

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 habib613 - 16 Nov 2009 15:07

:(:(:(

that made me cry

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Re: yechida's reflections

Posted by habib613 - 16 Nov 2009 15:31

so true...

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Re: yechida's reflections

Posted by yechidah - 16 Nov 2009 15:39

true with our neshama, and true with our own physical wife/husband, or in Diamond's case, the husband to be, with mazal, in the right time,

the dress or money may indeed help

but they truly need our love

the neshamah with a feeling of love towards Torah and Mitzvos

the husband/wife with a feeling of love in all aspects

physically, emotionally, spiritually

we are in a physical world

so that aspect cannot be neglected or forgotten

no matter how highly spiritual we feel ,we may be, or may become.

but is goes much deeper than that

much much deeper

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Re: yechida's reflections

Posted by yechidah - 16 Nov 2009 16:41

alot goes much deeper than the surface

this chessed goes deep

so why go for cheap imitation

when you can tap into the real thing

Eyes are the window of the soul

by Uriah J. Fields

O soul, I want to see you, I exclaimed!

The soul said, "Look into your own eyes

and see your own soul and then look into
the eyes of another person and see
his soul."

"Eyes are the window of the soul," I was told.

I asked, "What is the soul?" The answer
resounded, "The soul is the spiritual and
eternal part of human beings, separate in
existence from the body. It consists of
consciousness and personality and can be
synonymous with the spirit, mind and self."

The emotions are stored in the soul's matrix.

Unlike words, pictures and actions, feelings
appear in the eyes. The eyes speak what
the soul feels.

I looked at his body and I saw only his body,

I listened to his words and I heard only his words.

I watched his acts and I saw only his actions:

But when I looked into his eyes I saw his soul.

And seeing his soul I had empathy for him and
knew that he was my soul brother.

So do not miss an opportunity to look into another person's eyes and take time to look in the mirror and into your own eyes.

Know that thoughts can change your emotions

and that your eyes are the look-out window for

emotions that are nestled in your own soul and

the souls of others.

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Re: yechida's reflections

Posted by yechidah - 16 Nov 2009 17:48

and this relates the the post regarding Rivka from last week from the Alter of Kelm

An Act Of Kindness

by Trixie Love

~*~*~*~*~*~*~*~*

We all have such love

and kindness to share.

Just open your heart

and let it flow.

~*~

Show everyone just
how much you care,
With a simple smile
and a friendly hello.

~*~

Small things in life
could mean so much,
To those who are lost
and so alone.

~*~

Someone's life you
truly could touch,
With a little kindness
that you could show.

~*~

For it does not take
much to make one smile.

To brighten up ones

darkened day.

~*~

Whether it be the elderly

or even a small child.

A simple act of kindness

does go such a long ways..

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Re: yechida's reflections

Posted by yechidah - 16 Nov 2009 17:53

kindness by makalah shay

Kindness, can be shown in many ways

a gift you buy, or debts you pay.

A sweet word to someone blue, or just

listening, to someones point of view.

Acts of kindness, should come naturally

to you. Never noticing what you've done,

until its through.

Flowers picked right from the yard, or
something you've worked for, very hard.

Just taking time to let a loved one know,
just how far, for them you'll go,

A complete stranger, in dangers way, your
act of kindness they've no need, to repay.

Whether its something your asked to do, or
just because, you wanted to.

You never know when you may be in need, of
a sweet and kindly deed.

When an act of kindness comes your way, it
brightens up a gloomy day.

If the chance should come your way, show an
act of kindness today!

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Re: yechida's reflections
Posted by yechidah - 16 Nov 2009 17:58

This one is very deep and moving and powerful

Mark Rickerby

The Memory That We Were Kind

Does anyone know where the little boy went?

The little boy who used to be me?

He's still alive somewhere inside this shell

Though the shell is all you can see.

Can you still see him reaching out for love

From behind these time-worn eyes?

The child with a heart as bright as the stars

Hiding beneath this thin disguise?

What a cruel trickster Father Time can be

Changing our costumes as we age.

From infant to child, and from young to old,

A new character with every stage.

We might as well be four different people.

The adult barely resembles the child.

The external transformation is so complete,
Young and old are rarely reconciled.
But there are some whose eyes still twinkle,
For whom the child within never dies.
The outside world can see only the surface
But they know how the surface lies.

What can we learn from all this changing?
From the fact that nothing is real?
How can we judge by a deceptive facade
That hides the way we truly feel?
The only path to true knowledge, it seems,
Is to think of everyone that we see
As the child they were, who they are today,
And the old person they soon will be.
We should also see them as dead and gone,
Their short life on earth finally done,
With all their trials rendered null and void,
All their battles either lost or won.
Whitman wrote, "The powerful play goes on
And you may contribute a verse."
The same is true for every person we meet.
We make their lives better or worse.

