

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 7yipol - 22 Oct 2009 18:46

This raises such mixed emotions,

Oy, ad matai Tatte?!

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Re: yechida's reflections

Posted by yechidah - 22 Oct 2009 20:36

Dear brothers and sisters

Look for your good points,

especially after a shattering fall

you find that good nekudah in yourself

(maybe you saved a starfish)

and build on it

and you will see the loss is not so great.

The Loss Is Not So Great

Edgar Guest

It is better as it is: I have failed but I can sleep;
Though the pit I now am in is very dark and deep
I can walk to-morrow's streets and can meet to-morrow's men
Unashamed to face their gaze as I go to work again.

I have lost the hope I had; in the dust are all my dreams,
But my loss is not so great or so dreadful as it seems;
I made my fight and though I failed I need not slink away
For I do not have to fear what another man may say.

They may call me over-bold, they may say that I was frail;
They may tell I dared too much and was doomed at last to fail;
They may talk my battle o'er and discuss it as they choose,
But I did no brother wrong--I'm the only one to lose.

It is better as it is: I have kept my self-respect.
I can walk to-morrow's streets meeting all men head erect.
No man can charge his loss to a pledge I did not keep;
I have no shame to regret: I have failed, but I can sleep.

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Re: yechida's reflections
Posted by yechidah - 23 Oct 2009 12:26

Cheshvon-the great special so called "bitter" and "bland" month that has nothing yet
everything

Us-the great special bland “nothing” that has everything

Dear friends,

I had brought in a previous post insights from a lubavitcher woman named Nechama Greisman zl who gave shiurim who was niftar in 1992 at the young age of 39.

Another precious gem from this special Yid who visited us for 39 years.

Here is one that relates to anyone who does not feel that they have anything special within them.

I think many of us who struggle with a strong yetzer horah, and lose a lot of bitter battles feel this way very strongly.

Like Cheshvon-the month of anti-climax compared to the giant Tishrei of the recent past.

Back to the ordinary, mundane and boring life

Even the month of Av has Tu Bav. Tisha Baav will become a Yom Tov. So will 17 Tammuz.

Cheshvon has no visible holiday.

Because it is precisely the return the mundane world, to infuse it with holiness-this is the uniqueness of this month.

Uncovering the holiness of this seemingly “bland” month.

To bring out the best in ourselves through our own hard work, transforming “mar”(bitterness) into “massok”(sweetness)

Nechama Greisman zl then tells us this story.

Consider the case of Hendel Lieberman, for example. Reb Hendel was a well known chossid , who tragically lost his entire family, his wife and 5 children. Here he was ,having lost everything, left alone and in mourning!!

He couldn't imagine how he could continue

For a long period of time, he was very very gloomy and no one was able to cheer him up.

What could you say to such a person-get married again? Have another family again? He was not 18 anymore. It was very depressing.

The Rebbe wrote him a long letter and spoke to him about what had happened.The Rebbe mentioned that through art and painting ,a person could find what he was seeking.

Now Reb Hendel had never drawn or painted in his life. What could the Rebbe possibly mean? However,he thought, if the Rebbe says something he must know what he is talking about. He was well into middle age when he tried his luck at painting. SURPRISE!! He discovered he had a great gift for painting. With the passage of time he became a great artist. In his later years, it must have been in his 70's,he was still giving exhibitions. His paintings have depth and now hang in many homes. He had a unique style. He often painted scenes of Russia,of Chassidim ,of life in the shtetl.

After he discovered his artistic talent he became a very cheerful person

He never remarried, he never had another family.

He lived alone in his home on President Street, corner of Kingston, but he became a warm and welcoming host for many guests. His house was never empty, he was never alone. That's why so many people called him Fetter Hendel, Uncle Hendel, even though he had no relatives, because that was the person he was. He was warm, he was alive. He was transformed into a different person altogether.

This is one example of a person who had potential and talents which he didn't know about.

But when he discovered them, he became a different person.

If the Rebbe had not pointed him in the direction of art, you would never even think that this could become a new direction in life

The same is true with all of us

We have hidden talents and vast spiritual resources waiting to be tapped.

Do you hear this, our dear precious rough diamond??

We have hidden talents and vast spiritual resources waiting to be tapped.

It does not need to be music or art or dancing or acting or designing

It could be a myriad of things-endless great things.

And I wish to point out something

Reb Hendel was depressed and gloomy

Did the Rebbe say “Hey cheer up, Gam zu leTovah!!?”

Did he say “Cheer up, learn Tanya and all is well?”

Or “Daven harder?”

Or “say more tehillim”?

Or “look at the bright side-many have it worse than you?”

Or “Cheer up, you will see your dear wife and children when Moshiach comes?”

