## **GYE - Guard Your Eyes**

Generated: 21 August, 2025, 16:32

yechida's reflections Posted by yechidah - 29 Jun 2009 19:47

(any questions, insights & suggestions about this thread, feel free to email me at <a href="mailto:tarvaga@gmail.com">tarvaga@gmail.com</a>)

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 placethis 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 indispensible as you are.

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Re: yechida's reflections

Posted by yechidah - 09 Nov 2014 23:51

Thank you for your kind words

I try to quote which seforim I got these concepts from -but just to know that anything that is powerful in its truth did not come from me-it comes from the many seforim that I came across &
may the zechus be attributable to the great authors of these seforim
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Re: yechida's reflections Posted by newaction - 10 Nov 2014 12:26
Yes i know . Its from the Divre Yisrael of "Apritasz " ? Dont know how to say it.
Still its very beautiful and you were the Shaliach Mitzva to share it with us . KUTGW!
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Re: yechida's reflections Posted by yechidah - 16 Nov 2014 07:56
Gut Voch My friends (Dvar Torah - Toldos)
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Re: yechida's reflections Posted by newaction - 16 Nov 2014 22:10
????? ?? ???? ???? ??? ?????? ????? ????
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Re: yechida's reflections Posted by yechidah - 17 Nov 2014 00:56

very true			
sometimes indeed the son is not in the same caliber as the father-however, the difference in their style & unique type of way in serving God is NOT a factor one way or the other			
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Re: yechida's reflections Posted by yechidah - 17 Nov 2014 03:03			
Subways			
A world beneath			
The feet of Man			
Sea			
A vast world hidden			
From the naked eye			
What incredible immense Worlds			
Lie beneath			
The surface of Man			
7			
Feel the darkness			
But always			

Seek the light
9
(dentist-cleaning)
Teeth cleaning
Minor work needed
Grateful to God
For healthy teeth
& for His wisdom
Given to Man
To heal teeth
As He is the sole Healer
10
Become a giving person
By simply giving
Start with the small coins
Small acts

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Constantly repeated
Exercising the physical "muscles"
Of giving
Which in turn strengthens
The soul- giving capacity
That is deep within
From potentiality to actuality
2
Remember
Not to take for granted
Basic functions
Of body & brain
Walking
Coordination
Math functions
Logic, emotions
Even in its most simple form
Are beautiful gifts
From above
3

Even from the smallest ant
We see the greatest brilliance & honor
Of the Creator
Of the Universe
4
Torah is Infinite
Beyond comprehension
How Infinite
Relates to Man
Through finite boundries
How
Finite & Infinite
Are somehow One
How we touch upon the Divine
Despite
Our inherent limitations!!!
Re: yechida's reflections Posted by yechidah - 23 Nov 2014 04:24
Gut Voch my friends!!! Torah # 25 (Vavatzai) (Dvar Torah attached & Poems)

Appreciating
A warm drink
Soothing a sore throat
& a cold
Feeling a degree of comfort
In the soul
As well
7
Just because us humans
Don't see
Movement or feeling
In the inanimate
Does not mean
It's not there
How the walls
Of the gas chamber
Screaming & crying

Together with the precious souls within
& the walls of
A house of Chessed
Sings songs of joy
We don't see any of this
But there is life force
In the inanimate
Giving it life & existence
& thus bears witness
To what us humans do
9
The Life of a simple Jew
With his struggles
& triumphs
Is the real "Superbowl"
No one "seems" to be watching
But that's where all
The real action is
The simple Jew
Allowing goodness to shine
Within him

Receiving a lot more than cheers
& a trophy
The good & beauty & joy
That awaits him
Is beyond description
We are all waiting for Moshiach
The completion & victory
Of the
Real "Superbowl"
1
Silence
Is an Art
Not just "non-speech"
It
Can be
A harmful weapon
Or healing balm
It's
Certainly not passive

Though it may seem so
On the surface
2
Snow creates
Visible evidence
Of the comings & goings
Of men & animals
Otherwise invisible
To the naked eyes
3
Great leaders
Have hearts
Of great understanding
& compassion
For even the lowest levels
Of whom they lead
( & love!!!-yes that's the way!!)

