

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 - 21 Aug 2009 13:30

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My dear friends,

I will relate 3 true stories recorded in Victor Frankl's "The Doctor and the Soul "

Same point in all 3, and it pertains to all of us, transforming darkness into light, squeezing out the true meaning of our lapses and falls that made it become retroactively something of great precious value.

Though the challenges in these stories are different than our own, there is a common nekudah that can help us too.

1) Several years ago, a garbage collector received the order of merit from his government. This man did his job to everyone's satisfaction, but the special effort that gained him the award was this: He looks in the garbage cans for discarded toys, spends his evening hours repairing them, and gives them to poor children as presents. Talented as a fix-it man he adds magnificent meaning to his clean-up job.

2) A few years after World War Two, a doctor examined a Jewish woman who wore a bracelet of baby teeth mounted in gold." A beautiful bracelet" the doctor remarked. "Yes , the woman answered, "this tooth here belonged to Miriam, this one to Esther ,this one to Samuel..."She mentioned the names of her sons and daughters according to age. "Nine children" she added," and all of them were taken to the gas chambers". Shocked, the doctor asked: "How can you live with such a bracelet?" Quietly, the Jewish woman replied: "I am now in charge of an orphanage in Israel"

3) I have a twenty two year old female client who was injured at age eighteen by a gunshot as she walked to the grocery store. She can only accomplish tasks by the use of a mouthstick. She feels the purpose of her life is quite clear. She watches the newspapers and television for stories of people in trouble and writes to them(typing with her mouthstick) to give words of comfort and encouragement

Consider this a prelude to the powerful Tomar Devorah that I will elaborate on shortly,with

Hashem's help, and in your zechus. I couldn't do a thing here if it wasn't your zechus and your great efforts in trying to be close to Hashem, and mostly because of your Ahavas Yisroel. Don't see Ahavas Yisroel like this too often.

I will be traveling most of next week with the family. I have a laptop but no internet connection. However, if I pick up a wireless connection, or if the place I'm staying has access, then I will be able to post a little. Mrs. Yechida doesn't mind as long as I don't overdo it. See Efshei Lesaken's posts in the goodbye mom section. It's very important to read and understand.

Have a wonderful Shabbos to all my friends here. I bring you along wherever I go, but I try to stay "balanced balanced balanced" as Efshei Lesaken says.

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Re: yechida's reflections

Posted by yechidah - 24 Aug 2009 19:51

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Dear Friends

I posted this in Pintele's section called Bilvavi, and here I would like to add an additional point at the end, an additional lesson I learned

This is the post

Hi Pintele,

posting from my vacation place. One of the most important things you are pointing out is that you just don't talk to Hashem about major events in your life. You talk to Him and ask Him about even the smallest nitty-gritty detail, please help me not trip as I go down these stairs, I feel a cold coming, please help me feel better, I'm starting Maariv now, please help me with my Shemonah Esrei, etc etc.

as you brought your rain story. not the end of the world if you got a little wet but why not ask Hashem for help? He could do that and much more!! and even if He decided that Pintele could use a nice summer shower, and allowed it to pour on you, you still developed a stronger kesher with Hashem. You would have heard Him say "Reb Pintele, thank you for asking, but you can use a shower"

all these things aren't earth shattering events. No reason to wait for one, even a great one, to communicate to Hashem and be close to Him.

went on a family hike today. we were crazy enough to take the hardest trail half the way. steep cliffs, very high. we had to turn back. All the while we were davening hard to get back safely, and when we did we said the perek tehillim that says "Kol Haneshama T'hallel Kah"

Those state parks are amazing. trails, trees, brooks "Ma Rabu Maasecha Hashem"

keep it up here Reb Pintele

yechida

I want to add this. We actually went much further on this difficult hiker's trail than we should have. we had my seven year old with us, walking steep inclines very high up on a mountain. and one of my ankles isn't the strongest. My wife and I realized our mistake and told the kids we had to turn back. Even my oldest, who would have loved to continue realized that we couldn't and didn't complain at all. After we got back down safely (they had to concentrate hard not to slip and fall-in a weird way going down was much more difficult than going up-it was very steep) I told my kids that they should always remember that when they become parents, if they are ever in such a situation, they would have to turn back even if you personally would want to continue.

