

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 - 20 Oct 2009 13:12

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This is another song from 3 years later

Describing the greatness of Shaul Hamelech in his final hours of life

We were held responsible for not eulogizing Shaul properly.

Niggun of "Achas Shoalti" (friends, you have to figure out which one-the right niggun sounds beautiful with these words, especially the high part 1)

Low 1

High Above, on his throne,

Shaul hears Shmuel Hanavi

Trembling inside ,he listens to

Hakodosh Boruch Hu's decree

Low 2

Punishment ,will strike you

Purify sins of your past,

Your fate is sealed, the upcoming war,

Will be your very last

High 1

Eybishter, An Almighty King,  
Greatness Blazing Through,  
VeHaya Lashem Ha-Melucha  
Our Mission to serve only You,

High 2

Glorious Melech, Glowing with Torah,  
Enemies Bravely He'll crush,  
Leading into Yerushalayim  
And rebuilt the Bais Hamikdash

Low 3

Bitter tears, rolled down his face,  
Rallied all of his men,  
Realized, he'll no longer see,  
Friends or family again,

Low 4

Courageously, he swung his sword,

Till he finally fell,

Fighting for

Am Hakodosh,

A true- Melech Yisroel

Yes, it is true that the eternal lineage of kings come from Dovid Hamelech,

But the greatness of Shaul must not be forgotten,

Despite the tragic mistakes and errors,

He was a great king,

Since he fell,

He has been with Shmuel Hanavi

As the Chazal say,

That was what Shmuel told Shaul.

Yes , tomorrow you will die

But you will be with me,

Shaul and Shmuel together in Olam Habah.

Dovid Hamelech being hounded bitterly all his life,

The one and only opponent that he loved and respected

Was Shaul Hamelech,

Cried bitterly when he died,

Loved his son,

Loved his daughter,

Loved his grandson,

We love him

Because Modechai and Esther saved us all from destruction

Descendants of Shaul ben Kish

He gave us Purim

Remember this when you learn Tanach.

Look carefully.

Hashem was upset because Shaul did not destroy Amalek entirely, not waiting for Shmuel early on, seeking the Baalas Ov ,and although not clear, the killing of the city of Nov which is a great mystery. It's hard to fathom that story at all.

But Shaul was never castigated or punished or rebuked for chasing Dovid all over the place trying to kill him.

Because this was a spirit of insanity,a ruach ,not in his control,

When that bad spirit departed Dovid and Shaul embraced,

Like it will be when Moshiach comes.

Yosef and Yehuda will be as One.

Klall Yisroel will be as One

Because the Heart of Klall Yisroel is One

As I saw what Rav Wolfson shlita said

On Shabbos Veyechi 2004,

The words "Es Ruach Hatumah Aavir Min Haaratz"(the spirit of tumah will depart from the land)

And the words "Ahavas Dovid V' Yehonoson"(the love of dovid and yehonoson, the son of Shaul)

Has the same numerical value(949=949)

Because Yonoson was happy with Dovid, and with his kingdom that would take place after Shaul.

And when Moshiach comes,and when the Ruach Tumah will depart from the land ,there will be no more hatred-only love and respect,--the day Shaul and Dovid will embrace

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Re: yechida's reflections

Posted by kutan - 20 Oct 2009 14:22

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I must'a been on the other team.

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Re: yechida's reflections

Posted by yechidah - 20 Oct 2009 19:34

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Dear brothers and sisters

when you need to cry- don't hold it in

let it out

it will heal you

The Power of a Tear by howard simon

Pounds of pain punctured my progress

Tons of trouble terminated my tranquility

Swarms of stress subtracted my substance

My heart exploded like a thousand thunders

My mind melted and my spirit splintered

Hanging by a thread destined to burst

I tried to wash away the wounds with words

But the stains were deeply dyed in concrete colors

Verbal detergents were badly and sadly defeated

Verbosity crumbled, fell at my feet and retreated

Internal torment was the architect of my demise

Terrorizing my thoughts and hijacking my hope

Music tried to massage me out of my misery

But though the words were so wonderful

And the melody so moving and majestic

Misfortune only mushroomed and multiplied

I sought solution in the fraternity of friends  
But their fantastic fellowship fell flat on its face  
As the vanity of my vicissitudes vented and vomited  
Causing emotional dehydration and mental suffocation

Pounds of pain to be pushed out  
Stupendous swarms of stress to secrete  
But nothing happened until a tear fell from my eye  
It impacted me so powerfully that I began to cry  
I felt so happy that I jumped for joy  
I was like a kid with a brand new toy  
From that day I celebrated the power of a tear  
And with anyone who would listen, share:

