

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.

=====

Re: yechida's reflections

Posted by yechidah - 05 Sep 2013 02:14

wishing all my GYE friends a wonderful new year

& always remember

Eyes

see deeply & clearly

only

when not dazzled or disturbed

by externals

& with time & effort & of course God's help, there will be tremendous pleasure even in THIS world-by using our eyes the right way-as we close out the externals-the internal true vision become deeper & more beautiful

=====

Re: yechida's reflections

Posted by yechidah - 13 Sep 2013 18:08

(Yom Kippur)

Every Jew

On Yom Kippur

Connects with

The essence of his soul

He can be

In the Holy of Holies

Experience Oneness

With his Beloved Father

All Powerful King

Master Therapist

Beloved Friend

Personally!!!!!!

=====

Re: yechida's reflections

Posted by yechidah - 22 Sep 2013 16:00

Every Tribe

Within our nation

Shines forth

With a unique individualistic

Contribution

Blending together

As one Symphony

Healing the world

=====

Re: yechida's reflections

Posted by yechidah - 25 Sep 2013 00:26

Succos

Jerusalem of old

Filled with multitudes of Jews

Visiting the Holy Temple

How I yearn to see it!!!

How I pine to be with them!!!

All of us together

Rejoicing in each other

Rejoicing with God

Oneness

May we all feel it

Experience it

Speedily in our day!!

=====

Re: yechida's reflections

Posted by yechidah - 02 Oct 2013 04:23

Waking up in the morning

Is God telling you

"I need you today.

You are son/daughter of Mine

You have what to accomplish

You can make the world a better place

You have a great value & a great need

To be on this earth

You have the gift of a new opportunity

A new day

=====

Re: yechida's reflections

Posted by yechidah - 03 Oct 2013 03:37

Turning inward

Drawing into myself

Search the deep

Chambers of my soul

No one else can be with me

Alone with God

Searching & yearning

To find myself

In a real profound way

It's a humbling experience

Impossible

To express in words

What is so deep

Beneath the surface

It's like deep sea diving

Scary at first

But sensing the calm loving source

Beneath it all

I will draw my strength from my depths

Gather the timeless wisdom

Connecting with God

With my soul's calling

With healing time

I will arise above the surface again

& share with others

What I have discovered

On my journey

In my own unique way

=====

Re: yechida's reflections

Posted by yechidah - 04 Oct 2013 03:57

Don't allow

Yesterday's confusion

To affect today

For Today

Is

A Whole New World

=====

Re: yechida's reflections

Posted by yechidah - 08 Oct 2013 16:01

Sitting

In the lobby

Of a large mall

Learning

As my wife shops

I overhear

A middle aged couple

Communication to one another

With great respect

Wife talking, husband listening

Real empathetic listening

It's a lesson

& a very deep human need

The desire to be heard

Even for seemingly superficial matters

Is a great gift

That a couple can give

To each other

Day in & day out

For the rest of their lives

=====

Re: yechida's reflections

Posted by yechidah - 11 Oct 2013 16:09

Leaves falling

Giving way

To leaves growing

As the flow

Of one generation

Giving to the next

Father giving to his son

Mother to her daughter

Their spark of life

Continuing forever

=====

Re: yechida's reflections

Posted by yechidah - 13 Oct 2013 06:09

The Bee

Builds a beautiful hive

An intricate complex design

Of genius

& efficiency & organization

Yet the bee has no free-will

While man can build

Any type of home

That he desires

In any shape or form

From all materials

Showing us the power

Of free-will

Given to Man

The spider spins a wondrous web

Architectural genius

But no free-will

All inborn instinct

While a man can create

Infinite architectural designs

Same is true

With the vision of the eagle

Strength of a lion

Smell of a dog

Work ethic of an ant

All show

The greatness

Of their Creator

But they themselves

Have no free-will

While man can harness

All these aspects

& learn from them

& go beyond them

Man cannot fly

As a bird can

But can fly beyond

In air balloons

Airplanes

Rocket ships

God doesn't want our arrogance

But to have us appreciate

The gift of free will

& to use it

Wisely

Beasts of the Wild

Can kill & maim

But only man

Can design

The Hell

Of Aushwitz & Treblinka

This is the inverse nightmare

Of man's free-will

Oh what a world

We would live in

If Man would have used

His free-will

With humility & wisdom & kindness!!!

Truth is

Many individuals

Do make the world

A better & safe place

We are not expected to be perfect

We are flawed

But nevertheless

We have the ability

To make this world

A beautiful place

=====

Re: yechida's reflections

Posted by yechidah - 14 Oct 2013 04:17

Based on "Shem M'Shmuel")

Just as 3 angels visited Avraham

So too

3 angels visits every Yid

Each & every Shabbos

The one angel who healed Avraham

Heals the anguish of a Yid's soul

From his troubled heart

So that he can experience healing

On Shabbos

The second who told Sarah the good news

About the birth of Yitzchok

Tells the Yid of the delights of Shabbos

& how fortunate he is

To have the joy & gift & elevation of Shabbos

The third angel who destroyed Sodom

Removes the darkness & sins & impurities

So that he can experience his Shabbos

Free from his evil inclination

Is it no wonder

That we greet the angels

With "Sholom Aliechem"

With great joy!!!

=====

Re: yechida's reflections

Posted by yechidah - 20 Oct 2013 04:35

"Absence makes the heart fonder"

This is true

When the "Absence" isn't absolute

Isn't absolute

The outer manifestation of communication

Can be hidden

For a while

While the inner world

Connects deeper

Such as a teacher

Reviewing in his mind

The subjects & lessons

That he will later convey

To his beloved student

Such as a husband & wife

Abstaining from physical embrace

For a week or two

Not because of distance

But from closeness

To bond

In a deeper way

Mentally & emotionally

So that when they later unite physically again

It's with a deeper perception & a

More profound connection

Just as sleep

Brings us to a dormant state

Which invigorates & refreshes us

The next morning

So that when we do sleep

& withdraw into ourselves

It's not to disconnect

But to draw from the deep wellsprings

Eventually bringing forth

Delicious life-giving water

& fresh new life

To the world around you

=====

Re: yechida's reflections

Posted by yechidah - 20 Oct 2013 13:56

L-Listening (with empathy)

O-Oneness (humble connectivity)

V-Vulnerable (apologize-emotional warmth-honesty)

E-Expressing (appreciation. Love, kindness)

=====

Re: yechida's reflections

Posted by yechidah - 23 Oct 2013 03:55

Abraham

Heals the wounds

Of the World

Manifesting

In his life

True Unity

We

As his children

Strive to do

The same

=====