

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 ur-a-jew - 12 Oct 2011 18:06

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[yechida wrote on 12 Oct 2011 16:41:](#)

what is the most special is often the most abused

At the same time, if we obsess about even the most special things we can abuse them too.

Have a wonderful Yom Tov and enjoy Hashem's shade.

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Re: yechida's reflections

Posted by yechidah - 12 Oct 2011 18:52

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you can kill a beautiful plant by drowning it in water, and you can kill a plant by starving it from water.

either method is an abuse of the plant

and we all need that inner wisdom from Hashem to help us know how to take care of that beautiful plant with the loving balance that it needs

that is why **long term** you cannot withhold water from the plant out of the fear that you may drown it

that is why we all need hadracha in these matters by people wiser than ourselves

on Succos, we ask for a certain degree of withholding of water so we can observe the mitzvah in the ideal manner

but not indefinitely

for we ask that after that, rain should flow abundantly. with proper measure. but in healthy abundance

you can't withhold the water from the plant

just like you can't stop wearing tefillin

it's not optional

and it takes humility to recognize this

May Hashem protect all the plants of Klall Yisroel

May all of them thrive and healthy and well

That is what all of us hope for

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Re: yechida's reflections

Posted by ur-a-jew - 12 Oct 2011 20:50

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[yechida wrote on 12 Oct 2011 18:52:](#)

you can kill a beautiful plant by drowning it in water, and you can kill a plant by starving it from water.

either method is an abuse of the plant

Agreed. My only point was that if we start obsessing over the watering of the plant we could end up abusing ourselves.

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Re: yechida's reflections

Posted by yechidah - 17 Oct 2011 17:06

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The past of Klal Yisroel

Not only is not forgotten

Its past is truly present

For just as God is eternal

So are His children

Our forefather

Avraham, Yitzcok, Yaakov

Are not just great figures

Of an age gone by

They are here now

Living with us

Eternal

In the present moment

Bringing forth their unique light

From deep within us

Upon the World

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Re: yechida's reflections

Posted by yechidah - 18 Oct 2011 13:21

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The world around us

Are giving personal messages

To each and every one of us

Every single moment

The table we eat upon

Is telling us

To remember to appreciate

And recognize Whom it is

Putting forth the nourishing food

For us to enjoy

The bed is telling us

Remember the One

Who gives us

To rest our bodies upon

To renew and invigorate

The strength of the soul

To bond with love and purity

In that sacred union

Resembling greatly

The supernal union above

The shoes we wear

Are telling us

Give thanks to the one

Who gives our feet protection

And to guide them

In going in the right direction

Spreading light and joy to the world

As we travel through life

The holy books on our shelves

Are talking to us

With a love of all souls

A bond of unity

Connecting generation to generation

Our ancestors beckoning to us

For us to be their students

Imparting their gift of wisdom

As a gift to us

That will remain with us forever

Everything we see and hear

Whatever we experience

Is calling to us

As a message from our Creator

To even the “smallest” and most “insignificant” in us

Letting us know

That we are special

Unique in His eyes

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Re: yechida's reflections

Posted by yechidah - 19 Oct 2011 13:32

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We Jews

Minority in numbers

Yet the essence of true life

Lies deep within us

Via our connection to God

Channeling that energy

Within the world around you

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Re: yechida's reflections

Posted by yechidah - 24 Oct 2011 12:15

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Healthy Body

Can only be so

When it listens

To the voice of the soul

Whom the body encloths

It's when both body and soul

Are in sync with their true reality

Clear, knowing, kindness overflowing,

At peace with each other

Fulfilling the sublime purpose

For which both body and soul

Were put on this earth

To be friends

Toward the One unified purpose

Bringing Godliness

Unto the world

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Re: yechida's reflections

Posted by yechidah - 25 Oct 2011 12:34

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Ocean Waves

Crashing across the shore

Raised high

Yearning for the heavens

To see the King

Only to recede again

Knowing

That their Master wills them

To stay within the border

Of their existence

So too

The soul soars upwards

Yearning to see its source

Only to be forcefully contained

Within the body

Where the soul's great purpose

Is actualized

This yearning can be very painful

Yet exhilarating

Knowing our sublime purpose down below

Connected to Above

As a candle's soft flame

Flickering upwards

Restless, yet serene

Trusting

That the flame of the candle

Is meant to be here

Sharing its healing warm light

With the World

Giving comfort

To those in darkness

Showing them the light

That will banish the pain

Forever

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Re: yechida's reflections

Posted by yechidah - 26 Oct 2011 12:22

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Aish article on empathy

can very much apply to spouse as well

Rare and precious is the friend who experiences your pain like his or her own.