Thus, we should measure disheartening words

And make sure they need to be spoken

So we won't be among those who caused pain

If they reach the end of life heartbroken.

And when those we've known are old and gray,

Remembering years they left behind,

Comforting words we said might return again

With the memory that we were kind.

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Re: yechida's reflections

Posted by yechidah - 16 Nov 2009 20:55

I read this story this past Shabbos

It's Sunday

The line of people waiting to see the Rebbe is very long. After hours, I finally find myself face to face with the Rebbe. At first, I just see the Rebbe's penetrating eyes.(yechida knows those eyes. He looked through me with those eyes and within the next few days I was in a car accident. The front of the car was completely destroyed and I came out without a scratch.).Everything I had prepared to say escapes me. Finally, I say "I have a problem...I have begun to become more observant, but I am involved in an inappropriate relationship..."

I have anticipated the response. THE REBBE WILL LIKELY BECOME UPSET AND TELL ME WHAT TERRIBLE SIN I AM COMMITTING. He would speak of Heaven and Hell...But the response I get is completely different. The Rebbe's face is very serious, yet I think I detect a

hint of a smile on his lips.

“I ENVY YOU” the Rebbe says.

(here yechida says that though he is not a Lubavitcher per say, he has studied Chabad Chassidus and the Rebbe himself. and as nice and kind as the Rebbe was , he would speak the truth. so it is absolutely clear that when the Rebbe told this Yid “I envy you”, he was not pulling his leg. He meant it.)

At first I don't grasp what the Rebbe just said. The Rebbe, the pious Jew, the revered rabbi and Torah genius ,world-renowned Jewish leader, envies me?!

The Rebbe continues, “In life there are many ‘ladders’. Each person has his or her ladder to climb.”

(yechida here points out that with the Rebbe it was always ‘his or her’-he once said that men and women have to remain separate in the this world due to modesty, but know that all together stand before the Melech Malchai Hamlachim-the King of Kings as One-no separation at all. many of his letters use the phrase ”L'Chol Echad V'Achas M'Yisroel”-not exactly a ‘Rebbeshe’ style of talking or writing but I could not care less. That’s one of things I loved about him. The total lack of interest of conforming just for the sake of conforming. and he conveyed that point too Know your neshomah and be true to it. No matter what the world may say or think)

“I was never faced with the challenge that you are. God has given you a choice, a ladder, the top of which reaches the Heavens. The test is the challenge by which will raise you to the greatest of heights”

I don't remember what happened afterwards. several minutes later, I find myself in the synagogue, sobbing like a baby. someone approaches me and asks if he could get me some water, and before I could respond ,a glass of water is handed to me...”

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Re: yechida's reflections

Posted by the.guard - 16 Nov 2009 23:13

Yechidah is like a Mayan Hamisgaber of wisdom and love...

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Re: yechida's reflections

Posted by yechidah - 17 Nov 2009 13:29

Thank you Guard for your kind words

and here you see how the Rebbe saw love and wisdom in baseball

Another story I read about the Rebbe this past Shabbos relates to baseball

Once, during his years working with his father-in-law, the Previous Rebbe, the Rebbe visited the yeshiva down the corridor from his office. He noticed a student entering the study hall in middle of a session and asked him where he was coming from. The student cheerfully admitted that he had taken time out from his studies to attend a baseball game. He had left early because his team was down by a wide margin.

"Did you learn anything at the game" the Rebbe asked him

The student shrugged with a smile.

(yeichida notes that in his yeshiva of old-not Torah Vodaas- a slap across the face would have slammed him into the wall, but that is another story-sorry I mentioned that...on second thought, I am not sorry I mentioned that..)

The Rebbe continues "In baseball, there are 2 teams ,each with 9 players-and there are thousands of fans who sit in the crowd. As long as their team is ahead, the fans cheer. But as soon as their team falls behind, the fans are let down and eventually, when they see that their team has no chance of winning they even leave."

"The players, however, all stay to the end, no matter what"

"That is the difference between a fan and a player"

(I had my 14 year old son read this.I ask him what he thought this meant.He said that alot of people want to throw away their Yiddishkeit when things don't go so well,so you can learn from baseball to be a player,not just a fan.You stick with it no matter what)

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Re: yechida's reflections

Posted by yechidah - 17 Nov 2009 14:48

Mister Menachem

"Editors note: In 1995, William Morrow & Company published the first widely-distributed book of the Rebbe's teachings, Toward a Meaningful Life, by Rabbi Simon Jacobson, editor-in-chief at Vaad Hanachot Hatmimim/The Meaningful Life Center. Among the many responses received at our office was a letter from a woman who, as a child of five had met the Rebbe, Menachem Mendel Schneerson. That letter described her first meeting with the Rebbe in 1946, "When he was not yet the Rebbe and ... walked freely around the neighbourhood (of Crown Heights)."Below is an extract from a second letter that describes subsequent "sidewalk conversations" with the Rebbe.

