

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 - 15 Dec 2009 17:28

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from eat-healthy-live-healthy.com

Sleep: it is quintessential to our lives. Every human being has the major basic functions in common. One of these vital necessities is the need to sleep. Though we all have different sleep patterns, sleep different amounts, and the quality of our slumber varies greatly, sleep is literally necessary to stay alive. Strangely, though it is just as important as breathing, many people live with agonizing and life altering sleep disorders. The importance of sleep is often overlooked.

There are many reasons our bodies need sleep. Sleep is our bodies' way of rejuvenating. It is the period in which we lower the energy levels expelled each day, our muscles and soft tissue are repaired and revitalized, and our mind is able to process memories and things we have learned for the day. Although one day of sleep deprivation is not fatal, it will indeed cause alterations in mood, physical well being, and overall cognitive function. Increased periods of time without sleep with further these negative changes into hallucinations, poor mental clarity, and often provoked disease, or even death. Studies show that the majority of fatal car crashes are directly correlative to lack of sleep.

In order to evaluate and truly respect the importance of sleep, it is relevant to consider the symptoms that occur with the absence of proper sleep. First of all, the average duration of sleep should be around eight hours. Studies have shown that certain individuals are able to function with less sleep, with as little as six hours; however others are unable to function unless they have reached as many as ten hours of rest. Contrary to the common tendency of many to try to "sneak in extra Z's" by hitting the snooze button over and over, this habit usually hinders the body's collective sleep and reduces the time spent in REM (rapid eye movement).

A lack of sleep will quickly cause irritability, grogginess, the inability to make decisions or follow through with cognitive functions. It will cause hallucinations, dozing off during activities and even throughout the day, etc. A continued lack of sleep can contribute to weight gain, anxiety, depression, lethargy and fatigue. A chronic, or pathological, sleep disorder will often result in an immune system deficiency. Severe sleep deprivation can ultimately lead to death. These inevitabilities clearly show the importance of sleep.

Often times, diseases in themselves will contribute to poor sleep. Many illnesses, serious pain, overactive thoughts or anxiety, a large upset in life such as a trauma or severe stress can all contribute to a poorer quality of sleep. Temporary sleeping troubles will usually subside if they are an immediate result of stress, however they can just as quickly slip into a serious condition. Treating sleep difficulty is imperative.

There are some simple tips to follow on your own if you are seeking a healthier sleep pattern. Eliminate caffeine in the afternoon and evening. The consumption of caffeine within a few hours before bed will directly inhibit your ability to fall asleep. Exercise, heavy meals, or drugs/alcohol will also diminish the quality of sleep if occurring shortly before hitting the hay. Instead, exercising earlier in the day will aid in ascertaining a healthy sleep regimen. Certain medications will increase adrenaline (such as decongestants) and disable the body from relaxing properly. Anxiety and an overactive mind will cause difficulty in allowing the mind and body to rest so practice deep breathing, meditation or prayer, focused intent on healthy sleeping etc. This usually gets the body ready for sleep and initiates a mental and physical relaxation. Establish a routine. This will help balance the body's internal clock and ultimately inadvertently initiate the readiness and acceptance of sleep. Make sure your bed is comfortable and your environment is appropriate. Studies acknowledge that noise, light, even a partner with sleeping troubles will easily influence the quality of sleep. Be aware of your nightly surroundings and make sure they are not interfering in achieving a healthy sleep pattern. There are many alternatives to try before depending on sleeping pills. In fact, many sleeping pills have adverse side effects, including trouble sleeping!

Ultimately, there are many downfalls experienced when sleep is not prevalent. Life takes a grave turn for the worst quickly when it is unable to rejuvenate properly. In just a matter of days, the quality of life is altered when sleep is deprived. It is utterly an essential part of life, and there are many ways to try to achieve it; further more to enhance the state of rest you are entering. Proper sleep will absolutely boost your health, your mood, and the quality of your life. Face it, sleep it not a luxury; it is a necessity to staying alive

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Re: yechida's reflections

Posted by yechidah - 15 Dec 2009 17:31

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this last article should not be taken lightly

because believe it or not , this is one of mr yetzer horah's greatest weapons

I know this from personal experience

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Re: yechida's reflections

Posted by letakain - 15 Dec 2009 17:43

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totally. being tired is horrid for this.

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Re: yechida's reflections

Posted by yechidah - 15 Dec 2009 20:11

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I have seen this several times over the years but it is worth repeating

It's about showing compassion with the person suffering from the frailties of old age

but the lesson applies to all kinds of suffering

never judge.

you and I may not behave any better under those very same conditions

including the condition of having strong unhealthy urges that many of us suffer from.

Wooden Bowls

Author Unknown

A frail old man lived with his son, his daughter-in-law, and his four-year-old grandson. His eyes were blurry, his hands trembled, and his step faltered.

The family would eat together nightly at the dinner table. But the elderly grandfather's shaky hands and failing sight made eating rather difficult. Peas rolled off his spoon, drooping to the floor. When he grasped his glass of milk, it often spilled clumsily at the tablecloth.

With this happening almost every night, the son and daughter-in-law became irritated with the mess.

"We must do something about grandfather," said the son.

"I've had enough of his milk spilling, noisy eating and food on the floor," the daughter-in-law agreed.

So the couple set a small table at the corner.

There, grandfather ate alone while the rest of the family enjoyed their dinner at the dinner table. Since grandfather had broken a dish or two, his food was served in wooden bowls. Sometimes when the family glanced in grandfather's direction, he had a tear in his eye as he ate alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening, before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly: "What are you making?" Just as sweetly, the boy replied, "Oh, I'm making a little bowl for you and mama to eat your food from when I grow up." The four-year-old smiled and went back to work.