Hand picked from the clouds of my heart  
Providing me with an excellent new start  
A tear  
Carrying the DNA of pain  
Washing away hurtful stains  
A tear  
Expressing unspeakable feelings  
Creating new channels of healing  
A tear



Traveling through tunnels of tragedy

Transporting tremendous tons of therapy

A tear

Rushing into a river of reformation

Creating a deluge of consolation

A tear

Tearing down walls of internal imprisonment

Building beautiful bridges of betterment

A tear

Providing homeostasis

Averting my crisis

A tear

Seasoned with the salt of reality

Rescued me from the claws of insanity

A tear

Flowing directly from the tear in my soul

Anchoring my feet and making me whole

A tear

Much thanks to you my dear tear

You are the reason I'm still here

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Re: yechida's reflections

Posted by habib613 - 21 Oct 2009 03:51

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has letakain seen this?

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Re: yechida's reflections

Posted by letakain - 21 Oct 2009 04:23

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yeah.

not crying yet.

still numb and and angry.

but made a list of everything i need to do so won't be as overwhelmed.

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Re: yechida's reflections

Posted by yechidah - 21 Oct 2009 14:39

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Dear friends,

In this week's Parsha, the Torah uses the phrase the animal "that is not pure"(Ainenah Tahor) instead of that animal that is impure( Tomay),and extra 8 letters (in Lashon Kodesh),to teach us that we should strive to speak in a refined cleaner way.

In the week of Parshas Noach in 1990, Rav Pam related how he heard a mother yelling at her 3 year old child (who obviously did something wrong) "You are a bad child". The kid was crying so hard, couldn't stop, couldn't get to himself. In Rav Pam's view this is because the child was labeled a "bad child".

instead of saying "you did something wrong"-that, the child could handle

He also said it's bad enough to say to another person "you lied"

But to call him a "liar" is the most terrible thing because you are labeling the person.

He didn't just do something bad-he is "bad"

He didn't just lie-he is a "liar"

He felt that most of the problems that people have with Sholom Bais starts with "harsh words" that often end in divorce.

Now when I heard this at the time, and even for a while afterwards I had this question in my mind,- that I understand that harsh insensitive words can aggravate a problem terribly, but how could you say that harsh words is the root and the main cause for many of the divorces that take place. Surely, there are many deeper underlying causes?

But the truth is there is always cause for something .there will be always something "not quite right" that you can zoom in on.

Wife cannot keep the house clean, yes, cheerful and optimistic and kind , but 25 pounds overweight ,or slim but a has an hysterical nature, shops beyond what they can afford, dresses very immodestly, or dresses like a slob, husband not a bad guy but only makes a mediocre living, boring ,listening to him is like watching paint dry, but faithful and respectful and loves his wife. but gets distracted when I'm trying to have a serious conversation with him etc etc

First thing one has to drill into the head-that thick stubborn skull

Harsh biting words will in no way or shape or form help the woman lose her weight, or become

more organized-the terrible words that are at the tip of your tongue will kill her ,make her bitter ,or in some cases shatter any self esteem she may have.

And harsh words will certainly not have him make more money or become interesting. or pay more attention to his wife. To the contrary, he will do his utmost to crawl into his shell,to protect himself from those biting words. Why talk to her if she will take what I say and use it as a knife to stab me with?

At least my secretary listens to me when I talk.

There are ways to help your spouse improve.

How?

Do not have a compete answer.

But biting sarcastic sharp words will be the start the crumbling of a marriage, the decay, the slime , the awful sewer smell of the toilet overflowing-that is what is unleashed when those words come out of your mouth.

.even good people, very very good people may have certain character flaws-even serious one.

But if a wife and husband speak to each other properly, knowing not to light a match to a potentially explosive situation, making sure not to use the power of words to wound each other, then there is a trust developed and a respect that will help the both of them work on very real problems in a positive calm constructive way.

It still seems strange to me but I know Rav Pam ztl is right.

He has seen hundreds and hundreds of cases.

The couple themselves will see that it was a major financial crises, or the pressure of a problem child ,or the stress of day to day living, the craziness of managing myriad of tasks ,or that real real nasty thing that one inflicted on another and then caused a WWII in the house.

Another words what may be remembered was that last straw that broke the camel's back.

Or the last 10 straws.

But Rav Pam says that it all started because of the abuse, the non-control of those powerful words that you have within you.

(and if you understand Yiddish, please get the tape and hear it yourself-probably could get it through torah vodaas or torah tapes called 'HaAdam Nikkar Bedibburo-Zehiros B'dibur- Taf Shin Nun Aleph-with was 1990).