Dear Rov Jacobson,

Kol hakavod on Toward a Meaningful Life. The book is a beautiful kiddush Hashem, and does full justice to the Rebbe himself.

As a yiddishe maidele who was born into a traditional family in Crown Heights in 1940, and who had the great zchus and mazal from Hashem to know the Rebbe as a beloved childhood friend – whose name was Mister, or so I thought then - the book brings tears to my eyes and overwhelming feelings both of joy and loss to my heart. Since I read Toward a Meaningful Life, I have been deluged with memories of events that I'd forgotte"

I knew the Rebbe first as Mister, and then when I learned that Mister was not his name (as I thought it was when I was 5) I asked him his name. But I just couldn't get the name that he told me – he must have been saying Schneerson – so he told me that we had similar names, and could I say Menachem. That I got immediately, and so he told me to call him Mr. Menachem. Which I did.

It was not until I saw a picture of him, taken about 1950, that I realized that my beloved Mr. Menachem was also the Rebbe. I had been praying for the Rebbe forever, or so it seemed, but I never knew that I was also praying for one of the dearest friends I ever had...

Mr. Menachem always asked me what books I was reading. When I was seven – Spring of '48 I think – I discovered Science Fiction in the library on Schenectady. I loved it. I gave him rave reviews of two authors, Robert Heinlein and Isaac Asimov. He was intrigued by the idea of teaching children science through fun-to-read novels. I always told him he should read them, that he would love them. He always told me that he only read Jewish books. Then one day, a year or more later, I told him about Asimov's book "Foundation". If you haven't read Asimov's Foundation Series then I should tell you it's about a secret foundation set up by a psychohistorian name Hari Seldon. The purpose of psychohistory and the Foundation was to perfect the Universe. Which is basically what I told him.

Anyway, Mr. Menachem later told me he read the book – which floored me – and told me to concentrate on Asimov, not Heinlin. [And he was right.] He then went on to tell me he'd written to Asimov and had gotten a reply. I was thrilled – that Asimov thought enough of him to write back [Told you I didn't know who I was talking to. At that point I had no concept of what he truly was, much less what he would become.] He was corresponding with Asimov, and as far as I was concerned that was even better than writing to Jackie Robinson, which I think I told him.

Then he asked me what I thought of the idea of setting up a foundation. I thought it was better than Asimov and Robinson combined and told him so. He then told me he was setting up a foundation. I was so excited I started jumping up and down, telling him I wanted to join, please, please please. He said I could. Well, he did set it up, and I did join for a while. He was talking about Chabad and his shluchim. Maybe other things that I haven't found out yet. Who knows?

Kol tuv,

Nechama Cohen

Tamiment, PA

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Re: yechida's reflections

Posted by yechidah - 17 Nov 2009 17:35

Times have changed in America

hasn't it?

How to be a good wife – THEN & NOW

The following is from a 1950's Home Economics textbook intended for the High School girls, teaching how to prepare for married life.

1. Have dinner ready: Plan ahead, even the night before, to have a delicious meal - on time. This is a way of letting him know that you have been thinking about him, and are concerned about his needs. Most men are hungry when they come home and the prospects of a good meal are part of the warm welcome needed.

2. Prepare yourself: Take 15 minutes to rest so you will be refreshed when he arrives. Touch up your make-up, put a ribbon in your hair and be fresh looking. He has just been with a lot of work-weary people. Be a little gay and a little more interesting. His boring day may need a lift.

3. Clear away the clutter. Make one last trip through the main part of the house just before your husband arrives, gathering up school books, toys, paper, etc. Then run a dust cloth over the tables. Your husband will feel he has reached a haven of rest and order, and it will give you a lift too.

4. Prepare the children: Take a few minutes to wash the children's hands and faces if they are small, comb their hair, and if necessary, change their clothes. They are little treasures and he would like to see them playing the part.

5. Minimize the noise: At the time of his arrival, eliminate all noise of washer, dryer, dishwasher, or vacuum. Try to encourage the children to be quiet. Be happy to see him. Greet him with a warm smile and be glad to see him.

6. Some DON'TS: Don't greet him with problems or complaints. Don't complain if he's late for dinner. Count this as minor compared with what he might have gone through that day.

7. Make him comfortable: Have him lean back in a comfortable chair or suggest he lie down in the bedroom. Have a cool or warm drink ready for him. Arrange his pillow and offer to take off his shoes. Speak in a low, soft, soothing and pleasant voice. Allow him to relax and unwind.

8. Listen to him: You may have a dozen things to tell him, but the moment of his arrival is not the time. Let him talk first.

