls into that category. The problem with this pattern is that not listening usually translates into not understanding. Over time this ends up costing far more at work and at home, in terms of both time and often money, than if we had invested the time up front in better listening. So, be a smart investor and invest in better listening up front. The dividends will surpass your expectations.

Jumping to conclusions. It is natural to jump to conclusions about what others mean or want

without really understanding. This can often send us, with the best of intentions, in the wrong direction. As a general rule, it is helpful to ask for clarification whenever there is room for confusion. This small step can take us far in improving our interpersonal effectiveness.

Not aware. We often undervalue the difference that we are capable of making with good listening. When we consider our own experience of what it feels like to be heard and seen, or not heard and seen, we can appreciate how meaningful our hearing and seeing can be to others. This awareness awakens us to uplift others with the way we are present as they speak.

Rehearsing our lines. How often have we rehearsed in our minds what we were going to say next as the other person was speaking? Maimonides taught that it is impossible to hold two thoughts in our mind simultaneously. As a result, when we are rehearsing our lines we are going to miss partly or completely what the other person is saying. The realization that our response will be far more to the point when we understand what has been said, helps us to tune in better. A notable benefit of doing this is that others are much more interested in what we have to say, once they feel that they have been heard.

Great listening lies at the heart of connection. When we hear more fully, with our eyes, ears, and words, this communicates how much we care and opens a channel for deep bonding to occur. Make a commitment to listen with LOVE and enjoy better relationships today.

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Re: yechida's reflections

Posted by Dov - 07 Jan 2013 22:44

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Hey, Yechidah! I just read this yesterday on the AISH website between GYE posting and shared it with people at work (all goyim). We work in a people industry (healthcare) and this stuff about listening *for **real***...well, it's spot-on! Funny to me that u posted it *today*, Rebbe.

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Re: yechida's reflections

Posted by yechidah - 10 Jan 2013 01:24

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Every new child

Brings

New potential light

Upon the world

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Re: yechida's reflections

Posted by yechidah - 10 Jan 2013 18:24

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To give

With no expectation

Of any return

There is a special

Purity

& humbleness

In such a giving

Can you do so

For your wife? your husband?

Your friend? a stranger?

To find an area of giving

A space where there is no possibility

Of any form of repayment???

A pure gift

From a heart

That can give

Unconditionally?

How powerful is such a giving!!!

Profoundly transforming

Both receiver & giver

Filling his/her soul

With a beauty

Like no other

On this earth

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Re: yechida's reflections

Posted by yechidah - 14 Jan 2013 18:22

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Not feeling well

Thinking

Perhaps

Wasn't compassionate enough

To those suffering

From chronic pain

Never judge them



For its very hard

To focus on

Being one's best self

When in physical

Or emotional pain

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Re: yechida's reflections

Posted by yechidah - 15 Jan 2013 18:42

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When I'm thirsty

I'm grateful to God

For the water

He gives me

To drink

In my thirst

I forget often

To be thankful

For the vessel

That contains the water

Allowing me to drink it

In proper healthy measure

With ease, grace

& kindness

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Re: yechida's reflections

Posted by yechidah - 16 Jan 2013 19:31

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Joy & Happiness

Spreading across

The entire year

& entire life

Torah should bring this joy

If it doesn't

Then we are not experiencing

A real Torah Life

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Re: yechida's reflections

Posted by yechidah - 17 Jan 2013 18:31

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From Aish

Today's Featured Ask the Rabbi Question

Sexual Morality

On an intuitive level, I believe that intimacy should be reserved for a husband and wife. But on a philosophical level, I have no good reason to explain why to friends (or my children!) who insist on a more liberal view of these issues. Can you help me articulate what I am feeling?

The Aish Rabbi Replies:

Judaism understands that the family unit is the key to the psychological health of children, and the stability of society as a whole. To ensure the preservation of that family unit, Jewish law places boundaries on human sexuality. Historically, those societies that did not adhere to such sexual boundaries eventually broke down and failed.

As Dennis Prager explains: "Man's nature, undisciplined by values, will allow sex to dominate his life and the life of society. When Judaism demanded that all sexual activity be channeled into marriage, it changed the world. It is not overstated to say that the Torah's prohibition of non-marital sex made the creation of Western civilization possible."

In contrast to other societies, where sexuality is a function of pleasure (secular) or procreation (Christianity), Judaism considers sexuality a mechanism to bond with one's spouse. This powerful tool aids a couple in their life goal of self-perfection. A human being can only achieve perfection through a marriage with the opposite sex, because only by the joining of opposites – male and female – can this bonding occur. This is one reason why Judaism opposes pre-marital sex, homosexuality, incest and bestiality.

A proper marital context directs one to grow and adapt to each other's differences and become one. Through that bonding, perfection can be achieved, and by extension – through bringing children into the world – the perfection of society is likewise attainable. It is the Jewish sexual revolution, and it has proved a pillar of civilization throughout history.

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Re: yechida's reflections

Posted by yechidah - 31 Jan 2013 02:22

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Wiggling toes

Under soft blanket

Right before I drift off

To sleep

Not taking for granted

The "little" pleasures

In life!!!

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Re: yechida's reflections

Posted by yechidah - 31 Jan 2013 18:45

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God loves His people

Truth is

He loves all humanity

Made in His Image

Many in the world

Have Abused this Image

& thus lost

The true gift of their humanity

But Inherently

He invests greatly

In His Spark

Within Man

Hoping

For the revelation

Of Man's great potential

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Re: yechida's reflections

Posted by yechidah - 04 Feb 2013 20:22

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Please help me

So that the fiery spirit

Within my soul

Is at peace

With the calm pure & deep waters

That is even deeper yet

Allow them both to coexist within me

Using each opposite quality

Correctly

In my serving of You

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Re: yechida's reflections

Posted by yechidah - 07 Feb 2013 19:04

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Pomegranate seed

Individual & distinct

Small in stature

Yet beautifully whole

Together with his brothers & sisters

Within the circle

Wherein you reside

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