

Words of Chizuk and inspiration that works for me

Posted by Noorah BAMram - 16 Jun 2009 03:25

Im starting this thread with the purpose to post *chizuk* that inspired me and insights that gave me clarity, with the hope that if it had an effect on me, maybe some of the other holy warriors will also benefit from it. I will only post something that touched me. Absolutely no lecturing ch"v nor any *Gihenom* and brimstone type of *chizuk*, that never worked for me (I'm not holding there yet!!!)

The[i] great *tzadik* [b]R Noach Weinberg ztsa"l[/b]/i] once said

"CLARITY MOTIVATES"!! .

meaning the clearer thing are in my mind, the more motivated I will be TO ACT ON THEM!

Of course feel free to post your own *vertlach* of *chizuk* that touched *your heart* !!!! maybe you

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Re: Words of Chizuk and inspiration that works for me

Posted by Noorah BAMram - 16 Jun 2009 04:02

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the other day it hit me that this blessing could also be understood from an emotional/psychological and spiritual perspective if we relate it to the pathways that exist between the **mind to the heart** and vice-versa from the heart back to the mind.

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my mind **knows** a tremendous amount!! (I'm planning on working on humility at some future date:D), for example my mind knows that *Ribono shel olom* created me out of absolute nothing for a lofty purpose, He sent me here to this world to fulfill a destiny that only I can fill!!! He also endowed me with a soul that is a ??? ?????? ?????!!!! my mind is absolutely clear about all this without a shadow of a doubt.

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now my **mind** is trying to communicate all this to my **heart**. when it gets the following error message

"the connection to your device cannot be established at this time. Please see your network administrator for assistance" :D :D :D

this is what we can daven in ?????? ??????

Hashem You created me with wisdom and you endowed me with infinite amounts of wisdom
"??? ??????? ??? ??? ???"

Please Hashem, if the lines of communication between my mind and heart become ????
stuffed up

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then I don't have a fighting chance to stand and endure before YOU HASHEM, not even for one second!!

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Re: Words of Chizuk and inspiration that works for me
Posted by Pintele Yid - 16 Jun 2009 13:42

Dear Noorah B Amram,

I love your interpretation of Asher Yatzar! The biggest problem for many of us is to acquire real "Daas". We can try many times but since we are fighting against a malach, "Ilmolai Hakodush Ozro ain yochol lo". Therefore, since we are outmatched, without real tefilo to Hashem we won't get anywhere.

This morning I was thinking about a vort I heard from My Tanya Rebbi. He said that when Moishe Rabbeinu was looking at the burning bush, he was puzzled why it wasn't being consumed by the flames. Hashem then told him to take off the shoes from his feet because he is standing on holy ground.

The bush is a symbol of a Heiliger Yiddeshe Neshama, a Jewish Soul. The fire is the Taava of Mitzrayim which was lust. **Moshe Rabbeinu who was the Tzaddik nd didn't experience this fight, couldn't relate to the fact that the fire of lust was burning away at the Jewish Soul and the soul was not burnt up!**

Hashem then told him to take the shoes off his feet out of respect for the non-tzaddikim because their fight is a holy fight and he is now experiencing Admas Kodesh, holy ground

Pintele Yid

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Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAmram - 16 Jun 2009 14:08

Holy Pintele,

Its "verter" like the one u just said that I have in mind when I started the tis thread. The interperatation of possuk that speaks directly to what I need to hear!!!

Thank you very much for sharing it!!

And yes ww nees to be "koneh the daas" mloshon kinyan, ownership.

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Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAmram - 17 Jun 2009 00:37

Holy brothers,

I continue my thoughts from my previous post:

Sometimes the mind send the heart erroneous messages, what in psychology is referred to as "cognitive distortions" for example.

All or nothing thinking or disqualifying the positive, jumping to conclusions

then this leads to all kind depression.

This is another example how the asher yatzer prayer can be adapted.

Please Hashem don't let the pathways to my heart be open and susceptible to all the cognitive distortions that my mind is erroneously sending it.

Ps there is a great book from Dr David Burns called Feeling Good, where he explains the whole concept of cognitive distortions and how to recognize and identify them and how to deal with these distortions of reality. The premise being, its not the reality of a given situation that upsets

us rather its our perception of the reality that upsets us. He is the Guru in this area. The book benefited me greatly.

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Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAmram - 18 Jun 2009 12:10

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You don't have to teach a bird to fly all you have to do is unclip his wings and fly he does!! The same is with the Jew. The Yid doesn't need to be taught to love Hashem, the natural default setting of a the immortal Yid is to soar to Hashem, all that's required is to unclip the wings, the grounded in the "muck!!

