

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 - 29 Jun 2011 12:55

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one philosopher once said that we usually do not love another person, but rather we love **our perception of them**

and by relinquishing control, we are able more to see clearly the other person and love them **for who they really are**

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Re: yechida's reflections

Posted by yechidah - 30 Jun 2011 16:04

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Poem by Rumi

You've been fearful

of being absorbed in the ground,

or drawn up by the air.

Now, your waterbead lets go

and drops into the ocean,

where it came from.

It no longer has the form it had,

but it's still water.

The essence is the same.

This giving up is not a repenting.

It's a deep honoring of yourself.

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Re: yechida's reflections

Posted by ZemirosShabbos - 30 Jun 2011 17:02

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that's a great poem yechida, thanks!

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Re: yechida's reflections

Posted by Me3 - 30 Jun 2011 17:04

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It was? Care to explain it to me?

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Re: yechida's reflections

Posted by ZemirosShabbos - 30 Jun 2011 17:30

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with pleasure

sometimes we think that if we were to 'listen' to the small voice telling us not to indulge, not to give in to our desires, not to hear that juicy piece of lashon hara we are thereby betraying and subjugating a part of our essence. we are stuffing it in a closet and letting it rot and not being 'true' to ourselves.

but that conception comes from a flawed perception of our essence. our essence is good. we do have other drives within us that manifest in ways inconsistent with that good essence but they are not the core.

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Re: yechida's reflections

Posted by Me3 - 30 Jun 2011 18:41

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Interesting point although I don't see how you derived it from that poem

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Re: yechida's reflections

Posted by ur-a-jew - 30 Jun 2011 20:13

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[yechida wrote on 30 Jun 2011 16:04:](#)

Sigh, sometimes I think I have no soul.  
Poem by Rumi

You've been fearful

of being absorbed in the ground,

or drawn up by the air.

Now, your waterbead lets go

and drops into the ocean,

where it came from.

It no longer has the form it had,

but it's still water.

The essence is the same.

This giving up is not a repenting.

It's a deep honoring of yourself.

[Me3 wrote on 30 Jun 2011 17:04:](#)

It was? Care to explain it to me?

The poem is about a paranoid sees trouble everywhere. He thinks the sky will kill him the ground will kill him. But in the end its his own bed that does him in. The point is even paranoid's have enemies and they are in the least suspecting places, because those lurking enemies have the ability to blend in with their surroundings.

You may be wondering what this has to do with recovery. I think the lesson is that the Yetzer Hora is everywhere. So

WATCH OUT!!!!

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Re: yechida's reflections

Posted by yechidah - 11 Jul 2011 18:00

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## Seasons of the Soul

A poem (written this weekend) about how to deal with those times when our souls does not seem to be thriving, the winters of our souls for very often, even though we may not feel or see it, that is when the most greatest potential growth is taking place

In Spring & Summer

We see clearly

The hidden collecting power

Buried deep within

The frozen cold winter

Barren trees, no growth

Everything seems dead

Snow-laden branches

Appear as a soft covering

Upon what seems lifeless

No outward sign

Of inner vitality

Yet with our own eyes we see

That from the apparent dead

Sprouts forth the essence of life

With great force and animation

Thus is revealed

The secret truth

Of the long cold winters

Very far from death

But rather a hidden process

Gathering of great abilities

Collecting of inherent potentials

So as to subsequently

Bring forth

Beautiful trees, fruits ,fields

We see clearly now

As the spring unfolds

Into exquisite summer days

We have our internal seasons as well

Our cold winters

Confuse us into thinking

That there is no progress, no growth

For when we all feel closed up

Everything within us seems

So empty and barren

But that is not true

Cold Winters of the Soul

Is the time

Of the gathering of immense strength

And the secret quiet nurturing potential beauty

Deep beneath the surface

It is specifically

From that hidden place

Deep beneath the cold hard surface

Where the real growth is taking place

So do not despair

During that season

Of cold frozen surfaces

Not to be discouraged

By not-seen growth

In your mind's eye

See beneath that frozen surface

Into that great potential

Of the springs & summers of your soul

That will come to the light of day

In its proper blessed time

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Re: yechida's reflections

Posted by yechidah - 05 Aug 2011 13:32

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When you thought I wasn't looking

Author: Unknown

When you thought I wasn't looking,

I saw you hang my first painting on the refrigerator,

and I wanted to paint another one.

When you thought I wasn't looking,

I saw you feed a stray cat,

and I thought it was good to be kind to animals.

When you thought I wasn't looking,

I saw you make my favorite cake for me,

and I knew that little things are special things.

When you thought I wasn't looking,

I heard you say a prayer,

and I believed that there was a God to talk to.

When you thought I wasn't looking,

I felt you kiss me goodnight,

and I felt loved.

When you thought I wasn't looking,

I saw tears come from your eyes,

and I learned that sometimes things hurt,

but it's alright to cry.

When you thought I wasn't looking,

I saw that you cared,

and I wanted to be everything that I could be.

When you thought I wasn't looking,

I looked....

and I wanted to say thanks for all the things

I saw when you thought I wasn't looking.

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Re: yechida's reflections

Posted by ZemirosShabbos - 05 Aug 2011 14:49

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When we thought Yechida was not looking

When we thought Yechida left

and we felt bereft

profound prose

never morose

words of beauty

as well as duty

Who will search and cull

will our life be dull?

but fret not

Yechida we've still got

we can now smile

great to see you again, Yechida!

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Re: yechida's reflections

Posted by yechidah - 05 Aug 2011 15:27

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thank you,my friend

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Re: yechida's reflections

Posted by bardichev - 05 Aug 2011 17:00

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Re: yechida's reflections

Posted by helpfyi - 05 Aug 2011 17:56

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thanks for the amazing insights as usual!

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Re: yechida's reflections

Posted by yechidah - 08 Aug 2011 12:58

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Who ever sustains

Even one member

Of Klall Yisroel

It's as if he

Sustains

The entire world

For each and every individual

Is the entire universe

This is the reality

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In regards to the incomprehensible

Profound loss

Of the Holocaust

It's not 6 million

A single human being killed

Is actually an entire universe

Being eradicated

And then the 2nd individual is killed

And another entire universe

Is being destroyed

This happening

6 million times over

Not too long ago

Oprah travels to Aushwitz

With Eli Weisel

They walked together

In that place

The biggest killing factory

In the history of mankind

They come across a display

Of a pile

Of children's shoes

All these dead children

Eli says with great sadness

Who knows how many future doctors

Nobel Peace Prize winners

Scientists who may have found cures

For so many diseases

Of course

We know God has a plan

Despite our inability

To comprehend it

But at the same time

He desires us to have

This awareness

That every soul

Is an entire universe

Yes, even that soul

Whom you

Thought

Was not worth

2 cents

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