Even when you must communicate a wrong -there are ways to do it.

Rav Pam uses this example,

Instead of saying "You are wrong"

You say "you are mistaken"

Or even "I think you are mistaken"

It sounds silly for one not used to hearing Rav Pam talk this way.

A small voice( but a very wrong one) used to fly up in my head.

"Are you kidding me?"

Are you telling me that those subtle differences in speech are the starting point of a spiral downward towards a bitter angry divorce???

But Rav Pam is not kidding

He is serious as can be.

The root of many (not all, many) divorces are the harsh words said to one another.

That is the cancer.

It is very very clear that Rav Pam zl believed this as absolute truth.

So did Rav Miller zl listening to him.

So did the Chofetz Chaim if you carefully read his seforim.

And what power of good is there within kind words

You can literally save a person's life.

Not to flatter someone with empty phrases

Because you look at the real goodness that is within a person's heart

And you let that person know what he or she has inside.

that neshomah that is unique,

nothing like it in this world or in the next,

and you speak to it gently

with love and respect,

those words touch the neshomah,

and allows it to thrive

you say I am glad you are here,

a lot I can learn from you,

a lot of things you tell me that help me

so thrive, grow, be the best that you can be,

because by doing so ,you help me be the best I can be,

we learn to open our ears

Hashem whispering to us

‘I love you”

And we feel it to.

May we all feel this very soon.

And may that feeling never go away

And here is a powerful insight that 7UP posted related to this topic, in regards to the Dor



Haflagah.

Thank you for sharing this

## WORDS

Building blocks

mortar and stone

stretch heavenward.

Further than the ear hears

the eye sees.

Only the mouth

extends beyond

with threats and curses

weapons of war

in a dangerous bid

to outwit G-d.

A tower is built

in Babylon.

G-ds wrath

crashes earthward

as consonants and syllables

rain down chaotically

while sharp

accents and alphabets

pierce the tongues

of Man.

Built on the rubble

of rhetoric and deceit

A world recreated.

and I read this a second time, this thought came to me,

I think that in a deeper sense the Dor Haflaga had created the chaos of language---- by abusing it

so Hashem was merely showing them what they themselves created.

chaotic deranged speech

while we strive to unify language as a beautiful structure-- for the One Hashem

intrinsically inscribed in the Heart of Klall Yisroel-which is One

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Re: yechida's reflections

Posted by habib613 - 21 Oct 2009 14:44

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I really liked this one. ;D

thanks yechida

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Re: yechida's reflections

Posted by yechidah - 21 Oct 2009 14:46

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Hatzlocha Habib

in everything you do-and say

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Re: yechida's reflections

Posted by habib613 - 21 Oct 2009 14:50

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thanks,

you 2!

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Re: yechida's reflections

Posted by 7yipol - 21 Oct 2009 16:52

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Beautiful post Yechida.

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Re: yechida's reflections

Posted by yechidah - 21 Oct 2009 17:34

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Glad you liked the poem

If you have any more of these deep insightful poems it would be a great honor if you would share it with us.

hijack away.

or if you wish, let the here-go----go-here

will be happy either way

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Re: yechida's reflections

Posted by yechidah - 22 Oct 2009 12:27

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Several tidbits from a book "Everyday Greatness" taken from Reader's Digest

1-A quote by George Eliot who incidentally had great respect for Jews (see her book

Daniel Deronda)

“What do we live for if not to make the world less difficult for each other?”

2-One kind word can warm 3 winter months (Japanese proverb)

3-kind words can be short and easy to speak, but their echoes are truly endless (Mother

Theresa-the very rare exception to the typical phoniness and ugliness of most of the members of that misguided faith. the biographies describing her may be overblown but it's clear that this was not your average shiktza)

4-If you have knowledge, let others light a candle at it (Margaret Fuller)

5-we are not held back by love we didn't receive in the past, but by the love we are not extending in the present(Marianne Williamson)

And to end off with this from the Minnesota Literacy Council

This, my friends, is extremely important and relevant

As the old man walked the beach at dawn, he noticed a young man ahead of him picking up starfish and flinging them into the sea.

Finally catching up with the youth, he asked why he was doing this

The answer was that the stranded starfish would die if left until the morning sun.

“But the beach goes on for miles and there are millions of starfish,” countered the other.

”How can your efforts make any difference?”

The young man looked at the starfish in his hand and then threw it to safety in the waves.

“It makes a difference to this one,” he said

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Re: yechida's reflections

Posted by 7yipol - 22 Oct 2009 13:23

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Beautiful post YECHIDA.

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Re: yechida's reflections

Posted by letakain - 22 Oct 2009 15:11

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