These words so struck the parents that they were speechless. Then tears streamed down their cheeks. Though no words were spoken, both knew what must be done. That evening, the husband took grandfather's hand and gently led him back to the family table.

For the remainder of his days, grandfather ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk was spilled or the table cloth was soiled.

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Re: yechida's reflections

Posted by imtrying25 - 15 Dec 2009 23:21

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Your making me cry Yechida. How true how true. Am i not like that too in some way or another. Ohh. Should we all be zoche to see our own faults in ourselves and not see them when looking at others.

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Re: yechida's reflections

Posted by Dov - 15 Dec 2009 23:27

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There's a ben Ish Chai story just like it. Nice.

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Re: yechida's reflections

Posted by yechidah - 16 Dec 2009 14:10

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I've Learned - by Omer Washington

I've learned that you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them. I've learned that no matter how much I care, some people just don't care back. I've learned that it takes years to build up trust and only seconds to destroy it. I've learned that it's not what you have in your live, but who you have in your life that counts. I've

learned that you can get by on charm for about fifteen minutes, after that, you'd better know something.

I've learned that you shouldn't compare yourself to the best others can do, but to the best you can do. I've learned that it's not what happens to people, it's what they do about it. I've learned that no matter how thin you slice it, there are always two sides. I've learned that you should always leave loved ones with loving words. It may be the last time you'll see them. I've learned that you can keep going long after you think you can't.

I've learned that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences. I've learned that there are people, who love you dearly, but just don't know how to show it. I've learned that sometimes when I'm angry I have the right to be angry but that doesn't give me the right to be cruel. I've learned that true friendship continues to grow even over the longest distance same goes for true love.

I've learned that no matter how good a friend is, they're going to hurt you every once in a while and you must forgive them for that. I've learned that it isn't always enough to be forgiven by others, sometimes you have to learn to forgive yourself. I've learned that no matter how bad your heart is broken, the world doesn't stop for your grief. I've learned that just because two people argue, it doesn't mean they don't love each other and just because they don't argue, it doesn't mean they do.

I've learned that sometimes you have to put the individual ahead of their actions. I've learned that two people can look at the exact same thing and see something totally different. I've learned that no matter the consequences, those who are honest with themselves get farther in life. I've learned that your life can be changed in a matter of hours when a friend cries out to you, you will find the strength to help.

I've learned that writing, As well as talking, Can ease emotional pains. I've learned that the people you care most about in life are taken from you too soon. I've learned that it's hard to determine where to draw the line between being nice and not hurting people's feelings and standing up for what you believe. I've learned to love and be loved. I've learned.

Omer Washington

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Re: yechida's reflections

Posted by imtrying25 - 16 Dec 2009 14:46

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And im just learning. Learning from all the beautiful posts you post here Yechida. Please keep on teaching me. Thank you.

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Re: yechida's reflections

Posted by yechidah - 16 Dec 2009 15:43

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Thank you Imtrying

Appreciate your kind words

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Re: yechida's reflections

Posted by Dov - 16 Dec 2009 17:25

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Amazing what life can bring to someone if he just keeps his eyes and mind open....beautiful.

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Re: yechida's reflections

Posted by yechidah - 16 Dec 2009 18:13

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I agree dov

and most of us ( I speak for myself) have spent alot of our life not realizing the true potential within us and what life has to offer us.



why was everything blocked for so long?

things that I have done wrong causing the blockage

which is something I have to live with

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Re: yechida's reflections

Posted by yechidah - 16 Dec 2009 19:11

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A man who as a physical being is always turned toward the outside, thinking that his happiness lies outside him, finally turns inward and discovers that the source is within him.

Soren Kierkegaard

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Re: yechida's reflections

Posted by yechidah - 16 Dec 2009 19:53

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The Bnei Yissaschar bring out this beautiful point

The well known halacha in the mitzvah of Chanuka

“Kovsa Ein Zakuk Lah”

Which simply means as follows

You put it the right amount of oil

Good wick

And with the right outside conditions that it should last into the night.

And you light it.

A minute later it blows out.

The mitzvah was done.

No need to light it again.

The same applies to our neshamos.

We do all what we could possible do

But we experience failure.

A person who is accomplishing

Suddenly is taken away.

He has done what he can do.

And he has done well

Despite the short years

Addicts must know this.

Anyone struggling with dark impulses and unhealthy tendencies must know this.

This is the gift of Chanuka to us.

We must assess properly that we are doing everything we can do to get ourselves healthy.

And once we know we are doing this, we leave the rest to Hashem

Never mind the result.

Never mind that you feel like you are going backwards

If you are truthful to yourself and your qualified mentor or madrich is telling you that you are on the right path.

Then you have lit the light of your soul.

You have created the light of Chanuka within you.

If it blows out.

Never mind

That is Hashem's business.

And the next night you attempt to light again.....

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Re: yechida's reflections

Posted by Dov - 16 Dec 2009 22:20

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[yechida wrote on 16 Dec 2009 18:13:](#)

and most of us ( I speak for myself) have spent alot of our life not realizing the true potential within us and what life has to offer us.

why was everything blocked for so long?

things that I have done wrong causing the blockage

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Yechida - I heard an alcoholic say that he believed that "it took ***every single drink I ever took***.....to get me to the point in recovery that I am at right now."

Just another perspective 4U.

It's a painful - but happy - experience to shed guilt and let go of our evils. You don't *have* to be an Izhbitzer....

And its fruit is sometimes quite unexpected.

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