

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 yechidah - 23 Mar 2015 14:26

Have a great week!! (Torah-Tzav-attached)

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Re: yechida's reflections

Posted by yechidah - 27 Mar 2015 17:41

10 New Poems

have a great Shabbos

1

(After hearing of the Tragedy of the loss of 7 precious souls by fire)

Pain

Our nation's suffering

Feeling every loss

Cutting deeply

Into our souls

It will be

Only God's revealed Presence

That will heal us

Feel

Every Jew's pain & joy

As our own

Extremely sensitive

In the presence

Of the anguish

Of our brother's & sisters

& Yet

Not to curl up

Into a cocoon of pain

To somehow muster the courage

To comfort & to build

Despite our unimaginable losses

We are a kind people

Merciful

We cannot allow

Life's challenges

To close our hearts

From our innate

Compassion & mercy

2

Often we create Walls

Separating ourselves

From God

These Walls

Are in our soul

Separating us

From our Source

If we feel these walls

Within our souls

What are we to do?

We use them wisely

It has its purpose

To protect

The garden

Within

3

Our collective Soul

Strung together

On one necklace

4

(Why I try to give many small coins to charity in shul)

It's not (only)

The last drop of water

Creating the hole

In the stone

It's the collective drops

Of water

Creating the hole

In the heart of stone

Each drop

Contributing

Each quarter

Given to charity

Again & again

Day in & day out

Aside for larger sums

For we do not know

When their collective force

Breaks through

Towards

Our redemption!!!

5

“small things,done in great love

Bring joy & peace”

It's the key of life

Small things

Sparks of goodness

Connecting to One Life

Constant & habitual

Small acts of light

As you are

What you repeatedly do

Creating the grand structure

Of a beautiful life

Healing the world

Candle to candle

Light to light

As we quietly breath life

To broken hurt souls

6

God

Gives us His signals

Via His Revealed World

We pray to God

To receive these messages

With the correct understanding

So as to do His will

In the life

He gives to us

7

Marriage

Two to One

Part to Whole

Distinct Levels

Into the Circle

Ring of Gold

Simple & Regal

Simultaneously

As physical & spiritual

Intimacy

Is One Expression

8

Essence of Joy

Revealing new gifts

From hidden source within

Joy of a new child

Coming into this world

Joy of a novel Torah thought

Coming from the deep recesses

Of the soul

Joy of a new marriage

Coming from the secret soul connection

In the most highest holy place

Joy of stalks of wheat

Bursting forth in song

From the cracks in the ground

Joy of Intimate talk

With God

Coming from

Our soul's words

Connecting to Him

Ego blocks this joy

From revealing itself

Complex human machinations

Block

Clear simple truths

9

(Amidah -1)

We connect

With His beloved

Cornerstone of the world

Feeling gratitude

To be the offspring

Of the great ones!!!

Thanking Him

Three times daily

For our great lineage

Humbled by the gift

Of inherited grace

Coming with the responsibility

Of following in their footsteps

As best as we can

10

God

Being One

Never is subject to change

However

His manifestation

In the world

Reveals to us

A glimpse

Of the unfathomable diversity

Creator of myriads

All different

From one another

We must emulate Him

Unchanging & true within

Serving the One God

Through the outer manifestation

Of our service of Him

Varying minute by minute

Taking of infinite forms

All connecting to One

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Re: yechida's reflections

Posted by Dov - 27 Mar 2015 22:29

The most shocking and amazing thing I heard from the aftermath of the tragedy was the truly open heart of Mr Sasson. He said repeatedly at the levaya of his seven children that the only way it is possible to go on at all, is with complete surrender to G-d.

He was not just talking about his pain. He was talking about the futility of life in general. As the RMCh"L put it: This life holds only a fool's hope, for true satisfaction. And then you die and lose even that. That is exactly what he wrote in the hakdoma to Mesilas Yeshorim. And therefore the only cogent response is total surrender to G-d - which is what the rest of the sefer is about. And the RMCh"L writes motives for this that HE HOLDS OF, for three types of people. And the majority of the kosher motives he suggests are not for G-d's sake or honor, but for our own happiness. Amazing.

Thank G-d as an addict, I have a burr under my butt. For if I were not ill, I would fall far below all the normal people. I'd never, ever do these things and get close to my own G-d. No way. It would be too hard, and I am too comfort-seeking. I take my shtraimel off (when I wear one) to the normals who have a real relationship with their *own* G-d and can really *mean* 'Elohai', when they say "Elokai neshoma" and "Elokai netzor", etc. I'm nispo'el.

I only have that because I have no real choice. Not kidding.

Thanks Yechida (whatever your real name is, actually) and have a really good Shabbos...and if u are reading this after it, then have a good motziShabbos!