9. Make the evening his: Never complain if he does not take you out to dinner or to other places of entertainment; instead try to understand his world of strain and pressure and his need to be home and relax.

10. The Goal: Try to make your home a place of peace and order where your husband can relax.

Now the updated version for the '2000s woman...

1. Have dinner ready: Make reservations ahead of time. If your day becomes too hectic just leave him a voice mail message regarding where you'd like to eat and at what time. This lets him know that your day has been crappy and gives him an opportunity to change your mood.

2. Prepare yourself: A quick stop at the "LANCOME" counter on your way home will do wonders for your outlook and will keep you from becoming irritated every time he belches at the table. (Don't forget to use his credit card!)

3. Clear away the clutter: Call the housekeeper and let her know you'll need her for an extra day this week. Tell her that any miscellaneous items left on the floor by the children can be placed in the Goodwill box in the garage.

4. Prepare the children: Drop them off at grandma's!

5. Minimize the noise: When he arrives at home remind him that the washer and garbage disposal are still not working properly and the noise is driving you crazy (but do this in a nice way and greet him with a warm smile...this way he might fix it faster).

6. Some DON'TS: Don't greet him with problems and complaints. Let him speak first, and then your complaints will get more attention and remain fresh in his mind throughout dinner. Don't complain if he's late for dinner. Simply remind him that the last one home does the cooking and the cleanup.

7. Make him comfortable: Remind him where he can find a warm fuzzy blanket if he's cold. This will show you really care.

8. Listen to him: But don't ever let him get the last word.

9. Make the evening his: a chance to get the washer and garbage disposal fixed.

10. The Goal: To try to keep things amicable without reminding him that you make more money than he does.

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Re: yechida's reflections

Posted by yechidah - 17 Nov 2009 18:32

A few insights from A.Y. Heschel

The last one posted here is a very powerful one

1-Peace

The seventh day is the armistice in man's cruel struggle for existence ,a truce in all conflicts, personal and social, peace between man and man, man and nature, peace within man; a day on which handling money is considered a desecration, on which man avows his independence of that which is the world's worst idol

The seventh day is the exodus from tension, the liberation of man from his own muddiness, the installation of man as a sovereign in the world of time

2-Always

I takes 3 things to attain a sense of

significant being:

God

A Soul

And a Moment

And the three are always here

3-Defiance of Despair

A religious man

is a person who holds G-d and man

in one thought at one time,

at all times,

who suffers in himself harms done to others,

whose greatest passion is compassion,

whose greatest strength is love

and defiance of despair.

4-Our Task

God is hiding in the world.

Our task is to let the divine emerge from our deeds

5-Belonging to Israel

Belonging to Israel is in itself a spiritual act.

It is utterly inconvenient to be a Jew (yechida feels we should not feel this way)

The very survival of our people is a Kiddush Hashem

We live in a state of peril

Our very existence is a refusal to surrender to normalcy, to security and comfort

Experts in assimilation, the Jews could have disappeared even before the names of modern nations are known

6-WE ARE A HARP

We have arrived at the beginning; the night often looked interminable.

Amalek was Fuhrer, and Haman prevailed.

For centuries we would tear our garments whenever we came into sight of your ruins.

In 1945 our souls were ruins, and our garments were tatters.

There was nothing to tear.

In Aushwitz, and Dachau, in Bergen-Belsen and Treblinka,

They prayed at the end of Atonement day,

“Next year in Jerusalem”

The next day they were asphyxiated in gas chambers.

Those of us who were not asphyxiated continued to cling to You

“Though He slay me, yet I will trust Him”(Iyov 13-15)

We come to you, Jerusalem, to build your ruins, to mend your souls and to seek comfort for God and men.

We, a people of orphans, have entered the walls to greet the widow, Jerusalem, and the widow is a bride again.(not quite, almost a kallah but not yet, but may it be soon, says yechida)

She has taken hold of us,and we find ourselves again at the feet of the prophets.

We are the Harp

And David is playing

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Re: yechida's reflections

Posted by yechidah - 17 Nov 2009 21:57

Rav Kook

I love him

He speaks to me

about this subject and about many important things,

that my soul needed to know

and needed to be taught in a gentle, kind way

by a soul who knows and feels my own

The Plague Will Not Enter Your Tent by Rav Kook

You can profoundly rectify your misspent sexuality by sanctifying your will and illuminating it clearly, until the light of holiness will stream through even your strongest physical drive. That drive is rooted in holiness that is incredibly strong, because it contains the expression of life: the

sexual drive. The light of holiness will stream within it to such a degree that its holy aspect will rule your life and direct its action and expression. Then sexuality's secular aspect, and certainly its unclean aspect, will be totally nullified before its holy aspect. Then, in truth, the plague will not enter your tent; you shall be righteous and guarded from stumbling.

Orot Hakodesh III, p. 298

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