He may have said some of the positive in the above in the long letter. I don’t know.

But the main healing and opening up and rebirth of sunlight in this Yid’s heart was that hidden talent buried deep within, that came forth.

In his case, painting, art.

This hidden talent opened the neshoma-not the conventional method of learning and davening

The painting will open the heart for the learning and davening.

But he needed that painting-that art that was within him.

Every Yid has a special hidden talent

A special inner expression that needs to come forth.

It is that “average” or so called phony term of a “below average” person

“talent” does not have to mean something that people right away say “WOW!!AMAZING” to.

It is something that is unique to essence of a person that is there as a gift for himself or herself

And to those around them

Why does Hashem want us to see the goodness within another Yid

Just to be patronizing?

Just to be a nice guy and not a creep?

No.

Hashem wants you too see it because it is really and truly there.

Look at what greatness I put into your friend.

See Me when you see him-or her

And tell them about it too

Because it's the truth

So we plead with Hashem.

Please Hashem, within all my defects, my sins, my warts, my hurts, my huge mess, lies a specialness that you put in me. Why did you create me? Because you say I have value. Otherwise I would not be here on this world.

because I do not see any value, any specialness within me----- I yearn to leave this world

because what do you expect me to do?

I'm telling you Hashem there is nothing good in me.

Nothing.

Emptiness.

Only sick stuff that I don't have the energy to fight anymore.

I'm the month of Cheshvon

Nothing There.

We cry bitter tears, the diamond is a hoax, a course stone.

And then suddenly a glimmer of hope, a sparkle ,a gleam, a speck of light,

That talent coming out of hibernation-I am here. I was always here.

Waiting for you to see me.

My child I've always loved you.

From that love that warm light will spread

Like a flower that slowly opens

Like an orphan that starts smiling for the first time

A smile that brings light and warmth to the world,

Because once the neshomah starts opening up,

We are on the path of true simcha.

So please Hashem, I do not have a Rebbe to tell me what I have within me that needs to awaken within me..

I'm clueless.

I'm alone

I need Your help.

I cannot do this alone.

Have a wonderful Shabbos my friends,

May we all feel a special closeness to Hashem,

And may He open our inner holy eye to allow us to see this that He loves-the inner essence of each and every one of His children.

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Re: yechida's reflections

Posted by letakain - 23 Oct 2009 13:42

yechida does it again.

and just in case you don't know, yechida, you have a Major Talent in writing!

KUTGW!!!!!!

and have an AWESOME Shabbos!

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Re: yechida's reflections

Posted by yechidah - 26 Oct 2009 12:41

I have respected and admired Rav Twersky for a long time, ever since I read his book "Let Us Make Man"

He brings a mashal in that book

A man is in an asylum

A visitor asks approaches him

"Why have you been committed?"

"Because I like pancakes"

The visitor is puzzled

“What is wrong with that? I like pancakes too”

The patient’s eyes light up

“You like pancakes. You must come to my house. In my room I have piles and piles and heaps and heaps of towers of pancakes”

I do not remember the context of the “nimshal” because many years ago I lent this book to someone who loved it and enjoyed it so much that I told him he can keep it as a present. so what I am writing next may not be what the book says.

(Guard, please find out if that book is still in print. I have not seen it in a long time)

But you can look at physical pleasures as these pancakes.

It is very normal to like them

Even to like them very much.

But when it becomes so important to you that you cannot live without it, like an obsession, then you are like this patient who stores these pancakes in towers up to the roof instead of just eating it once in a while for breakfast

But what really sealed the deal with my great respect for Rav Twersky was when I saw that he likes “Peanuts”

He may also likes Peanuts the food too

But I mean Shultz's Peanuts.

with the wonderful Charlie Brown

Because there is a lot about life in there.

(Similar in a way that Chorlottes Web has a lot about life in there too)

I had taken out of the library a volume of the Complete Peanuts (1973-1974)

And I admit that this is not one of the deep influencing ones

(the deep ones have the visual comic playing an important role so it's hard to describe in writing)

Snoopy is on top of his little dog cottage there typing up a story he is writing.

And it goes like this

"Do you love me" she asked

“Of course” he said

“Do you REALLY love me” she asked

“Of course” he said.

Do you REALLY REALLY love me?” she asked

“No,” he said

“Do you love me”

“Of course” he said

So she asked no more

And then a little later it continues

“Our love will last forever,” he said

‘Oh .yes, yes. yes!” she cried

“Forever being a relative term” he said

She hit him with a ski pole.