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Re: yechida's reflections

Posted by yechidah - 12 Apr 2015 16:21

16 New Poems & Dvar Torah

Have a great week!!!

1

“Tznius”

Modesty

Cover of the soul

Hides & protects

The spark within

This concealment

Revealing the One

Child in Womb

Hidden, covered

That’s where

He/she

Sees the One

Modesty

& True Silence

Are of

The same Root

True Silence

An Art

Not merely

A lack of speech

It's a craft

To develop humbly

In the garden

Of heart & mind

2

Sanity

Greatest gift to Mankind

Even this can be misused

As many evil men

Are sane

Choosing darkness

Over light

3

(Nissan)

Month of renewal

Spark

Awakening

Spring of life

4

To remember

As we live in a complex world

Life is simple

Clarity & calm

Comes with reaching

That reality

5

Discipline

In healthy dosages

Support

Fun & creativity

May we learn

To balance

Discipline & spontaneity

To work together

Within me

6

May I find

My inner teacher

As well as

Men & women

Of wisdom & compassion

Who can aid me in

Connecting

To my deep counsel

Within

7

Difficulties

Perceived

As a learning process

Alleviates the suffering

& illuminates the soul

8

Matzah

Simple

It is what it is

Intrinsic

Genuine

For the path of faith

Is simple

Not complex

For such

“sophistication”

Breeds

Arrogance

& confusion

So for 7 days

We turn to the essence

Of reality

Of who we are

To Whom we connect

One & Simple

Pure

In essence

9

Balancing

Being & Doing

Feminine & Masculine

Being

Fully present

In the moment

Open ,receptive,awareness

Doing

Moving through time

With focused attention

Being-essence of feminine energy

Doing-essence of masculine energy

We

(both male & female)

Need

Both being & doing

In healthy balance

Within us

10

Too many options

Can often create confusion

There is great pleasure

In simple life

11

As one cannot control weather-

We can only adapt

To the shifting & changing of it-

So too

We can accept

Appreciate

Varieties of our internal weather

12

I am the harp

To your song

13

Blessing on the food

Releases

Its Divine spark

To the eater

Illuminating

His/her soul

14

One who speaks lies

Becomes a lie

Desire to be good isn't enough

Conviction-clear decision

Is the road to positive action

& will prevail

Even when the desire lies dormant

15

Both Body & Soul

Is

God's Palace

16

God's word

Cannot be grasped

With dry intellect

Its light needs to pierce the soul

Filling it with real experience

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Re: yechida's reflections

Posted by yechidah - 19 Apr 2015 12:23

Gut Voch Friends!!! (Dvar Torah-Tazria-Metzorah)

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Re: yechida's reflections

Posted by yechidah - 30 Apr 2015 22:12

Good Shabbos Friends!!!!

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Re: yechida's reflections

Posted by yechidah - 13 May 2015 21:19

Good Shabbos!!

Last several weeks of divrei torah till the end of vayikra

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Re: yechida's reflections

Posted by yechidah - 20 May 2015 13:15

Have a wonderful day my friends!!!

Dvar Torah-Bamidbar attached

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Re: yechida's reflections

Posted by yechidah - 29 May 2015 18:56

Good Shabbos Friends!!!

Dvar Torah-Nasso Attached

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Re: yechida's reflections

Posted by yechidah - 08 Jun 2015 13:23

Gut Voch Friends

(Last week's & this week's torah attached)

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Re: yechida's reflections

Posted by yechidah - 28 Jun 2015 13:06

Gut Voch Friends!!! (Chukas, Balak, & Pinchas)

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Re: yechida's reflections

Posted by yechidah - 28 Jun 2015 13:09

(Most of these written between Pesach & Shevuos)

Every Obstacle

God allowing

Us to overcome

Is our private

Splitting of the sea

If America

Would not have inscribed

“In God We Trust”

On their currency

What would this nation

Look like today?