The little bird is crying

The little bird is Yisrael..... The nest is the Bais Hamikdosh

Meemakim kroseecha Hashem.....From the depths I call out to You Hashem, please please unclip my wings, remove my bonds, that I may soar up to You
I one heard the following in the name of the Dubno magid (with a leeeetle bit of my own added
Mee yitein lee aiver kayonah, aoofah.....

If only I had wings like a dove, then I would fly..... (Tehilim 55)

With Eternal Love to All

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chains and bonds of lust and self (zich zich zich un nur zich

Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAMram - 18 Jun 2009 14:10

Some good Jews on the site have encouraged me to say more Tehillim and to to make it a habit.

Tehillim 42:3

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"My tears have been my bread day and night, when they say to me "where is your G-d?"

apply it to our struggle.) and

Question: Who is asking "where is your G-d?

Answer: its my soul, my *neshoma* that is shouting to me "who is your G-d?

The *neshoma* is asking me "Who do I serve?

Is it Hashem *my* Creator who I serve? or is it my lust?

do I worship at the temple of "desire"? or do I serve Hashem in my Bais Hamikdash?

this is the secret of my crying day and nigh.

The "?? ???? ??" the " the part of the Divine" within me is SCREAMING **"WHO IS YOUR G_D?"**

As long as I still hear that scream, the crying is a good thing, its when I hit the silence button and no longer hear the question of "who is *your* G-d?", then I really need to cry!!! :(:(:(:(.

I, Noorah B cry because I don't cry!!

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Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAmram - 19 Jun 2009 18:51

the Bais Medrash wouldn't be complete with out the famous Torah thought from the holy Chofets Chaim (I think!) on this weeks parsha that is so relevant the battle we all share on this site.

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15:39. This shall be fringes for you, and when you see it, you will remember all the commandments of the Hashem to perform them,

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and you shall not wander after your hearts and after your eyes after which you are going astray.

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So that you shall remember and perform all My commandments and you shall be holy to your God.

2 questions:

first question:

there is an obvious redundancy here,

you will remember all the commandments of Hashem to perform them and in the next pasuk
So that you shall remember and perform all My commandments and you shall be holy to your
God

Second question:

it well known that the tzitzis is supposed to remind us of the 613 mitzvos and the *tchieles*

[/i]to the ??? ????? G-d's Throne of Glory

the question is, how come I can look at the *tzitzis* all day and it doesn't remind me anything
about Judaism, Torah, mitzvos or Hashem's throne of Glory?

the answer is, the passuk is teaching us, the only time the *segula* (cant translate it!!!!!!help me
out someone please:))that is inherent in the *tzitzis* is when the eyes and the heart are in a
healthy and pure state.

**In other words, only if I fulfill the dictate of not wandering and straying after those eyes
, then and only then will I remember all about things as Torah, Holiness,
mitzvos, Jews, Judaisim and G_d ;D ;D ;D ;D**

I be beg for any feedback, Pleeeeeeeeeeeze!!!!

**with love to all and warmest wishes for a lictigeh zeeeeeeeeeeeeeeeeeeeeeeeh
sweeeeeeeeeeeeeeeeeeeet shabbos**

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Re: Words of Chizuk and inspiration that works for me
Posted by Efshar Letaken - 19 Jun 2009 20:14

An inspiring vort it is!

I have nothing to add.

E.L.

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Re: Words of Chizuk and inspiration that works for me
Posted by Pintele Yid - 19 Jun 2009 20:17

[Noorah BAmram wrote on 19 Jun 2009 18:51:](#)

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**In other words, only if I fulfill the dictate of not wandering and straying after those eyes
, then and only then will I remember all about things as Torah, Holiness,
mitzvos, Jews, Judaism and G_d ;D ;D ;D ;D**

Holy Fire,

That is so true. Emes L'amito!

As our keilim shel machchava dibur and maaseh, which are the brain, mouth and eyes (the start

of all maaseh) become holier, they start working better. No different than cleaning any

I thought of another answer to your question of why it says it twice.

machinery

The first ?????????? is referring to "Sur Mayra", avoiding evil. That is why it is immediately followed by ????? ?????? ?????? ?????????? ?????????? ?????????? ?????? ?????? ?????? ??????????

and you shall not wander after your hearts and after your eyes after which you are going astray.

The second ?????????? is referring to "Asay Tov", performing the mitzvos". That is why it is immediately followed by ?????????? ?????????? ????????????, since a person brings Kedusha upon himself when he performs the Mitzvos.

A wonderful Shabbos to all!

Pnintele Yid

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Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAmram - 19 Jun 2009 21:03

Pinteleh tierreh,

Take a look at sefer shmiras halashon vol 2 chapter 2 where he says what u r saying with a beautiful moshol that if the house is full of "dirt" all the adornments in the world is not going to the house into Home Beautiful;) first get rid of the "sewage" and then call in the interior decorator;)

Ok this forum is becoming an addictio in itself with no known 12 stepsgroups and I promised my wife that a little helping hand.....