I told my wife that although it is true that it would have been better never to have gone on this crazy experienced hikers trail, and if we would have really known how hard it was we never would have tried it, but now I'm happy that we did. They learned that you have to assess a potentially dangerous situation and make a correct decision. We only a half-a-mile left to a 739 foot elevation but with a very windy steep and crazy path. we were already at about 630

feet.and we had to go all the way back down hill and that wasn't easy either.It's hard turning back when you were so close to our destination which would have been a look out tower that we would have seen a miles of a beautiful nature scene.we did not end up seeing it.we were too exhausted to go back via an easier path.

I personally saw another lesson.Even if your deep deep deep into going in the wrong path,you always have the ability to turn back.it may feel extremely discouraging,and it may be very difficult,even scary,but Hashem helps you every step of the way.He will not let you fall,He will not let you stumble,He will give you courage and you wont need to look back.And after it is all said and done,when you already on the most beautiful scenic and peaceful path,you will not only not feel bad,you will be happy and exteremely grateful that you experienced that wrong scary path because you have learned invaluable lessons from it,And that beautiful path you are on now is of such an extreme and exotic beauty precisely because of that crazy path you turned back from and rejected.

You will thank Hashem from the depths of your heart for that crazy twisted path that you are no longer on --and will never be

the nightmare,my friends, is over,or will be over very soon

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Re: yechida's reflections  
Posted by Pintele Yid - 24 Aug 2009 21:36

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Yechida,

Thak you for sharing your experience and most of all your interpretation of it. Even if never reach our ultimate goal, the experience of trying to get there and the correct decisions and (sometimes incorrect ones) will be there for us in the future.

Pintele Yid

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Re: yechida's reflections

Posted by Efshar Letaken - 25 Aug 2009 04:30

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Yechida,

Its amazing how you manage to think so deeply & learn from everything you do.

Not to touch any raw nerves, but I totally understand the pain you displayed on lekutei battleworns page.

I personally feel the pain like you do.

My blood preasure goes up evrytime this topic comes up.

If not for having pittty on my parents, I probibly would be a bum on the street today due to what some Rah Beim (intentionally spelled that way) did to me.

Its a long & hurtful story to talk about but I just wanted to let you know that I shear your pain.

The good thing that came out from it thou is that I'm on top of my sons rabeim like a hawk.

I talk to them at least once a mounth & if there's any issues my son has with the Rebbe or kids in class I'm there the next day & make sure alls fine.

I will do everything I can so that my son doesn't suffer like I did.

E.L.

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Re: yechida's reflections  
Posted by yechidah - 25 Aug 2009 14:08

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Thank you E.L. for sharing your experience

and Boruch Hashem things are much better now than it was when we were younger.

and you are being a very good parent in that you are making sure your children are protected from this.

Hatzlacha & Bracha

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Re: yechida's reflections  
Posted by yechidah - 25 Aug 2009 22:04

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my dear friends,

today's family trip was less dramatic than yesterday, mall shopping, bowling (in an empty bowling alley - we had it all to ourselves), and playing in a nice park, and eating in the only kosher pizza shop in town.

Anyhow, a few points

1- I met an older Yid in the mall whose name was Yisroel. we had a 2 minute conversation at the end he tells me this "our problem as a nation is that we forget that the word "Ahava" and the word "Echad" has the same numerical value (13). If we would remember this fact we would be in a better state today" (by the way, later I remembered that Ahava+Echad=the Name of Hashem(13+13=26)

2-I got my wish today. Most of my family branched off to other stores in the mall, so I had 25 extra minutes in the book store. I bought 1 book. If I would buy every book I like, I would have a very empty bank account and a very cluttered house so I usually am very careful about what I purchase and the frequency that I do so.