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Please God

Listen to my prayers

Even when

My words aren't clear

Please help me

Even with what

I have difficulty articulating

What is in my heart

Sometimes

My heart screams louder

Than my voice

1

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Holy Books	
Even secular books	
Containing sparks	
Of Divine light	
Sent to me by God	
With compassion	
To teach me & guide me	
So as to teach & guide others	
The books themselves	
I can't take with me	
After I leave this world	
But the light within them	
Will stay with me forever	
3	
Sovereignty	
Of God	
ls to return	
All diversity	
Back to His Unity	

4
Walking through Prospect Park
I realize
What a beautiful world
God created
If Man
Would have utilized
All his free-will & intelligence
Towards beauty, goodness
Kindness, compassion
What would the world
Look like today?
======================================
Re: yechida's reflections Posted by yechidah - 02 Dec 2014 19:14
Hi Friends!!!
Dvar Torah attached
have a great day!!!

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Re: yechida's reflections Posted by yechidah - 09 Dec 2014 01:09	
Gut Voch Friends!!! (Dvar Torah attached)	
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Re: yechida's reflections Posted by yechidah - 15 Dec 2014 20:11	
Have a Gut Voch & Wonderful Chanukah (Dvar Torah Attached)	
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Re: yechida's reflections Posted by yechidah - 15 Dec 2014 20:11	
Have a Gut Voch & Wonderful Chanukah !! (Dvar Torah Attached)	
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Re: yechida's reflections Posted by yechidah - 22 Dec 2014 19:33	
Gut Voch my friends!!	
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Re: yechida's reflections Posted by yechidah - 25 Dec 2014 19:13	

# **GYE - Guard Your Eyes**

Is sweetened

Generated: 21 August, 2025, 16:32 Good Shabbos my friends !! may not have access early part of next week so im attaching Torah -30 (Vayechi) today Re: yechida's reflections Posted by yechidah - 26 Dec 2014 02:58 8 Poems 1 Many joys Were born From deep pain -making the joy Deeper still Tears of sadness **Become** Tears of happiness Bitter herb

By gratefulness
As light
Born from darkness
Illuminates
My soul
To reap
With joy
One sows with tears
-may the tears of sowing
Be hopeful tears
Yearning towards
The joy that will
Surely come
2
(Shabbos Candle Lighting)
From a single candle light
One can draw
Infinite light
Nothing diminished

From the original source
We see the Infinite'
Shabbos!!!
3
Godliness
Is just as real
Whether revealed
Or concealed
4
(Shabbos)
Inner Point-
Six days
Circles
Around the point
Shabbos!!
Heart of the week
The nucleus

Enters the body of the female

So too

Real advice

To conceive & produce offspring

Which originates in the mind of the giver

Generated: 21 August, 2025, 16:32 From which all weekdays are sustained As long as one circles The center of life-Shabbos!!! There is hope To connect To that point 5 Giving & unselfish Receiving Is the integral ingredient Of marital relations 6 Just as the sperm Originating In the mind of the male

Enters into the receiver's mind
To conceive & produce
Offspring
(ie the advice
Has long lasting effects
On subsequent generations)
7
(Chanuka)
When Aharon The High Priest
Lit the Menorah
He perceived
The light of our souls
We gaze at the Chanuka light
Sensing the Beauty
Of the Shechinah-Divine Presence
Shining back at us
We kindle the flame
& as a gift
It kindles our soul
Binding it

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Generated: 21 August, 2025, 16:32 To all of our nation In every generation The light of Moshiach Within The Chanuka light In our soul 8

Feeling far from Him

The lonely pain of it

Draws us near to Him

Honest awareness

Of our painful distance

Brings us close