

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 - 25 Jan 2010 13:21

Tanya 27 part 5

There a great Simcha in store when these disgusting thoughts enter your mind and heart.

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With every repulsion of this thought from his mind, the sitra achra is suppressed here below in This World,

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and, since “the arousal from below (in our case, the initiative of the Beinoni in suppressing the sitra achra) produces a corresponding arousal above,”

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the sitra achra above in the supernal worlds (the root of the sitra achra of this world) which soars like an eagle, is also suppressed,

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thus realizing the verse, 3 “Though you soar aloft like the eagle...I will yet bring you down from there, says G d.”

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Indeed the Zohar, in Parshat Terumah (p. 128), extolls the Divine satisfaction that occurs when the sitra achra is subdued here below,

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for “thereby G d’s glory rises above all, more than by any other praise, and this ascent its greater than all else, etc.”

Thus, it is the evil thoughts which enter the mind of the Beinoni that enable him to fulfill G d’s command in averting his attention from them, thereby subduing the sitra achra

You are busting the evil of the world

Without realizing it , you are actually changing and revolutionizing the world.

You are alone in an office, an airport, a street, a car, a simcha ,a conference, a train

And an unhealthy thought arises.

(AS YOU SHOULD EXPECT,AND NOT BE SHOCKED WHEN THIS OCCURS)

No one sees.

No one knows.

And you refuse to give in to it.

You are BUSTING evil on a GLOBAL level.

Yes, I mean you.

Indeed the Zohar, in Parshat Terumah (p. 128), extolls the Divine satisfaction that occurs when the sitra achra is subdued here below,

for “thereby G d’s glory rises above all, more than by any other praise, and this ascent its greater than all else, etc.”

and again

for “thereby G d’s glory rises above all, more than by any other praise, and this ascent its greater than all else, etc.”

You mean when I subdue the yetzer horah this happens”

Yes, I mean you.

And again

for “thereby G d’s glory rises above all, more than by any other praise, and this ascent its greater than all else, etc.”

And again

for “thereby G d’s glory rises above all, more than by any other praise, and this ascent its greater than all else, etc.”

and again

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and again

for “thereby G d’s glory rises above all, more than by any other praise, and this ascent its greater than all else, etc.”

You said “Hashem Hu Ha’elokim” seven times at the end of Neilah, did you not?

This is not less important because this is what it is all about.

So cherish the opportunity

There is no tragedy here.

You are not meant to be a tzaddik

You have a unique gift that to the naked eyes does not look like a gift –AT ALL.

But this is the greatest gift Hashem could give a person

We are the souls of the last generation before Moshiach.

Very very far.

And that is why we are the most dear to Him.

Because we create such a pleasure for Hashem when we serve him from far far far away.

That is why He will draw us the most close.

And that is why these next words are probably one of the most important words we will ever hear

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Therefore one should not feel depressed or very troubled at heart (— he ought to be somewhat troubled by the occurrence of these thoughts, otherwise he may become indifferent to them and will cease to wage war against them; but he ought not to be sorely troubled by them),

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even if he be engaged all his days in this conflict with the thoughts which will always enter his mind.

Though he may never rise to the level which precludes their occurrence, yet he should not be depressed.

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For perhaps this is what he was created for, and this is the service demanded of him — to subdue the sitra achra constantly.

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Re: yechida's reflections

Posted by yechidah - 25 Jan 2010 17:43

Aloneness

The benefit of
reporting only to
one's self is
more than offset by
serious aloneness

Being alone
permits one to
think well and
complete doing
things desired

But deep lengthy

aloneness turns

against us

in ways that

devour and destroy

F William Broome 2007

same is true with many of us

aloneness can bring great blessing and can save us from sin

but extended self-forced aloneness can lead one to a very bad place

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Re: yechida's reflections

Posted by silentbattle - 25 Jan 2010 17:55

As in all things, we need balance - a solid network of support, but also time to be alone, and contemplate.

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Re: yechida's reflections

Posted by 7yipol - 25 Jan 2010 17:58

Humbling exactly where it is needed - the kishkas

Thank you YECHIDA,

as always.

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Re: yechida's reflections

Posted by yechidah - 25 Jan 2010 20:39

posting this

knowing that some of you (and some of me at times) felt this way

A silent Death by Melissa Ferrer

AND IM CRYING

and i have no reason why

thoughts are racing in my head

feelings of dread

feeling the dead

rise up

inside

it bubbles and gurgles

AS I CRY.

AND IM DYING

on the inside

is it a crime

if its not physically

suicide

I remain dead

and in my head

there is a vast fog

and im in the middle

im locked

in

trying to get out

cant let it win

AS I DIE.