3-Here is a short little episode that left an impression on me, written by the wife of Nolan Ryan

"Inevitably, sometime during a game Nolan would pop up out of the dugout and scan the stands behind home plate, looking for me. He would find my face and grin at me, maybe snapping his head up in a quick nod as if to say, There you are; I'm glad.

It was a simple moment, never noted in record books or career summaries"

4-For those baseball fans, incidentally Nolan Ryan is against this concept of "pitch counts", presumably because this underworking and babying of the pitcher can cause more damage than the overworking of them. I'm not such a baseball guru but probably in the old ways they overworked the pitching arm too much, and in the present day they go to far to the other extreme. He already pitched 93 pitches. chas V'shalom to add any more even if the pitcher feels well enough and is striking everyone out.

Balance, Balance, Balance.

5-I didn't have a chance to analyze these books carefully so this is not an haskomoh on them, but for those who read anyway, here are some of the titles

1-Self Esteem-Third Edition-Matthew McKay and Patrick Fanning-this was has my 100%



haskomoh-pure CBT-cognitive based therapy.

2-Quite Mind by David Kundtz

3-Broken up by Elizabeth Lesser

4-the happiness of hypothesis by Jonathan Haidt

5-Building the best in you by Caroline Harper

This last one is very interesting.it's a two-year discovery journal that you yourself write into to bring clear perspective into your life.

Bnai Torah,continue with all the heilega sedorim,and don't be mevatel torah or tefillah,but when your in the bathroom anyway,hey,that's a different story.

And even while your busy with your learning,you can spend 20 seconds and do what Mr Ryan did(#3)-pop out of your dugout( sefer,bais midrash,the mets disaster) and smile at your wife and tell her you are happy she is there.You do this in Ellul,every opportunity you can,on Yom Kippur Hashem will be pretty happy with you,and then feel free do ignore those 5 books and learn and daven instead.

But you have to pop out of that dugout to do this.

I need to spend some time on that very special Tomer Devorah.

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Re: yechida's reflections

Posted by habib613 - 26 Aug 2009 02:04

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hi yechida!

i'm almost ashamed to write this, but i never really got around to reading your thread. until today.

every post you write is so inspiring.

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Re: yechida's reflections

Posted by yechidah - 26 Aug 2009 03:15

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Habib

thank you for your kind words.and I am ashamed to say that I have to get to more of your thread as well.

thank you for reminding me again why i'm here

your'e being here means that there are good things I can learn from you.

wishing you lots of Hatzlocha on your journey

yechida

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Re: yechida's reflections

Posted by kutan - 26 Aug 2009 03:22

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Yechida, the more you post, the more impressed I get.

I don't know ANYONE like you.

kutan

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Re: yechida's reflections

Posted by yechidah - 26 Aug 2009 23:45

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Dear friends

just a comment on CBT

CBT(cognitive based therapy)-this basically corrects errors in thinking that lead to depression and anxiety and many serious emotional problems.It's truely amazing that most people,even if suffering from extreme emotional lows can be helped by doing the simple excercises spelled out in Dr David Burn's book.Most of it is pure common sense.

There are 10 possible cognitive distortions that can cause this emotional turmoil.Nine of them clearly are according to the Torah completely,and if I had the time to research I would write a small book proving from chazal that these 9 are in accordance to Torah on every possible level.so there is only good coming from working on fighting against these 9 errors in thinking that causes a person to fall into inner chaos.

There is one however that needs to be modified somewhat.

It's called the "Should Statement"-you criticize yourself or other people with "shoulds" "shouldn'ts" "musts" "oughts" or "have dos"

The idea behind this distortion is a good one. people place unrealistic expectations on themselves or others causing them to feel resentful or unworthy. I should have been nicer. I must learn 14 hours a day. my wife should always be nice. ect ect.