by Emuna Braverman

Is empathy crucial to friendship? Can you have a true relationship with someone who doesn't fully enter into your joys and your sorrows?

This was the question around our Shabbos table a few weeks ago – with mixed response. While the consensus was that every relationship is different and each friend connects with you in a unique way and provides something that isn't available elsewhere, most people felt that a friendship that lacked empathy was missing a component.

We use the term “thought-provoking” cavalierly but this question actually made me think. Am I empathic? Are my friends? Does it matter to me?

The third question was the easiest to answer. Yes it does matter. And empathy is not as easy as you think; we don't experience or express it as frequently as we would like.

**Rare and precious is the friend who experiences your pain like his or her own, who holds your hand at the hospital and sheds tears at your side.** If you are lucky enough to have a friend like that, cherish them. Hold on tightly and don't let go. It's a tremendous gift, not to be taken for granted.

**What kind of friend are we?** Do we behave the way we're expecting them to? Everyone is busy; their own life is much more real to them. And before we feel frustrated or annoyed, before we rush to condemn, we need to do a little introspection. What kind of friend are we? Do we behave the way we're expecting them to?

It's not only during times of pain and challenge that we want empathy. Our joy is much less intense if it is not shared. We want true empathy for the happy moments as well. We want a friend who never “burns out” on our joy, never treats our special moments cavalierly or

imagines that because something good occurred last week, this week's good is less significant.

But frequently it's treated as such. Let's say you have a "bunch" of children. **Was there more excitement for the first child? Were they much less enthusiastic about #4? What many of us fail to appreciate is that, for that parent, #4 is just as exciting and precious as #1, that none of the children are taken for granted and that all are equally appreciated.**

That rare and empathic friend gets this and enters into your joy with fully and genuine enthusiasm. This is just as rare, if not more so, than the one who is able to experience your pain. And this is just as necessary.

This also applies in many areas. Your third child getting accepted to the college of his choice is no less of a relief and pleasure for his parents than when the first one did. The same goes for jobs, marriages, grandchildren – it's a never-ending list and the bar is high.

It's hard work being a truly empathic friend. Perhaps that's why they're so uncommon.

But this is really where true empathy resides; in the ability to treat each celebration like it's the first. We're lucky if we have one friend that does that for us (two is off the charts!). And we're even luckier if we can be that friend who does it for someone else.

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Re: yechida's reflections

Posted by yechidah - 26 Oct 2011 16:19

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very very powerful short poem

Wordless

by Andy James Turner

If you can listen

Without using words

True love, attained

Will softly be heard

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Re: yechida's reflections

Posted by ur-a-jew - 26 Oct 2011 17:01

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Re: yechida's reflections

Posted by Me3 - 26 Oct 2011 19:34

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That was pretty funny

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Re: yechida's reflections

Posted by yechidah - 27 Oct 2011 20:29

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The Wisdom of the Butterfly

by Andy James Turner

A butterfly said to thee

Once I was lost, yet

Now I'm set free.

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Re: yechida's reflections

Posted by yechidah - 30 Oct 2011 00:38

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a poem I saw on line

Inner spark

I hide inside my little shell,  
My heart and soul went through this hell,  
Yet my heart kept my flame alight,  
Darkness could not win this fight.

I stayed in darkness for days,  
I did not deserve the light rays,  
With darkness my light inside did fade,  
Yet still a spark there remained.

Kindness, love, hope did break the spell,  
And darkness did not feel so well,  
As my inner light once more did glow,  
Darkness found it had to go.

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