3

Beauty

Of a candle

On the dark night

Illuminating

The soul

4

Children’s inner need

For guidance

Infused with wisdom & love

Spoken softly

5

Shell

Precedes fruit

In the physical realm

Whereas

Fruit precedes shell

In the spiritual realm

6

As with the conception of child

Mother's influence is revealed

Father's is hidden

7

Ultimate Compassion

Respects borders

Severity towards evil

Placing kindness

In its intrinsic place

Mercy

Extends to the unworthy

But contains safely

Real evil

Not allowing it

To spread

8

To recognize One

Within Creation

Is to experience

The Divine

9

True Love

Is intermingled with respect

Born of an inner awe

Of the soul

Whom you love

10

Circumcision

Testifies

Our inner desires

Are to God's

Aligning

Our desires

Are to God's

Aligning our desires

To His Plan

11

Joy generate Love

12

Withholding

In healthy ways

Promotes

Great flow of blessing

13

See God

With the

Eye of the Mind

As ones true vision

Isn't in the physical world

He resides in

But to the Creator

As we see with clarity

That we can do nothing

Without God's life force

Gifted to us

14

See true wisdom

Everywhere

In

Everything

With joy

As we connect

To the Creator

Who is

Everything

&

Everywhere

15

Sweetening

Judgements

Literally saves lives

16

Staring at beautiful women

Blinds a man

From seeing true beauty

That aligns

His body & soul

17

God is everywhere

Even in concealment

Even in double concealment

Beneath it all

God is there

18

Distorted Kindness

Deluge of Water

Sexual misconduct

All break

All break barriers

Of human health

One can't feed an infant

Prime rib steak

Abundant flow

Even with greatest bounty

Must have healthy channels

Using life's pleasures

For its intended use

19

Everything one hears

Is God speaking

A lesson to be learnt

(even evil speech

Is God telling you

Abide by My law

In regard

To what you have just heard)

20

Awakening

Of the soul

Spreads kindness & knowledge

To the world

21

Even diligence

Zest & alacrity

Must be

With peace of mind

Clarity in vigor

Not confusion

22

Sin

& its punishment

Are bound as one

23

Connecting to

True wisdom

Of Torah

Is connecting

With

Our Creator

24

Shevuos

Isn't blintzes

But with the acceptance

Of Torah

We taste Shevuos

In the blintzes

25

Heel of the foot

Our generation

Not to be used

To trample & abuse

But to dance with joy

Run towards good deeds

Taking the head

Where it needs to be !!!

26

Though all the pain & darkness

Has innate good within

We nevertheless

Ask for “revealed” good

For ourselves

For others

For the world

27

We don't just ask God

For the gift of life

We ask for the manual

The blueprint

How to utilize this greatest gift

The right way

28

Evil inclination

Is truly scary

When enclothed

In “good” intentions

29

Life-giving Rain

Given in droplets

True flow

Of Love

Given

With Awe & Respect

Mother’s Milk

Given to her child

In perfect measure

This is true love

True kindness

True bounty

When one holds back

ONLY

With the intent

To give properly

Not to control

Or cause pain

But to give to the fullest

Without the risk

Of drowning in water

Or dying of infection

It's the dam of the river

Walls of the reservoir

Its filters

Power of life-giving water

To all of humanity

30

Allow the waves

To flow over you

They will pass

& you

Will live & survive

& thrive

31

Clarity

Peace of mind

Great treasure

Pray & strive

Avoid rushing in life

Vitality

Must be free

Of confusion

1

“old age is the revenge

Of the ugly” (Gordon Livingston)

It needn't be this way

If we would appreciate every human being

Whatever their physical makeup

At every age

As they are

Working to reveal

God's Image within

Recognizing it in ourselves

& others

2

Love of husband/wife

Comes from inner essence

Hidden soul connection

Which is why

Intimacy between them

Is expressed privately

Whereas mother/child

Brother/sister

Revealed connections

Manifested more publically

(perhaps this explains

Rachel & Leah

Yaakov/Rachel a revealed love

Yaakov/Leah a concealed love

Though both as wives

There are levels within

Of revealed & concealed love)

3

Love & Awe

Have opposite

Effects

Except in relation

To God

Where Love & Awe

Complement another

Yet even in human relationships

Connecting in a Godly way

Soul's language of merging

Love & Awe

Integrating as One

So true in marriage

Where fiery love alone

Creates havoc

While awe alone

Creates a vast gap

Beyond repair

So that only healthy respect

Combined with fiery love

Can forge a lasting bond

4

Hidden Light

Whole

Untainted

Even when tapping into it

It remains complete

5

In a true love connection

Even as one turns away

Love spreads

Through the back

Sustaining them both

Until they face one another again

Making the reunion

Much sweeter

6

Broken Heart

Creating positive void

From which salvation comes

Nothing more whole

Than a broken heart

7

Hunger & thirst

Awaken us

To the spark within

The food & drink

Connecting us to the Godly essence

Which is our life force

8

Truth is in exile

We redeem ourselves

By revealing light

From darkness

9

Weeping from joy

More healing

Than overt expressions of joy

Such as smiling & dancing

Because joyous weeping

Elevates prior weepings of pain

Bringing it

To its healthiest expression

10

Often

Sadness stems

From inflated ego

(though rarely perceived

As such)

As one believes

That "I"

Shouldn't have these struggles

That im sad about

11

A worm

Serves its Creator

With its whole essence

Who am I

To pride myself

For capabilities

Higher than the worm-

Abilities given to me

Without being worthy of it?

