

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 - 07 Aug 2017 23:35

poem by same author on the power of words

Urge me to speak kindly

Set me on the right track

Sometimes I falter tripping

Can't ever take words back

Once spoken word's out there

Can't gather them that's fact

Scars stronger so much stronger

Than that knife in your back

Jane Noponen Perinacci

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Re: yechida's reflections

Posted by yechidah - 20 Aug 2017 15:54

a beautiful short poem I saw which reminds me of my grandmother ztl

im sure many of you have an experience of someone you loved who is not on this world anymore but left a great impression that is still felt....

Her Light Still Shines

(Haiku from the heart)

Her way was subtle,

Intelligent and profound

Ripples continue...

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Re: yechida's reflections

Posted by yechidah - 10 Sep 2017 17:03

beautiful poem I saw

reminding us that to balance the self-correction one makes in Ellul, he/she needs to nurture
their soul with gentle kindness

I learn with my heart

To nurture my Soul.

Loving thoughts

Guide me towards

My destiny

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Re: yechida's reflections

Posted by yechidah - 20 Sep 2017 09:51

Wishing all my GYE family a wonderful year & an inspiring Rosh Hashanah

While Rosh Hashanah has feeling of Awe & seriousness to it, the heart still is to be filled with an inner simcha as we are crowning the King of Kings upon ourselves & the world.

The world was created with kindness & by trusting our King & through the Shofar judgments are sweetened & kind blessing spreads to the world & within ourselves

May we all experience this blessing of feeling Hashem close & serving Him with joy!!

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Re: yechida's reflections

Posted by yechidah - 24 Sep 2017 16:37

a poem I saw today about gentleness-

a very good kaballah bli neder for the upcoming year-to be gentle whenever we can to ourselves, to our spouses to our children & to our fellow man...

Let me go gently

As I walk through this life,

Adding no harshness,

Bringing no strife;

When fear walks in boldly,

Disguised as my friend,

Carrying anger

As it tries to pretend

That it came to protect me,

That I need to strike out,

Then, let me strike fear instead,

Turn it about,

And catch it off guard

With a warm, gentle smile,

Replacing its gloom

With the hope of a child

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Re: yechida's reflections

Posted by yechidah - 15 Oct 2017 00:48

The beautiful aspect of post yom-tov light is the awareness of "Bereishis Boro Elokim"-Hashem created the world & is in continuous existence only because of His Will-& our faith in our Creator gives us joy & hope & purpose in everything we do & in every situation"

From Emunah in Hashem comes our ability & privilege to connect with Him " Tzoah Taseh LaTeivah" -the light in the Teivah-putting light into the world of Torah & world of Tefillah-& by doing so , this light fills our homes & hearts bringing an inner simcha to every situation in life

May we all merit this light -the light of Torah & Tefillah bring healing to the world collectively as well as healing to our own world-for every one of us is an entire world...

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Re: yechida's reflections

Posted by yechidah - 12 Nov 2017 00:56

Every moment we can find the light

Even when we're down and answers seem out of sight

We have the ability to find a way

Choose to remain in the mire or make way for the day

What we focus on will come to be Will our manifestations benefit humanity?

Our thoughts and beliefs affect our health

Our powerful attention can bring about wealth

Our subconscious mind is the key Unlocking our limitations brings liberty

Breaking the habit of the past Each day is anew with potential so vast

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Re: yechida's reflections

Posted by yechidah - 26 Nov 2017 15:33

The initial core belief is that we are pure in essence despite our falling into behaviors that don't befit us. God loves us & our failings must not discourage us. We are Hashem's children. & we must try our best to keep a positive outlook & belief in our goodness & be joyful with every good deed

you can inspire others even with your failings-you can pray for all of humanity & all the Jewish people even if you feel inadequate. you don't have to be perfect to be able to help others or to find a good point in yourself

encourage yourself so that you can encourage others!!!

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Re: yechida's reflections

Posted by yechidah - 01 Jan 2018 14:34

poem I saw today on self acceptance-enjoy!!

Accepting Yourself

It's better to be the unique you,

Then to try to mimic others in the zoo.

Coming into your own,

Isn't as easy as others have shown.

It requires us to take some personal time,

To truly find the confidence to shine.

Feeling comfortable in your own skin,

Removes the worry if you are too fat or too thin.

Trust that you will find,

Everything that is meant for you will come in due time.

For when you become who you are,

You no longer look near or far.

You rid yourself of repentance,

Opening the door to self-acceptance.

Loving yourself inside and out,

Eliminating others opinions and doubt.

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Re: yechida's reflections

Posted by tzaddik212 - 01 Jan 2018 15:08

Hi yechidah. Thank you. I needed to hear this today.

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Re: yechida's reflections

Posted by yechidah - 21 Jan 2018 21:26

Matter of Trust

by [John Williams](#)

Thursday, July 17, 2003

Without TRUST we are nothing

A MATTER of TRUST As we live out our lives from day to day We come to realise there's only one way, To meet life's challenges, as we surely must, It comes down to one thing, it's a matter of trust, We rely on our faith in all that we do, Without it there's no hope left for me or you, Just think on how much , on others we really rely, Without faith in them, we'd never get by. Think of the driver of our local bus, He takes us around without any fuss, ` The pilots of planes that fly through the sky, Without trust in them we never would fly. The postman each day who delivers the mail, If there was no one to do that, we'd raise such a wail, The doctor who treats us when we are ill, We depend on his knowledge, to prescribe the right pills' Just think for a moment as the days fly on by, How much on others we we always rely, We have faith in our cars each day that we drive, That they'll transport us quickly, and we safely arrive. So take time to ponder , whatever we do, Trust is the ellement that see's us get through,; But above all things else, as through life we plod, The greatest of all, is to have trust in God.

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Re: yechida's reflections

Posted by yechidah - 12 Feb 2018 02:32

quote from Melanie Beattie

communicating clearly

" Today I will communicate clearly and direct in my conversations with others. I will strive to avoid manipulative, indirect, or guilt producing statements. I can be tactful and gentle, or assertive if necessary. I do what is right in the moment"

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Re: yechida's reflections

Posted by yechidah - 11 Mar 2018 20:41

"It's like the old question, "Do you lock your house to keep people out, or to protect what's inside?" Should a person act modestly and dress modestly in order to prevent intrusion from the outside, undesirable things from happening, or to preserve and maintain what is inside: the delicate and sensitive ability to have and maintain an intimate relationship."

? [Manis Friedman, Doesn't Anyone Blush Anymore: Love, Marriage and the Art of Intimacy](#)

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Re: yechida's reflections

Posted by yechidah - 25 Mar 2018 01:12

wishing all my brothers & sisters a wonderful Pesach

May each & every one of you experience the freedom from the pain of our personal exiles- whatever they may be

we often feel confused & lost -that is our mitzrayim.

as we celebrate our collective redemption from mizrayim, we pray & yearn that each & every one of us experience Hashem's revealed Compassion & Love to feel the joy of the soul within us

Wishing you all a great bounty of physical & spiritual blessings, bringing the beauty of the potential in each & every one of you out in the open-in a revealed way...

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