AND IM BEING REBORN

Approching souls that were torn

by my menal departure

They are trying to enscore

my thoughts

So im not brought off

again

They are trying to win

a battle

while i stay focused

on winning the war.

I cant concetrate anymore

I look for the light

at the end

but its so dim

so i swim

in my thoughts

trying to be reborn.

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Re: yechida's reflections

Posted by yechidah - 25 Jan 2010 20:43

here is one more

Amnesia of the heart by Melissa Ferrer

How does it feel

To know your loved

To know someone cares

Im not saying from up above

But from right here.

I once knew how it felt to be loved;

How it felt to be treated like you were special

How it felt to be cherished

Even though you were, tarnished, blemished.

I once had that special feeling

from my head down to my toes

Because when i got home

I'd always know

Someone would croon

I love you so.

But I've forgotten how the feeling goes.

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Re: yechida's reflections

Posted by yechidah - 25 Jan 2010 20:46

and another.

many young people have more wisdom than people think

do not write them off

An Away Message by Melissa Ferrer

God didnt promise

Days without Pain

Laughter without Sorrow

and Sun without Rain

But He did promise

Stregnth for the Day

Comfort for the Tears

and Light for the Way..

So at the moment i am not Here...

Im off enduring the pain the Laughter and the Tears

In all my fourteen years, I have never known...

That it was all meant to be..

Till now when i see...

That he is comforting me..

So im away

and i dont know if i will be back today

But I will definitely be back...

In time to help you pray...

In time to be there

for you

when you need me most

Melissa Ferrer

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Re: yechida's reflections

Posted by yechidah - 25 Jan 2010 21:26

Hashem is Everything

But the fact remains that He creates us in a way that we need love and friendship

see stories in Chazal,about Choni Hamagel,about how Reb Yochanan had trouble coping after the loss of Resh Lakish.

But why should that be?

Isn't Hashem enough?

But that is the way Hashem wants it.

We need our fellow Yid.

And he needs you to reach out to His children

it is not "enough" for Hashem to do this Himself.

Earthly Friend by Melissa Ferrer

I do believe in God I do

But I need Some Earthly Loving too.

Like I cant talk or I cant see him.

I need someone to hold hands with

To cry on their choulder

To be my soldier

Whode keep me from Harm

If not that than just some body

I know cares

If not that than just some one

I know will always be there

I do trust in God trust me

I know Hes the way

I know Hes there to stay.

But I need some one whos here today

Some one who will take my troubles away

Some one I can see

Some one that will be

My friend, my help, maybe even my lover.

If not that then at least a LOVING sister or brother.

So before you say you need to believe

Dont - Because I do.

Before you say that it is he you can see

Dont - Because I know.

So let me say what I need

Let me tell you I do believe

But as long as I have an Earthly friend Like You

IM COOL.

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Re: yechida's reflections

Posted by yechidah - 25 Jan 2010 21:40

that human friend or spouse does not need to be "awesome"

Awesome?

Few of us
are good enough
or revered enough
as yet
to be held in awe
but it is satisfying
to be held
in respect
and in the arms
of friends during
encompassing hugs

2007 F William Broome

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Re: yechida's reflections
Posted by yechidah - 26 Jan 2010 14:17

Another reason not to own a TV (aside from the more obvious reasons)

This is an article from aish.com called "Inteference"

Where's the remote?" I asked my husband. It was Saturday night, the house was finally clean and the kids blessedly asleep. There was nothing I wanted more than to sink into my couch and stare at a bunch of strangers gallivanting through their fascinating lives on my television screen.

There was only one problem. We don't own a television.

When my husband and I got married we decided that we would leave our TVs behind. We had spent too many hours of our lives on self induced mindlessness and it was time to cut our losses. We wanted to build a home infused with Jewish values, without the long arm of the television probing its sticky fingers into our world view.

At first I didn't miss it. My husband and I had all the time we needed to work through the kinks of a fledgling marriage and then later, we were able to focus intently on the awesome newness of being parents. But the family grew, the responsibilities mounted and the ennui set in -- I needed an escape.

"What happened to your writing?" my husband asked me.

"What do you mean?"

"When I first met you, you told me that you love to write. I haven't seen you lift a pen since then."

Oh yes, writing. It had been my outlet in my elementary school years, before high school and all of its conformity set in. Before college and its academic pressures. Before juggling graduate school while having babies. But writing for me was also an abiding love, for which I had neither sufficient time nor ambition to cultivate.

