

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 Dov - 05 Oct 2012 08:37

May we be there whenever we close our eyes, wherever we may be. Beautiful reminder of the simplicity of the most important thing in life.

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Re: yechida's reflections

Posted by yechidah - 05 Oct 2012 13:31

Branches swaying in the wind

Waving "hello" to me

Be happy with God's world!!!

Be happy with yourself!!!

Be happy with the gift of a brand new day!!!

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Re: yechida's reflections

Posted by E-Tek - 05 Oct 2012 13:44

[yechida wrote on 05 Oct 2012 13:31:](#)

Be happy with the gift of a brand new day!!!

And a beautiful day it is.

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Re: yechida's reflections

Posted by yechidah - 05 Oct 2012 16:00

Defeating doubt

by Audrey Coatesworth

A poem about doubts related to aspects of life or projects - those negative thoughts that enter our minds, uninvited.

Defeating doubt

'How did you find the way

Into my thoughts', I ask

'I do not know you, yet

You spoil my present task

Who gave you permission?

To affect how I decide?

And what purpose brings you

To sit at my bedside?'

'You have previously not

Had the pleasure to know

My name is Doubt

Other pictures I show

Making you question

Your views without Hope

Your certainties fade

With your ability to cope'

'Go away, I won't listen

Advantage you take

Of me being tired

You make a mistake

Yes, I was listening

And I almost believed

That you were right

You are not! I'm relieved'

The image of Doubt

Then began to fade

Inner pictures brightened

Of future plans made

Yes, I am tired,

Yes, I have been ill

But I have managed

The long hours to fill

Doubt never helped me

In any way

Just undermined conviction

And ruined the day

No friend of mine

Casts a gloom on my mind

So, I call upon Hope

The answers to find

'I'm glad you've returned'

To Hope, I said

'I cannot see truth

With doubt's words in my head'

'I can only return

When you send Doubt away

Then we are able, together,

To greet every day

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Re: yechida's reflections

Posted by yechidah - 10 Oct 2012 14:35

The greatest part of our wisdom

It to learn

Not to rely on one's own perceptions implicitly

To be humble

To know ones limits

& the inherent restraints

To one's capacity of

Thoughts & emotions

So that even when you "get it right"

& see the truth of things

You do not become arrogant

For it is then when the gift of enlightenment

& ones intellect

Begins to slip & slide

Into darkness & confusion

Thus real wisdom

Always has true humility

At its foundation

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Re: yechida's reflections

Posted by yechidah - 11 Oct 2012 12:28

Satiation of physical hungers & desires

(even when permitted by the Torah)

Leads to arrogance

& forgetting God

It's the gratitude & thanks to God

Subsequent to the (permissible) satiation

That prevents this arrogance

From taking place

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Re: yechida's reflections

Posted by yechidah - 12 Oct 2012 13:18

We are believers

Sons of believers

But we can't only rely

On our inherited faith

We must develop emunah

Inherently on our own

So that it becomes

An intrinsic part of our selves

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Re: yechida's reflections

Posted by yechidah - 15 Oct 2012 12:23

One needs spiritual strength

So as to accept abundant blessings

In a healthy way

“May God bless you

& safeguard you”

Blessing requires “safeguarding”

The inner ability

To accept the blessing

It's the observance of mitzvos

From which this spiritual/mental strength is revealed

To accept a overflow

Of loving open blessings

Even the most tangible physical of them

Without causing any damage at all

And even becoming elevated

In joy & service of God

Through this safeguarded blessing

Enjoying the infinite

Within the finite

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Re: yechida's reflections

Posted by yechidah - 16 Oct 2012 12:33

Resting in bed

After a long day

What a gift

This peaceful haven

For my weary body

Soothing the mind

As I review

So many of God's kindnesses

That took place

During the day

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Re: yechida's reflections

Posted by yechidah - 17 Oct 2012 17:03

Asking God

To remove

Your free-will

So that you shouldn't do wrong:

That too

Is free-will!!!!

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Re: yechida's reflections

Posted by yechidah - 18 Oct 2012 12:46

Sometimes

It's better

To abstain from (even permissible)

Physical pleasures

So that when one does engage in them

He (or she) can focus

On the holy essence within it

& not drown

In the physicality

That surrounds the pure holy spark

Which is the source

Of true joy

That will endure forever

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Re: yechida's reflections

Posted by yechidah - 18 Oct 2012 19:53

To A Leaf
by Rebecca S Russell

Last spring
I eagerly awaited
Your arrival
After the cold winter.
You,
As a tender green shoot
Upon a barren brown twig,
Were a welcome sight.
I watched you grow
So rapidly,
Each vein and crease
A mirror
Of your siblings'
As you crowded
Together,
Offering shade
And shelter
To me,
To squirrels,
And to countless birds
Throughout
The long summer;
But soon
The seasons began to change
Yet again
And I watched you go
From green
To gold
To brown-speckled
Before the autumn winds
Blew you from
Your parent tree.
Another winter,
Cold and dark,
Will pass
Before you reappear,
Continuing the cycle
As Nature's small, green herald
Of awakening life.

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Re: yechida's reflections
Posted by Dov - 18 Oct 2012 21:22

Delicious, thanks again, Yechidah!

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Re: yechida's reflections
Posted by yechidah - 19 Oct 2012 13:52

If your soul

Needs a "light"

From a particular mitzvah

God arranges

An opportunity

That mitzvah generated light

That your soul

Particularly needs

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