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Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAmram - 21 Jun 2009 19:07

Reb Yaakov ??????,

on shabbos i learned over the *gmorah in sukka* that you quoted

Rabbi Yehuda:

* In the future times, Hashem will slaughter the yetzer hara in front of both the tzadikim and reshaim.

* The tzadikim will perceive the yetzer hara as a huge mountain.

* However, the reshaim will perceive the yetzer hara as a thin thread.

* Each one will cry.

* The tzadikim will cry and bemoan, "How could we ever have conquered such a large mountain like this". [Rashi explains further that they are crying as they remember their pain.]

* The reshaim will also cry and bemoan, "How could we have not conquered that small thread".

* Hashem will also be shocked at them (not clear if it is referring to the tzaddim or reshaim). The Gemara then proceeds to quote an ambiguous pasuk that supports that Hashem will be shocked at them.

Yaakov's Comment:

* What is the idea of Hashem Slaughtering the yetzer hara?

* Why does the yetzer hara look different to the tzadik and the rasha?

* Why are they both crying? The reason the Gemara presents does not seem to suffice.

as a possible explanations and understanding to what will take place then its necessary to understand what the YH really is.

let me share with you a most beautiful *vort* in the name of one of the previous Roshei Yeshiva in Radin

the *possuk in koheles* says as follows:

??? ??, ????? ?? ??; ??-???? ?? ??, ??? ??, ??? ??, ????? ??????. ??? ??, ???
???? ??, ?????-?? ??-????, ?????; ??? ?? ??, ??-???? ????? ????

There was once a small city with few inhabitants.

There came a great king who encircled the city and laid a great siege upon the city

In the city lived a poor wise man, who with his wisdom save the entire city

Question; what piece of wisdom did this poor old man say or do that was able to save the city from the **GREAT SIEGE BY THIS ALL POWERFUL KING WITH HIS MIGHT ARMIES** ?

what wisdom could there possibly be to use against such an all powerful army ?

the story is told about a group of kidnappers that captured a man and hypnotized him to tho think that he was on a lonely island all alone surrounded by the ocean on all sides. Of course this was all an **ILLUSION**, the **reality** was, he was in the midst of the city with nothing restraining him from his freedom.

[img]/img]

one day our "prisoner" gingerly placed his toe in the **imaginary** "ocean" and what do you know, lo and behold it was asphalt, cement, G-d sweet earth,

there was nothing, no ocean, no island, no prison, he was as free as can be!!!!!!!!!!!!

How did the poor man save the city from the siege?

he save the city by showing

THERE WAS NO SIEGE. PERIOD. IT WAS ALL A MIRAGE!! AN ILLUSION!!!!!! A DIRTY LITTLE MIND TRICK!!!

with this we can understand what will take place on the day of the slaughter of the YH.

the slaughtering of the YH means just that, that once and for all, we will all realize, that all the YH was and is one great BLUFFER!!!!!!!!!!!!!!

one **MEAN ILLUSIONIST!!!! THE KING OF BLUFF!!!!!!!!!!!!**

and HIS BLUFFING IS OVER FOR GOOD!!!!!!!!!!!!

the *tzadikim* will cry how they overcame this MIGHTY KING the YH and all his tremendous bag of mean tricks, with all his great BLUFFS!!!!!!!!!!!!!! and the wicked will cry when they realize that it was all nothing!!! a mirage!!!!!!!!!!!!!!

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Re: Words of Chizuk and inspiration that works for me
Posted by Ykv_schwartz - 21 Jun 2009 19:27

N.B.

Thank you for that Mashal. It was so straight forward. I hope to address this when we get deeper. Meaning, is the yetzer hara all about imagination or is it a real drive? We shall see that it may depend on the person.

But for now, I understand in your mashal why the reshaim are crying. They feel so fooled. It is frustrating knowing that it was all a dimyon. But still what use is there to cry now. The game is over.

Also, why are the tzaddikim crying. I think you were addressing this, but I did not understand. Shouldn't they rejoice that they figured out the plan. And why is the yetzer hara so big. Was he not in fact so small?

Once again, thanks for taking on these gemoros.

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Re: Words of Chizuk and inspiration that works for me
Posted by Noorah BAmram - 21 Jun 2009 19:36

Also, why are the tzaddikim crying. I think you were addressing this, but I did not understand. Shouldn't they rejoice that they figured out the plan.

Maybe they are crying from HAPPINESS. That they forged ahead anyhow.

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Re: Words of Chizuk and inspiration that works for me
Posted by Ykv_schwartz - 21 Jun 2009 19:45

Maybe they are crying from HAPPINESS. That they forged ahead anyhow.

Interesting! I never thought of that. That is so beautiful. I can definitely relate. In fact I just started crying myself (out of happiness).

Thank you!

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