"Writing is hard," I said. "I want something easy." I wanted to relax, to anaesthetize myself to the gentle pressures of my own life and to lose myself in the calamitous lives of others.

But we had chosen to forgo the television. So with nothing else to do, I wrote, then I read, and then I wrote some more. And at the end of a long string of Saturday nights writing and reading,

I'm surprised to see where I find myself: A published author with a number of books enjoyed by children and adults, and a flourishing writing career. I have the privilege of working at something which brings me immeasurable satisfaction, building a career that allows me to work at home while balancing my familial responsibilities.

I am fulfilling my childhood dream – a result of our decision to leave the tube out of our home. I am fulfilling my childhood dream, a dream whose kite strings I had let go of so long ago.

And I know, doubtlessly, that it never would have happened if not for our decision to leave the tube out of our home.

My professional journey is only one spoke in the silver wheel of our lives glinting under the sun instead of the glare of the television screen. The relationships in my life benefit incalculably from its absence.

When you don't have a television, you can't drown out a disagreement with your spouse with a well tuned program.

When you don't have a television, children can't retreat to the den for some R&R, shushing you as you pass through the room with your laundry basket so they don't miss a word.

When you don't have a television, the only characters that live in your home are you and your very own family. Tensions must be smoothed over instead of masked, problems that your children are having are the only things glaring at you and so they must be dealt with, and family members hover next to Mommy as she replaces the television as the hub of the home.

And then of course there's that wonderful relic called imagination that my children have the freedom to cultivate. Since the media doesn't govern anything that my children think or do, a chair can really be a horse and a piece of string can be a lasso. A stick is a scepter, a foundation for a clubhouse, a campfire stoker, a limbo game, a cane for dress up and a javelin throw.

Sometimes I still wonder if we aren't missing out too much. I was brought up on Sesame Street and Electric Company and what was the harm there? Sometimes people need a distraction. After all, not all of my children are voracious readers...

I remember recently, watching my children as they balanced on somebody's discarded frying pan on the street, the rim teetering to and fro. It was a bit chilly out but we all needed to get out, the brisk air a reprieve for all the energy that had swelled inside the house.

"I'm bored," my seven year old daughter said.

"I know honey," I said. It was too cold for bike riding. We had to go inside soon. Maybe this was all just crazy.

Just then, my daughter spotted a girl from her school, a special child in a wheelchair who was integrated into the mainstream school my daughter attended.

"Oh, I know!" she said. "I'll play with Rachel."

"Hide and go seek" my son called. My daughter took Rachel's wheelchair and ran off with her to hide while my son covered his eyes with his fingers and began to count.

1-2-3-4-5-6-7-

The sun was setting in a purple sky, I heard my children giggling as Rachel squealed.

And I knew right then that there couldn't be any reality program better than my own

yechida grew up with TV and since marriage has not had one.

I do have a labtop and I on occasion do take out certain DVD's from the library system but it is all with my wife's knowledge and permission, and only on certain occasions.

But it will never be a lifestyle for me.

If I would have a TV in my home,my learning would go down , I would interact much less with my kids,spend less quality time with my wife,and the yechida thread would not exist.

drop the TV.

It's hard.

very very hard sometimes because you crave that diversion(I'm even talking about "clean" and "old" TV)

But that is when the neshomah starts coming out

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Re: yechida's reflections

Posted by silentbattle - 26 Jan 2010 17:22

Wow - that is a great article. Thank you for reminding us!

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Re: yechida's reflections

Posted by Dov - 26 Jan 2010 22:02

With you 100%, though it took Hashem to melt ours...since then (~10 years) TV-free! Boruch hashem shelo asani goylem!!

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Re: yechida's reflections

Posted by yechidah - 27 Jan 2010 21:27

The Thirty Second Quiz

Author Unknown

Don't bother getting a pen and paper... just read... if you can't
answer them, just keep going.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America contest.
4. Name ten people who have won the Nobel or Pulitzer prize.

5. Name the last five Academy Award winners for Best Actor and Actress.

How did you do?

The point is, none of us remembers the headliners of yesterday. These are no second-rate achievers. They're the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Now here's another quiz. See how you do on this one:

1. Name three teachers who aided your journey through school.
2. Name three friends who helped you through a difficult time.
3. Name five people who have taught you something worth while.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson?

The people who make a difference in your life aren't the ones with the most credentials, the most money, or the most awards. They're the ones who care.

(Wishing you a BEAUTIFUL day!)

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Re: yechida's reflections

Posted by yechidah - 28 Jan 2010 14:35

Life is not about waiting for the storm to pass.

It is about learning to dance in the rain.

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