

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 - 17 Aug 2012 12:18

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Paying Bills a mundane chore

With great opportunity for growth

As I place the envelope in the mailbox

Or view the direct bank withdrawal

I thank Hashem for the service for which I paid

And His giving me the blessing

Of being able to pay it

Same goes with a paycheck

Whether an actual check into the bank

Or a direct deposit

It's an opportunity to thank Hashem

For giving you

This financial support

We work hard

So it's easy to feel

How we earned it ourselves

Certainly there is halachic basis

To consider what we work for as ours

But on a deeper MRI way of looking at it

It's all God

It's He who gives us the energy of our efforts

As well as its gifts

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Re: yechida's reflections  
Posted by yechidah - 19 Aug 2012 02:39

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Many people  
Who have a connection with God  
Close the door on Him  
When they enter the bedroom  
Especially when planning  
To engage in intimacy

At the door of the bedroom  
They will tell God:  
"Thank you for being there for me  
Watching me & protecting me  
Please continue to do so  
But right now I have some  
Private business to tend to  
So see you in the morning"!!

Somehow  
It's often perceived wrongly  
That consciousness & awareness of God  
Deceases the joy & pleasure of life

We wrongly think  
That it is only while enjoying the spiritual delights  
Of a good davening  
Or learning a Blatt Gemorah  
Or doing mitzvos  
That create joy while thinking of Hashem

So we often feel that it's a "drag"  
To feel God's presence  
When trying to enjoy a piece of cake  
Or chulent on Shabbos  
Or when embracing one's wife

In truth  
God's wants us to fuse  
Physicality with spirituality  
To bind to Him  
With both body & soul  
And to know Him

In every aspect of life

Sex is not something outside of His Reality  
He created it, and He wants his creations  
Of flesh & blood  
To enjoy it in the right way  
For the right reasons  
To thank Him for it

So don't kick Him out of your bedroom  
For you really need Him there  
For the true & full enjoyment  
Of both your physical & spiritual self  
That was given to you  
By the same One God

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Re: yechida's reflections  
Posted by yechidah - 21 Aug 2012 00:02

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Fragmentation

With Klall Yisroel

Creates the collected national illness

Illness of separateness

& alienation, breeding

Anger & mistrust

That poisons the holy water

Its devastating effect

Reaches the highest places

So as to project

The tragic words

Of the prophets

That the wisdom of the wise

Have been lost

The blind leading the blind

So as to teach us

That we have no one to rely on

Other than God's Himself

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Re: yechida's reflections

Posted by Dov - 21 Aug 2012 09:18

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[yechida wrote on 19 Aug 2012 02:39:](#)

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Disclaimer: Yechidah *probably* agrees with the following, and I agree with the piece above 100%! This is just a caveat to the beautiful piece he wrote above:

Oh yes! Of course, Yechida's words are not only exclusive for the addict, but for *all* married people.

And speaking as a married frum man who has had many years of experience lusting my brains out and sexually acting out, and some years of experience being sober...I want to say that any lust addict who thinks that he is actually bringing G-d into the bedroom even though he is *still* acting out his lust when he is **out** of the bedroom - is just lying to himself (again). We are all really good at that.

I want to say that doesn't **matter** if he really, *really* feels the sincerity, cries during or after the sex, feels holy and pure before during or after it...**his holy feelings are most likely all sh'tus.**

This takes a lot of uncomfortable humility to accept. For the next day he will right back at chasing (or obsessing about fighting) the sweet porn or masturbation again.

Nothing has really changed.

And until *something* really changes, **nothing** really changes.

Feelings, shmeelings, kedusha, shmedusha....a married guy first needs to *be clean for a few months*. That is not a long time! *Life* is long...do you expect to live for only 90 days - or for 60-70 more years? Which is it? Do you want to die with 50-60 years clean time - or with only the good-old, '23 days again'? A few months clean is a short, short time in your real life. That's just the sad truth, for some. I wish for the reader to **only then** start looking for sincerity, love, kedusha, brocha and all the other beautiful things Hashem has hidden for you both in His gift to us marrieds' called 'sex in the bedroom'.

Is that party-pooing? I hope it is. For real life is a wonderful journey, not a party. It's not even a farbrengen.

