

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 gibbor120 - 12 Jan 2012 17:20

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Beautiful Story :'.  
  
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Re: yechida's reflections  
Posted by yechidah - 13 Jan 2012 13:31

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A cloudy rainy day

When I took a flight

Soaring above

Piercing the dark barrier

Suddenly

Sun shining in full glory

Clouds beneath me

Dawning on me

That the sun's light & warmth is real

Even while in the earth's surface

I can only see the dark clouds

God helps us

With that special vision

To see the sun above

So that the clouds

Can be beneath us

The rays of light

Shining on them too....

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Re: yechida's reflections

Posted by Dov - 13 Jan 2012 13:56

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...afraid of heights. What do I do?

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Re: yechida's reflections

Posted by gibbor120 - 13 Jan 2012 15:15

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[dov wrote on 13 Jan 2012 13:56:](#)

...afraid of heights. What do I do?

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Re: yechida's reflections

Posted by yechidah - 13 Jan 2012 17:12

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How difficult it is

Bouncing back

Raising oneself upward

After a disappointing fall,

Fatigue and disillusionment

Self hate creep in

Yet when one realizes

That within that bounce back ability

Is the space where lies the key to health

That's when moving forward

Becomes a motivating force

God appreciates the "bouncing back"

Any emotion telling you otherwise

That God is "sick & tired of your

Falls and slips and slides"

That He doesn't care about you anymore

That Anti-Bounceback emotion

Is the key destructive force

Within a person

God loves that spark in you

Encouraging you to get up again

Start fresh, start anew,

So many couples ,married for many years

Fail to grasp that change in behavior pattern

That can turn the entire marriage

Towards a new healing direction

It's doable

It's never too late

Not for your marriage with your wife or husband

Not for your marriage with God

Both are essence the same

Unity

And that bounce back ability

Plant anew

Can create the beautiful garden

That is there for you to create

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Re: yechida's reflections

Posted by yechidah - 16 Jan 2012 13:25

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We all experience pain

It's integral to life itself

When unable to avoid or alleviate

We channel it towards

Our own transformation

When crushed olives become

Finest purest oil

Lighting the way

To inner joy

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Re: yechida's reflections

Posted by yechidah - 16 Jan 2012 18:56

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### **Light Notes-Vaerah 5772-Shefa of Yesod/ Beauty of the Home**

The name "Shadai" by which Hashem was made known to the Avos is also written in the back of our mezuzos and corresponds to the middah of Yesod. (see Pardes Rimonim of R Moshe Cordovero ztl who clearly states that Shaddai is connected to the Middah of Yesod)

Because the middah of Yesod is connected to kedushah and the sexual connection within marriage ,it is important to elaborate on this concept

"Shadai" is actually the source of all Shefah, all flow of blessing, **though it may appear to be the opposite**. This is because Shadai has within it "Dai" which implies limitation. The name Shadai, the middah of Yesod limits the flow precisely because it desires to give and give and give. The limitation is so that we as limited creations can accept this Shefah without getting harmed in the process

The Bais Yaakov,(son of the Mei Hashiloach) bring that Shadai is the name from which "Shadaim", (breasts),are derived. Breasts provide the life giving milk to the infant. They have the "Dai", the limitation, the tzimzum, the narrowing of the Shefah and that is precisely so that the baby can receive the Shefah!!!

The Chovas Halvovos explains in Shar Habechinah that the opening of the breast from where the milk flows is a precise size. Too small or narrow and the infant will become very weary and would become undernourished. But if the opening would be too wide, the overflow of milk would cause the child to choke. So the Chovas Halvovos writes that the breasts were designed so that the child should receive the milk in the best possible way

From here we see that “overabundance” (ie an overflow of milk) is actually a restricting and harmful element, and the narrowing of the passage , the outward expression of “restriction” actually provide the full abundance for the beloved child!!!

And so it is in the way Hashem designed the sexual union between husband and wife. We have discussed this before , that for the majority of the world be have the Cherem of Rabbeinu Gershom which restricted each man to marrying one wife. It’s clear that the will of Hashem is that even while biblically permissible , having more than one wife in our Era would corrupt and distort the Middah of Yesod. This is true even with a biblically permissible union. We are told that while in previous generations it could be done,now it can’t. This is because Hashem told us via this Cherem that the expression of sexuality towards more than one woman will cause us more damage and is in essence restrictive. This is when an “Overflow” can create a narrow and damaging restriction cutting off Shefah.

Now if this applies to even a union that is biblically allowed, how much more damaging can it be when we express our sexual energy in non-permissible and destructive aspects.