But the truth is that we cannot throw the shoulds and shouldn'ts away. we have 248 shoulds and 365 shouldn'ts in the Torah.

So we cannot use this cognitive distortion in the way it is described in the books on CBT.

But what we can do is throw away the partial unrealistic expectation which the Torah itself allows us to do.

You did something wrong, you should not have done it. you cannot just say ok that "shouldn't" was not realistic so forget about it.

But what you can do is say, Ok I should't have, but I did, and Hashem is so kind and patient that He allows me time to correct the problem, even erase it.

Once modified, this CBT is amazing, even people with average range emotion can benefit from this and can lead very productive and happy lives once freed from these negative thoughts that pull them down.

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Re: yechida's reflections

Posted by kutan - 27 Aug 2009 12:52

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[yechida wrote on 26 Aug 2009 23:45:](#)

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Once modified,this CBT is amazing,even people with average range emotion can benefit from this and can lead very productive and happy lives once freed from these negative thoughts that pull them down.

One thing though. I think CBT is only appreciated by those that need it. In other words, its not like a run of the mill 'self help' book that everyone can relate to. People that are optimistic etc will find the book very boring.

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Re: yechida's reflections  
Posted by yechidah - 27 Aug 2009 21:58

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Dear brothers and sisters,

Hashem has a beautiful master plan for all of us.

He just didn't tell us in an open way what the Plan is.

Seems to us that it has a lot of meaningless stuff, even a boatload of shameful things, so tell me, how does that fit exactly in that Master Plan that You have for me?

Where we are told is Plan & Purpose, we sometimes see chaos

But He tells us “ look deep into yourself, the holy spark that is within you, that I put in you ,that will never be erased or forgotten, that soul, YOU, that is loved by Me. because it is part of Me. And when Moshiach come ,I will let you see it all in it’s full splendor and glory. You will finally get to see who you really are.

(the word shuttle means a spool like instrument for threading the weft into the warp, the widthwise threads into the lengthwise threads-see perek haoreg on Shabbos or listen and watch when you get a tour at Bethpage or Plymouth )

The Loom of Time by Unknown

Man’s Life is laid in the loom of time

To a pattern he does not see,

While the weavers work and the shuttles fly

Till the dawn of eternity,

Some shuttles are filled with silver threads

And some with threads of gold,

While often but the darker hues

Are all that they may hold.

But the weaver watches with skillful eye

Each shuttle fly to and fro

And sees the pattern so deftly wrought

As the loom moves slow and sure.

God surely planned the pattern:

Each thread, the dark and fair,

Is chosen by His master skill

And placed in a web with care.

He only knows its beauty,

And guides the shuttles which hold

The threads so unattractive,

As well as the threads of gold.

Not till each loom is silent,

And the shuttle cease to fly,

Shall God reveal the pattern

And explain the reason why

The dark threads were as needful

In the weaver's skillful hand

As the threads of gold and silver

For the pattern which he planned.



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Re: yechida's reflections

Posted by Noorah BAmram - 27 Aug 2009 23:19

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And even while your busy with your learning,you can spend 20 seconds and do what Mr Ryan did(#3)-pop out of your dugout( sefer,bais midrash,the mets disaster) and smile at your wife and tell her you are happy she is there.You do this in Ellul,every opportunity you can

fitting for a true prince of a man, our holy brother

Yechida.

mrs Yechida is truly a fortunate lady to have such a prince for a husband!!

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Re: yechida's reflections

Posted by yechidah - 28 Aug 2009 12:45

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Noorah

Thank you for your very kind words.

How noble, how beautiful are these words.  
It's a goal I aspire to but I am yet far from reaching.

sometimes I have to literally drag myself out of that dugout.

But hopefully,over time,I will get better at it

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