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Re: yechida's reflections

Posted by yechidah - 21 Aug 2012 13:20

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well put,dov

one has to be honest with himself

it has to be real

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Re: yechida's reflections

Posted by me3 - 21 Aug 2012 15:22

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I barely read the forum and I havent written in quite some time, but yesterday I read Yechida's post and it really struck me, something to strive for, etc... And of course along comes Dov to once again rain on my parade and bring me back to this worls, sigh...

But that one line of Dov's is pure Gadlus.

**And until something really changes, nothing really changes**

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Re: yechida's reflections

Posted by Dov - 21 Aug 2012 22:16

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It's not my line, Me3. I learned it from hearing a (frum) recovering wife of a (frum) addict speak to a crowd of about two hundred recovering sexaholics and their spouses last year. She repeated that line about five times (it got quite annoying by about the fourth time, as do most ).

But thanks. And thanks to Yechidah for all of us.

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Re: yechida's reflections

Posted by Yosef Hatzadik - 21 Aug 2012 23:05

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It is not even *her* line either!

It is a line that is know to many 'Friends of Bill'.

things wives say

**"Nothing changes if nothing changes..."**

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Re: yechida's reflections

Posted by yechidah - 23 Aug 2012 12:39

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Just as there is good & bad speech  
So it is with silence

There can be the harsh cruel manifestation of silence  
The "silent" treatment, the "cold " shoulder  
The menace behind the non-verbal  
Creating tension , ill-will and hurt feelings  
When silence is used  
As a powerful deadly weapon  
Such as the silence of solitary confinement  
Or as a prisoner  
"deleting" the essence of his soul  
That has within the power of speech  
The vindictive stripping of his humanity

Yet there is a silence that is beautiful  
Healing wounds, connecting people  
With each other and with themselves  
A silence of overflowing empathetic listening  
Of love & peace of mind  
Being One with the Universe  
When silence soothes & calms  
Beyond what any words can  
When love between husband & wife  
Is so deeply felt  
That it cannot be conveyed or contained in words  
So as to look in each other's eyes  
Transcends any possible spoken word

This is the Art of Silence  
Externally mute  
Inwardly exploring the depths of the soul  
Beyond distant mountains & beyond  
The depths of the seas  
Angel who taught us  
In our mother's womb  
Sparks within us  
A deeply beautiful wisdom  
That we carry within ourselves  
All our lives

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Re: yechida's reflections

Posted by yechidah - 24 Aug 2012 12:09

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Down Time”

Often a term that parallels “wasted time”

But need not be the case

Work & the mental occupation

Of productivity & effort

Are very healthy endeavors

Yet there are times space is needed

For rest, for walking, for meditating

For simply “being”

Such as gratefulness for God’s kindness

So often one needs time off

From those complex multi-task functions

To get back to the simple innocence

Of a human being living a life

Devoid of the mental & emotional gymnastics

That we often experience

Shabbos often can do this for us

But we often need such calm peace of mind

During course of the week as well

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Re: yechida's reflections

Posted by yechidah - 24 Aug 2012 15:21

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Elul

Meeting the King

Who is now not in his palace

But in the fields

Accessible to all

Open benevolence to all

Shining face to all

Mercy & compassion

Is the underlying theme

Behind this month of introspection

Even with the feeling of Awe

Of the days to come

Nevertheless

There is also this expansive

Being available

The King of Kings

Who allows everyone to meet him

Even when normally

A King is not seen

By a peasant in peasant's clothing

But now he can see the King

In the fields

In the meadows

In the life of the peasant himself

Who knows that his benevolent King

Is open to talk to him

In this month of Elul

More than ever

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Re: yechida's reflections

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Posted by yechidah - 27 Aug 2012 17:39

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We ask God for His protection

From evil men

So that despite their

Ill-used ability of free-will

We still remain safe & sound

For God's kindness protects us

For all human deviousness

And from all of his warped

And cunning calculations

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Re: yechida's reflections

Posted by yechidah - 28 Aug 2012 14:26

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It's hidden

Doesn't mean its not there

When compassion is aroused

It's revealed for a short moment

Then runs back into hiding

We need those short moments

Flickers of light

From time to time

To give us sharper & deeper awareness

Of what lies behind

That double veil

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Re: yechida's reflections

Posted by yechidah - 29 Aug 2012 12:44

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Mindful words

Are the building blocks

Of connecting soul to soul

As well as the vehicle

To bring into tangible form

The depth that lie within

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