12

Focusing

On serving God

Every moment

Leaves no room

For arrogance & anger

There is simply

No time for it

13

National redemption

Is derived

From each individual's

Personal redemption

Within our nation

Before praying for

Our collective salvation

We pray for

Our individual

Soul redemption

14

Physical exile

Proceeded by spiritual exile

15

As a loyal wife

Dresses beautifully

To

Greet her husband

So too

We dress beautifully

To greet God

On His Shabbos Day

16

How Powerful

Are words

To heal

Drawing blessing

From Above!!!

Life's essence

Within words

God's gift of speech

To mankind!!!

How awesome is

The "World of Speech"!!!

Speech

Intimate connection

To the Breather of Life!!!!

Even seemingly trivial speech

One to another

Can be infused

With love & awe

With deep meaning behind them!!!

Each Word

A World!!!

Create the World

With law & love

Unifying all

To its Source!!!!

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Re: yechida's reflections

Posted by yechidah - 08 Jul 2015 18:31

Have a great Shabbos!!!

1

As I read

Each holy word

From each holy book

I humble my soul

In reverence

To the author

& to God's message

Coming through

The author's words

Shining forth

From the pages

Into my mind, heart

& soul

2

It takes wisdom

& inner soul strength

Prayer for both

To be free

Of ulterior motives

3

When one draws a loved one near

One must be careful

Not to attach too close

Running the risk

Of greater distance & harm

As warming oneself

To a flame

Not to close

So as not to be scorched

4

God “pushing away”

With His left

IS a clear manifestation

Of His drawing near

With His right

5

Name

Rooted

In one's

Essence

& mission

6

Evil People

Hate goodness

For no cause

Whatsoever

7

Strong buildings

Upon

Healthy foundations

8

God's Infinite Power

Extends

To

His Infinite capacity

Of

Finite creations

9

Already on Sunday

My heart is with Shabbos

10

Sexual outlet

As well as food

Both meant to nourish

& sustain

The soul

11

No Jew

Is uprooted

12

Never get crushed by defeat

That would rob you of the will

To get up again!!

13

By praying for one's nation

Working beyond ego

Paradoxically

Is when true individuality

Shines forth

14

Before the act:

My Free Will is absolute

So choose wisely!!!

After the act:

Everything is Divinely Ordained

Our minds cannot grasp

This paradox

& yet its God's will

To live this way

15

Wherever you are

He is here !!!

(its not a joel olstein invention to say..)

Grow

Where you are planted

16

Commitment

To Torah

Even when not "in the mood"

So too in marriage

Even when connection isn't felt

Loyal commitment

Stays iron strong

17

Beneath every falsehood

We can find the truth

That exposes the lie

18

One must know

His/her level

& serve God within it

Leaping beyond

Can make you lose everything

Always strive higher

But always know

Where you are standing now

19

Modesty in thought

Precedes

Modesty in cloths

20

Kindness is the vessel

Through which

Love flows

21

Isnt it strange?

People wish to be

In another's place

Never their own!!!

22

Often

Ones beauty

Is too much

For the mind & heart to handle

Making them

Unstable

& even ill

23

Unity within diversity\

When knowledge doesn't suffice

To connect the dots

When our intellect

Cannot conceive patterns

When emotions overwhelm us

Robbing us of clarity

That when

We tap into

Inner faith

In the One

24

The low spiritual state

Of ourselves

& the world

Helps us realize

That only God

Can draw us out

Of the darkness

Praying to him

To guide us to Him

& His light

25

Connect with God

Each present moment

Not to push this connection

To a future moment

That doesn't yet exist

26

We don't do God's will

For reward

But we believe with full faith

That God provides reward

This belief is strongly needed

To cajole the physical body

As well as the soul chained

To a physical world

To begin to serve God

27

God runs

Towards us

In the same measure

As we run

Towards Him

28

When God shows us

Our spiritual lack

We become broken-hearted

That is when

We rejoice greatly

To serve our King!!!!

This Paradox exists

Pain for our spiritual lack

Rejoicing in the very fact

That we feel

This spiritual lack!!!!

Rejoicing in the very fact

That we don't just feel the pain

For selfish needs

The very pain of our spiritual failings

IS

Our salvation

& with this

We rejoice in Him!!!

Pray for the entire nation

Like the Shunamit

With my people-amongst them

I dwell!!!

As long as God has pleasure

From His children

Whether from me

Or anyone else

I am happy!!!

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Re: yechida's reflections

Posted by yechidah - 12 Jul 2015 11:54

recommended reading

"unhooked" by Frederick woolverton & susan Schapiro

an insightful book on the nature of addiction & the self understanding needed to heal

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