

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 - 28 Mar 2012 12:34

Love of God

& Love of fellow man

Is one and the same

For the essence of Man

Is the "image" of God

Within him

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Re: yechida's reflections

Posted by yechidah - 28 Mar 2012 16:43

Today , 5 Nissan, is the Yartzeit of the Apter Rav

Short Biography: The Apter Rav, Rabbi Avraham Yehoshua Heshel , (1748-1825), was one of the greatest of the disciples of Rebbe Elimelech of Lizensk. He was the disciple that received the gift of the power of speech from his Rebbe. He is known as the "Ohev Yisrael", The lover of Israel after his magnum opus. This quality was an outstanding part of his character and doctrine. He believed that his life was an incarnation brought about in order to finish the perfection of his love for his fellow Jew, He likened this to one's love for G-d himself. He was known for his ability to reconcile rifts between certain branches of the Chassidic movement.

In honor of this day, I will bring a beautiful concept from the Sefer Ohev Yisroel that will hopefully give us chizzuk and help us all change our lives for the better

Hashem told Moishe Rabbeinu to speak to Aaron and so together to Pharaoh and throw the Mattah (staff) in front of Pharaoh and the stick will turn into a snake. but apparently, the snake turned back into a stick which swallows up the other sticks of the chartumin

The Ohev Yisroel says that there is a very powerful symbolism here. The Match is extremely holy. It was the same Match that later bloomed in the Mishkan. When thrown in front of Pharaoh (the impure environment) it appears as a snake. It seems to have transformed into something very sick and evil and impure. Yet, it transforms back into its original state, the holy Match. Because that is what it truly is.

Pharaoh (the evil forces) was telling Moishe & Aaron , you see you Klall Yisroel are evil, no less evil than us. You worship idols too, and their head are filled with immoral thoughts just as us. You are all intrinsic snakes. Thats who you are .You are just like us. You are not worthy of being redeemed

And so Aaron holds up the Mateh to show Pharaoh that we are the staff of Hashem, intrinsically holy and pure. It is only when thrown down **in front of Pharaoh** that it turns into a snake. To show him that it's only the influence of Pharaoh that creates within us the tendencies to behave badly. But very shortly afterwards the snake turns back into the Mateh, to its original holy form, and it swallows up all the impure sticks of Pharaoh, because our goodness will prevail and our inherent kedushah will be seen and realized **and we will get back to that original beautiful state that represents who we really are.**

The lesson to us is very clear. We fall into impure thoughts or words or deeds. We start believing we are intrinsic snakes and we give up hope. But we are told that we are the holy Mateh, and that we only turned into snakes **in appearance** in front of Pharaoh, in front of the computer ,in front of the television , in front of the filthy streets.But we show Pharaoh that this is not so. The "snake" in the hands of a tzaddik ,what you Pharaoh sees as a snake is a pure Mateh. We connect to the tzaddik, both a tzaddik in our generation and the tzaddik within each and every one of us and we return to the pristine state of the holy Mateh.Even before Pharaoh we were not a snake, we only appeared to be so. We are and were always the holy Mateh. And from here on that Mateh will be seen in a revealed way till the end of time.

This is our lesson as Yidin in this generation. As far low as we may have fallen, as much as we may appear to be snakes , its only that it appears so because we allowed ourselves to be in front of Pharaoh. And as soon as we take hold of the tzaddik's hand ,we become the Holy Mateh again. No one can ever change that.And that knowledge should give us the strength and courage to remove ourselves from the influence of Pharaoh.And we can get back to who we really are.They is no greater liberating feeling than that.And may be experience this liberation ,all of us, this upcoming Pesach