What actually happens is similar to how light becomes diffused and weak when it shines upon a larger area, getting weaker and weaker and weaker and the lights spreads and spreads to a wider and wider area.

The more narrow and focused the light is, the more powerful it is.

This is the secret of the power of a laser beam, it’s concentration and also the fact that it gains its power by its very restriction!!! The full benefit of the intensity of the light is precisely because it is not shining outside of that special small area where you are made to experience it!!

This is also why the name Shadai is written on the outside of the mezuzos.. The Shadai restrict

and contains the kedushah within our homes not allowing the outside forces to diffuse this light. This seems as a restriction but this is what allows the home to be filled with light. Its precisely this "Shaddai" element that a beautiful abundance is within the home

And so when a husband reserves his sexuality only for his wife.and the wife expressing her femininity and sexuality towards only her husband ,though externally restrictive,it really has within that union infinite and endless abundance and joy. This energy only needs to be tapped into and to realize that though the narrow focus of sexuality between one man and one woman seems externally and superficially narrow and restrictive,it paradoxically has the potential to be wider than a King's palace

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Re: yechida's reflections  
Posted by gibbor120 - 16 Jan 2012 19:05

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Very nice piece! Thanks!

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Re: yechida's reflections  
Posted by yechidah - 17 Jan 2012 13:46

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In My Pack

By Shervin Hojat, Ph.D.

I cannot show you what is in my pack.

We sometimes are not aware of the anger and hatred we harbor within ourselves. Having a

feeling does not mean that we feel it.

We may have learned from our childhood to be quiet and not express our opinions and feelings. We may fear speaking our truth and the confrontation that may follow. We may be calm and soft spoken most of the time while holding onto unexpressed emotion within.

**Sometimes, we hold our emotions unexpressed inside our body and its energy may manifest into many physical symptoms.** Sometimes, these emotions burst into uncontrolled release and sometimes, if we are lucky, we direct its release by doing something that society deems acceptable.

We can look into ourselves and review how and when we feel that it is acceptable to show our anger and rage. Are we angry about the real issue **or are there some other underlying issues?**

**Understanding such insight can help us be less reactive and be more pro-active in expressing our emotions cleanly in a timely manner, which will help us in our relationships with family and friends.**

In My Pack

In the dark of night I

peek into my pack.

I have stuffed my emotions safely

into my pack.

Among the emotions

I carry anger and hatred in my pack.

They cover my heart and arteries like plaque.

You may be surprised at the contents of my pack.

I look calm, smiling, put together and on track.

I cannot show you what is in my pack.

I have an image to back.

I have an urge to share my pack

without owning what is in my pack.

I share my pack

for causes that give me no flak.

My pack and I traveled a lonely path.

I realize now that lashing out at others

is not in my highest good.

**I am now aware of the contents of my pack.**

**Learning to feel and express my emotions cleanly**

**without stuffing them in the pack.**

Such a burden I used to carry in my pack.

I no longer travel a lonely path.

I now travel with a much lighter pack.

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Re: yechida's reflections

Posted by yechidah - 20 Jan 2012 14:46

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Honk if you believe in G-d

Text if you want to meet Him.

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Re: yechida's reflections

Posted by yechidah - 20 Jan 2012 16:22

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In the cold winter,remember the warmth of spring

Spring Happiness

by Erin Elizabeth Kelly-Moen

Small daffodil espies my wandering eye,

How delicate its frilly bonnet-do

And soft is scent that wafts on gently by.

Now hyacinth displays plump form anew,

While sitting proud where gloss-green leaves belong,  
Its perfume stretches lush to lovers woo.

See tulip cup the errant spring's cool song,  
Awaiting bees sharp buzz of happiness,  
Adoring self in nature's sunshine-strong.

Lost violet sweeps back dirt in staid caress,  
With gleam of petals-white in morning's light,  
While rooted toes continue to progress.

The dance of season brings harbored delight  
As earth-born flowers color into sight.

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Re: yechida's reflections  
Posted by ZemirosShabbos - 20 Jan 2012 17:57

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i'm gonna honk  
where do i send the text to?

love that one

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Re: yechida's reflections  
Posted by gibbor120 - 20 Jan 2012 18:49

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[ZemirosShabbos wrote on 20 Jan 2012 17:57:](#)

i'm gonna honk

where do i send the text to?

love that one

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Re: yechida's reflections

Posted by yechidah - 23 Jan 2012 16:38

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Feeling a lack

Asking God to fill it

Envy is not the answer

For that creates a deeper void

Is there a shabbos version???

Happiness comes from within

Each with his or her life

Creates within peace of mind & heart

Filling the void

Removing envy

Giving room for blessing to enter in

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