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Re: yechida's reflections

Posted by yechidah - 26 Oct 2009 16:25

I read once that the word "intimacy"

Means "profoundly interior"

"inter" is "within"

"within-est" or "most within"

Not self-absorption, but the

Contact of the depth of ones own soul,

Because intimacy begins at home,

Within oneself

One cannot find intimacy with another,

Unless you are not alienated or divided within yourself,

And being a friend to yourself is not a metaphor,

Not some sentimental idea,

Because this is the fundamental recognition of soul

We may feel lonely,

Because we have no friends,

But we are really lonely

Because we have no relationship with ourselves

We are afraid of this intimacy,

Putting in a lot of effort to avoid it,

Scared to connect with our neshamah,

Scared to talk to Hashem

Because it takes courage to open up your soul,

To express itself, to receive another,

To invite Hashem within,

To let Him talk to you from the inside

I've read this,

and it's true,

the stretching of the soul,

is like the painful opening of the body at birth.

It is so painful,

We will often attempt to avoid it,

Even though such an opening,

Is full with pleasure and reward

Consider this passage, from a letter,

By Ralph Waldo Emerson,

Written September 30 1842,

Experiencing a soulful conversation.

“Hawthorn and I set forth on a walk,

Our walk had no incidents,

It needed none,

For we were both in excellent spirits,

Had much conversation,

For we were both old collectors,

Who never had the opportunity before,

To show each other our cabinets”

Friend and Friend,

Chosson and Kallah,

Husband and Wife,

Rebbi and Talmid,

Father and Son

Mother and Daughter

Take a nice walk,

let the cabinets open,

the one's where all the good stuff are stored in.

because of a prior rejection,

of a cruel word said,
of scorn thrown your way ,
of one that told you,
there is nothing there,
only the ugly I see,
what's in those cabinets
is nothing -because the nothing is what you are
so those cabinets were locked
sealed and soundproof,
will never risk opening it again.

But Hashem tells you to trust yourself
I made that cabinet,
I like what is there.
It's there to share,
It's there to shine forth,
True some will reject you,
But to tell you a secret,
My favorite Dovid,
Was thought of as a crackpot,
For singing these beautiful songs to Me
That were never sung before,
How glad was I,
When he opened that cabinet,

For all to know and feel and see.

So you may say to Me,

Hashem,

I never perceived you as a Jokester

Are you kidding me?

Well that was Dovid Hamelech,

Malchus,

Moshiach,

4th Regel of the Merkava,

That was a great cabinet in there.

You know I'm not on the same planet,

Screwed up nut that I am,

It's plain out and downright embarrassing.

Simple not worth Your time and Your attention

But Hashem tells us,

And we all know this is true,

Never mind.

Dovid's Tehillim was for you,

I created him,

I created you,

He is needed,

You are needed,

And I put that cabinet in there,
Don't make light of it,
Because I certainly don't,
So you think you have nothing to give,
That I created you for nothing,
I make no mistakes,

Your neshamah is part of Me,
So sin can take that away,
I see you doing Teshuva,
Fighting every minute,
What more can I ask for,
True you still need to fix and correct,
But what is in that cabinet is Good.
I put it there.

Infinite Warranty on the stuff in there.
What's in there will always be Whole,
Never broken,
And you must share it,
because it is not yours exclusively
You must share it with all those I love
Mi K'Amcho Yisroel

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Re: yechida's reflections

Posted by 7yipol - 26 Oct 2009 17:56

The neshama of this YECHIDA is so, so, deep.

A wellspring of humble gadlus from

one of Hashem's most special and quietest soldiers.

We are truly blessed to be

on the receiving end of yechidas

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Re: yechida's reflections

Posted by yechidah - 27 Oct 2009 13:13

This piece of Divrei Yisroel (First Modzitzer Rebbe) I saw several years ago

It pays to learn this sefer

The language is relatively easy and it gives tremendous chizzuk especially to people who struggle with parnassah, who have to deal with the physical world and yet yearn for spirituality

It says the 4 kings went to war against the 5 kings

Rashi says the 4 were small but stronger, but Avrohom still defended and helped the 5

The 4 kings represent the body (Air, Water, Fire, Earth)

The five kings represent the soul (Nefesh, Ruach, Neshomah ,Chayah ,Yechida)

The 4 kings are inherently stronger

But do not despair.

Hashem is with Avraham on the side of the 5 kings

And they will win at the end

the neshama is eternal and pure in its essence

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Re: yechida's reflections

Posted by Kedusha - 27 Oct 2009 14:17

[yechida wrote on 27 Oct 2009 13:13:](#)

The five kings represent the soul (Nefesh, Ruach, Neshomah ,Chayah ,Yechida)

All right, mystery solved! Now we know where your forum name comes from!