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Re: yechida's reflections

Posted by gottagetout - 29 Mar 2012 22:14

that was truly something special

thank you for sharing

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Re: yechida's reflections

Posted by yechidah - 30 Mar 2012 12:30

Thank you-The Ohev Yisroel is a very special sefer among many special seforim

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Re: yechida's reflections

Posted by yechidah - 30 Mar 2012 13:45

Individuals within our nation

Have flaws

However, when looking at our nation

As One,collectively

There are no flaws

For each individual

Fills the lack

Of the other

Perfect giving & receiving

Born of love & unity

Creating a perfect harmony

Thus

Unity in Klall Yisroel

Is not just a “nice” thing

It's the only way

For our Nation to be whole

Beautiful ,Complete , and One

We need to strive

Towards this Unity

Bringing us as one

To our One Creator

We will all experience this Unity

At the end of days

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Re: yechida's reflections

Posted by yechidah - 02 Apr 2012 12:46

Awareness of Soul

Is to view the body as clothing

Covering the essence of the person

So that you don't see with your eyes

Your soul sees through your eyes

When one views a human being this way

Its fills him with awe and respect

For its not a mere intelligent animal he is talking to

He is talking to an eternal soul

Enclothed in bodily form

It's an entirely different communication

This is a healthy meditative practice

Especially within marriage

An inside-outside awareness

Interacting, talking, listening

Giving ,receiving

All with a real feeling of mindfulness

Of the eternal soul within the body

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Re: yechida's reflections

Posted by yechidah - 03 Apr 2012 14:52

Being "Multi-Dimensional"

Is enriching, beautiful and deeply fulfilling

As long as we trace the myriad of experiences

Of life

To One source that

Binds all aspects of oneself

All colors , shades

Dimensions & complexities

One Creator

Who made all this stunning diversity

To lead to Him

Seeing Him in all of life

From the most sublime to the mundane

For nothing is separate from Him

Without binding the "multi-dimensional" depth

To Him Who created it

Will lead a person

Towards confusion, disunity, friction

The scattering of soul

It's our seeing the One within all of life

That gives its beauty and meaning

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Re: yechida's reflections

Posted by yechidah - 04 Apr 2012 12:18

When watching Sunset

Visualize in your mind's eye

The rising of the sun

In a distant land

For in a world of Unity

The Sun is always shining

In truth

There is great deep light

Within darkness

So though externally the sun has set

It's actually a sunrise

That you are viewing

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Re: yechida's reflections

Posted by yechidah - 16 Apr 2012 12:29

The gift of writing

I will not take lightly

My Creator giving me

This gift of healing

That travels the road

From heart and mind

To the physical hand

Unto paper, thoughts and feelings flow

How special this is

Mind thinks, Heart feels

Sometimes the flow of pen to paper

Feels likes a volcanic eruption

Or an ocean wave

At times a gentle breeze

A healing touch

In reaching within

To vast potential yet untouched

Writing digs deep into soul

Like a drill discovering oil buried

Way beneath the surface

Bring forth gifts

That were always there

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Re: yechida's reflections

Posted by yechidah - 18 Apr 2012 16:30

for those who have the tendency of being to harsh with themselves:

ALANIS MORISSETTE LYRICS

"Sorry To Myself"

For hearing all my doubts so selectively and
For continuing my numbing love endlessly.
For helping you and myself: not even considering
For beating myself up and over functioning.

To whom do I owe the biggest apology?
No one's been crueller than I've been to me.

For letting you decide if I indeed was desirable
For myself love being so embarrassingly conditional.

And for denying myself to somehow make us compatible
And for trying to fit a rectangle into a ball.

And
To whom do I owe the biggest apology?
No one's been crueller than I've been to me.

I'm sorry to myself.
My apologies begin here before everybody else.
I'm sorry to myself.
For treating me worse than I would anybody else.

For blaming myself for your unhappiness
And for my impatience when I was perfect where I was.
Ignoring all the signs that I was not ready,
And expecting myself to be where you wanted me to be.

To whom do I owe the first apology?
No one's been crueller than I've been to me.

And
I'm sorry to myself.
My apologies begin here before everybody else.
I'm sorry to myself.
For treating me worse than I would anybody else.

Well, I wonder which crime is the biggest ?
Forgetting you or forgetting myself...
Had I heeded the wisdom of the latter,
I would've naturally loved the former.

For ignoring you: my highest voices.
For smiling when my strife was all too obvious.
For being so disassociated from my body,
And for not letting go when it would've been the kindest thing.

To whom do I owe the biggest apology?
No one's been crueler than I've been to me.

And
I'm sorry to myself.
My apologies begin here before everybody else
I'm sorry to myself.
For treating me worse than I would anybody else.
I'm sorry to myself.
My apologies begin here before everybody else
I'm sorry to myself.
For treating me worse than I would anybody else

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Re: yechida's reflections

Posted by letakain - 20 Apr 2012 02:07

Wow. this is so true.

thank you, yechida. sometimes i really am harsh on myself. i need to remember that striving to grow doesn't mean beating myself up, it goes along with patting myself on the back when i do

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Re: yechida's reflections

Posted by yechidah - 20 Apr 2012 12:12

Every act of charity

A dollar here, a quarter there

Adds up, builds into a strong fortress

Every act of giving

Will ultimately transform you
well. and sometimes that pat becomes a push that propels me forward.

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Re: yechida's reflections

Posted by yechidah - 22 Apr 2012 02:24

Light Notes # 9-“ Motherhood/Fatherhood ”-(Adar 2-5771)-Tazria

Dear Friends,

We see here the preciousness of a mother. Both in perceiving one's own mother, as well as

how you look at your wife as a mother to your children that she has brought unto this world. And in truth, we need to look at ourselves as fathers, and even a bocher needs to view himself as a potential father, and even a person who will always be childless, there is yet within him or her, an aspect of motherhood/fatherhood that they have within them, than can be enhanced and brought forth even at an advanced age.

The Ali Shur alludes to this concept but I'm not sure that he would intend to apply it the way its written here, but the idea is a novel one. When a young boy becomes a young teenager, changes in his body takes place. He can be the holiest of the holiest of the holiest of boys he will be aware of the sexual impulses within him as well as the semen that will come out of his body at a certain point whether he wants it to or not. Even if he kept his thought very pure and did his best- this will happen. To his dismay, he will realize that he is not Yaakov Avinu. But this should not shake him. And in general, he needs to know that this is a special gift, the gift of potential fatherhood, the gift of a future special union, and therefore this gift needs to be guarded with patience until the time that it is meant to be used.

Emunah plays a large role in a bocher grappling with sexual urges that he knows cannot be acted upon at all for many years. A bocher, especially in our generation is in a very difficult situation. He has a battle from within and without. And as Rav Twersky has said many times "Marriage is not a hospital". If one marries just for the purpose of releasing sexual tension, then his marriage will have serious problems. That is not why you marry. And yet, there is no denying, that in most cases, a healthy marriage is one where this aspect of one's humanness can be realized and expressed joyfully.

Emunah helps with this. It helps being patient. It helps putting our energies in other healthy productive endeavors. That until the time comes for him to marry, he can focus his energies joyfully on healthy things, knowing that he has a bright future ahead of him. The same would apply to every Jewish girl, knowing that she is a potential mother, this gift being realized later in life.

It is not easy to be a teenager in any generation. But in this generation, it's an extremely difficult position to be in, if one is committed to living a pure life. Therefore, a lot of compassion and sensitivity is required of us to give them guidance and chizzuk. A Blatt Gemorah alone will not do. A dismissal of their frustrations by telling the, "Ligt in Lehrnen"- "just put your head in learning and put your mind off this nonsense" will not help at all. Their fears ,and struggles have to be addressed. And a Rosh Yeshiva whose only interest is that his student appreciate his shiur, and cares nothing for his talmid's inner world is a fool, an idiot, and it too tied up in his own ego to realize what is really taking place in the soul of his talmid that he is doing absolutely nothing about. As Rav Reuvain Feinstein commented of the attitude of some Magidei Shiurim "you, bocher ,have a question on the shiur?, I will answer you now. you have a problem? , see me in 3 weeks"

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Re: yechida's reflections

Posted by yechidah - 23 Apr 2012 13:16

I look at the seforim

That Hashem in His kindness

Bestowed upon me

One of His greatest gifts

Introducing me

To my teachers in life

From many different points in history

From all walks of life

Some I have known since my youth

Fondly recalling

The Maharal teaching me his Torah

On the night of Shevuous

As a young teenager

As I gratefully look at my shelves of seforim

I see a collective Unity

As pearls strung through a single thread

Bright brilliant lights

Spanning generations

Many left this world

Centuries before my birth

But I know them all

And though I'd be filled with shame

I hope they know me too

Accepting me despite my flaws

As I try to learn

From each & every sefer

A way how to serve

The One Creator

Who made all of us

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