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Re: yechida's reflections

Posted by yechidah - 27 Oct 2009 14:33

dear kedusha,

I am embarrassed to say this

but personally have not lived up to the name

but it's something we yearn to reach

to reach a place that no sin can touch

pure,untainted

a place where all of Klall Yisroel is One

the Noam Elimelech calles this level "Kol Yisroel"

sincerely

yechida

(who is honored just to borrow the name, knowing that it does not intrinsically belong to him)

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Re: yechida's reflections

Posted by Kedusha - 27 Oct 2009 14:39

[yechida wrote on 27 Oct 2009 14:33:](#)

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Nothing wrong with using a name that you aspire to live up to, which is what I'm doing too!

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Re: yechida's reflections

Posted by yechidah - 27 Oct 2009 15:49

Rabbi Arush's sefer "Bisdei Yaar" has been translated into English, and is called "In Forest Fields"

From page 31 a review of the Chovas Halvovos on the basics of Emunah

Hashem has compassion on you

Hashem doesn't ignore your needs, nor does His constant Divine Providence ever neglect you

He is strong and invincible, and no one can stop Him from fulfilling your request

He knows all your needs, even those you are not aware of

His Divine Providence never leaves you; from your first day on earth through your last day on earth, He is with you

He alone determines your fate, and no one other than Him can help you or hurt you

His generosity and loving-kindness know no bounds ,both for the deserving and for the undeserving.

This is the simplicity of Emunah

You are a creation and the Creator is with you all the time.He listens to you, heeding every word you say. Therefore, a person of emunah must live his emunah, namely he must know he can always turn to Hashem.

EVEN IF ONE IS SO CALLED "RELIGIOUS",WITHOUT A CONNECTION TO HASHEM,ONE LACKS THE MAIN ELEMENT OF SPIRITUALITY

Talking to Hashem in your own words is a declaration of faith that surpasses all logic, intellectual arguments, proofs and explanations.

When you speak to Hashem,He is surely with you

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Re: yechida's reflections

Posted by yechidah - 27 Oct 2009 20:00

will not be on-line tomorrow

Hatzlocha Rabbah my friends

The Miracle of a Moment by Howard Simon

A week?

A day?

An hour?

Time enough

For excellence

A moment?

Too little!

Too swift!

Too short!

Too brief!

Not so

Not right

Not true

A moment?

It's enough!

Pregnant with possibilities

A moment

Overflowing with opportunities

A Moment

Saturated with significant

A moment

Rich with reality

A moment

Bursting with beauty

A moment

Loaded with life

A moment

Encoded with eternity

A moment

Maximize every moment

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Re: yechida's reflections

Posted by yechidah - 27 Oct 2009 20:48

these are 2 beautiful poems by R' Kook

stunning

worth reviewing

and internalizing

TECHIYA - Renewal

Give me, give me

rays of light,

Too much for me, too much

these pits of darkness.

Give me the gift

of purity of thought,

Enough for me, enough

these prisons of confusion.

Gift me, gift me

with the power of desire,

Extend to me

balls of fire.

I'll explode with them

the false towers and structures

And the vanity of vanities

that dwell within.

I proclaim liberation

for my words and my pen

Without keeping

my wine in its barrel.

And without fear

the anxiety of the enslaved

We will announce together

words/matters of unity/uniqueness/unification.

Our words like arrows

will hit their marks,

And to our quarreling brothers and sisters

speak of our wrongdoing.

To raise ourselves beyond the divisions,

for the greatness of the people,

To expand our consciousness

as broad as the ocean.

To shake the dust

from the lands of our exile

That are cleaving

to our sickly hearts.

To understand the principle

that is everything,

The Torah, our destiny,

the power of the Divine.

To be concerned for the soul,

the soul of our people,

Turned over desolate,

in its exile from its home.

To awaken life,

for the renewal of the people

On the earth and in the heavens,

As they are there.

ME'OLAM RACHOK - From A Distant World

And from a distant world, full of illuminations,

The suns there are as broad as the ocean,

And the stars, like the light of our sun,

On the face of the sapphire stone, ...there.

The news reaches me,

Like dew full of overflowing delight,

Guiding me to the hidden Eden,

There...the treasure is stored.

All the faces there are joyful,
Every mouth sings songs of praise,
The highest feelings fill each heart,
And... all legs dance in jubilation.

The past and the future are scrolled into one,
Nothing hidden, everything known,
Every soul full of love for all,
Feelings for the multitudes
And...the light is sown.

All the pasts flow like rivers,
Purity, illumination, strength and light,
Life renewed, freedom and liberation,
Fills ...all our thoughts and activities.

And without teachers, guides, judges or politicians,
Everything is good, everything is clear,
There is no corruption or injustice, everything is with integrity,
And... the night shines like the day.

To a world such as this my soul longs,

In life such as this my spirit soars...

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