

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 - 17 Mar 2019 14:29

Dvar Torah Parshas Tzav

wishing you all a wonderful week & a meaningfull Purim

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Re: yechida's reflections

Posted by yechidah - 24 Mar 2019 14:51

Dvar Torah-Parshas Shmini

wishing you all a wonderful week!!

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Re: yechida's reflections

Posted by yechidah - 31 Mar 2019 14:06

Parshas Tazria-Dvar Torah

wishing you all a wonderful week!!

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Re: yechida's reflections

Posted by yechidah - 10 Apr 2019 12:23

Dvar Torah -Parshas Metzorah

wishing you all a wonderful week!!

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Re: yechida's reflections

Posted by yechidah - 10 May 2019 13:41

wishing you all a wonderful Shabbos!!

its been a hectic few months when I was unable to post much. hopefully will be able to get back to posting in the near future

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Re: yechida's reflections

Posted by yechidah - 16 May 2019 10:12

Feeling the pain of the people of our nation suffering through a painful experience is a great mitzvah & unites us as One

we do not understand alot of what transpires-Hashem knows whats best for us but at the same time He desires us to be compassionate & filled with empathy when suffering comes upon ay of His children-whether we know them personally or not

We pray for families who are going through pain. whether its lives lost in shootings in shuls or through car/bike accidents or though illness or whether its lives in turmoil such as having an ill family member or a brother/sister that has physical or mental or emotional challenges. We may not be able to solve their problems ?& in many case we cant even alleviate their pain-but all of us-every single one of us -has the ability to feel empathy & deep compassion for these suffering families & pray to Hashem for their well-being & as Him to comfort & protect & bless them among all of our brothers & sisters all over the world

We don't understand why certain events & situations occur-we have no right to be judgemental or harsh in our thought process about these matters. Hashem is not interested in our "psak din" for anything that He does-He want us to unite-to be One with all of His children-to cry tears of happiness in thier joy & to cry tears of pain in thier suffering-* to pray for all His precious

children

This takes little effort-to at the very least, feel compassion for the suffering of our people & to pray for them-this is the least we can do...

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Re: yechida's reflections

Posted by yechidah - 19 May 2019 10:43

Shmiittah has relevance in every year & in every moment , because the crux of this mitzvah is to emphasize the point that Hashem runs & owns the world. This is not a repressive thought but a liberating one when we realize that it is Hashem that gives us constantly all the goodness that we have in this world-our humanness, our faculties, our food,-everything come from Hashem who is Good & bestows Good to all.

its brought down that when you buy a sefer & you want to claim ownership on it you should write your name but not to write "this sefer is mine-signed by -----" , Perhaps this too is to indicate that true ownership is Hashem's-this sefer & everything else is a loan from Hashem. When you write your name , this indicates that you have a calling-a shlichus-from Hashem. He has given you this sefer as a kind gifted loan-to appreciate it & to serve Hashem with joy through it.

when you walk down the streets -realize that it is Hashem's streets you are walking on.-He is the King-the Owner of the world-this thought give us joy & awe in recognizing that you are privileged to be a subject of the King of Kings (who is also a Kind Father!!)

your body is a loan from Hashem too . He gifted to us many pleasures connected to your body such as eating , drinking, & using our five senses in a healthy way. **& in married life,intimacy with one's wife & husband, the physical, emotional & spiritual pleasure connected with it comes from our King-& we tell Him (by conducting ourselves in this area according to His will) that we do not take this gift for granted. This adds a deeper joy to the experience.He is the one that placed this person in your life & in your arms-no one else.**

Here we barely touched the surface of this vast subject that has so may practical applications.

We can grow exponentially, enjoying life more & also make our lives so much more meaningful when we recognize the Source of Good when we experience this goodness.

Not that life isn't devoid of pain & suffering & how to cope with that is a subject that is very important & should be studied & discussed on a practical level. But this concept, of recognizing that nothing is random & God is in total control with our ultimate good in mind-helps us alleviate the suffering & increase our joy in life which is a crucial aspect in living our lives in a healthy & productive way

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Re: yechida's reflections

Posted by yechidah - 26 May 2019 02:35

"Im BechuKosai Tailaychu If "you "walk" in My "statutes"-the first words of this sedrah-teaches us a valuable lesson in life

A Chok refers to commandments that are beyond comprehension -when to the human mind it makes little or sense-when we fail to see any logical benefit from doing these commandments (example-why is meat ok, & milk ok, but meat+milk-not ok?)

Yet , we "walk" with these mitzvos ,we don't walk with our minds but with our feet-we do these mitzvos with faith -emunah-not because its comprehended in the mind or emotionally felt in the heart. We simply have emunah that Hashem wants us to do these mitzvos & we do them. This is a crux & key to serve Hashem-with pure faith.

For example, we must appreciate the value of praying to Hashem 3 times a day (by men, & by women at least once a day). Of course it would be wonderful to be excited & motivated & enthusiastic about each & every prayer of each & every day. But when one goes to shul, prays every day, 3 times a day, even when he is not in the "mood" , even when he is not inspired, even when he struggles to concentrate-that is a sign of a true Eved Hashem. your showing Hashem the commitment -eventually He will give you the gift of enjoying it-but eve when its not there-or especially when its not there-it is a very precious thing that Hashem values & loves you for

Same applies by a family Shabbos Seudah. Sometimes, its uninspiring, everyone's tired, some are irritable, even saying kiddush or singing zemiros feels like a drag. But ultimately, you say kiddush & sing zemiros anyhow & try your best. you are honoring Hashem with Shabbos. would it be nice to feel it? of course it would. but dont think these rituals are meaningless. In a sense , they have even more valued than in those times that you are inspired.

Same is true with marriage. At times it feels wonderful, when husband & wife are extremely close & attuned to each other. Then, there are times, may times, **even in the very most best of marriages** when the relationship feels stagnant, where the connection is not strongly felt, when either stress or boredom (2 opposite causes) . When the sexual intimate aspect also feels unexciting or unfulfilling. Of course , with time & patience & prayer & mutually working together, a husband & wife can renew & strengthen their physical & emotional relationship. But one must realize the beauty & importance & act of love & kindness it is to behave in accordance to the commitement & loyalty towards ones wife or husband even if you don't feel it . **This is the mark of a true love.** the emotions, the warm feeling, the physical desire, the fiery exciting -no one is saying its not important-because it is.. but in life, Hashem created many moments & situations & time spans when these are hidden, & He wants to see how you act when you dont feel these things which make it easy for you to be a loving husband or wife.& when you behave with love even when you dont **feel** in love.

All blessings come from "walking" in His "statutes"-He will ultimately give you all the gifts of renewal & excitement & love but He wants us to serve Him by walking, by the feet, by the action, by simply serving Him purely & sincerely.

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Re: yechida's reflections

Posted by yechidah - 02 Jun 2019 02:36

The Degalim-is a gift each one of us have -even today

Every tribe-& every individual is connected to a Degel-a unique path to Hashem through your unique soul.

Even today, we have the Degel-we have the ability to delve deep in our soul & discern our path as well as the path of our brother's & sisters.

This is true Unity-Oneness-Hashem doesn't want all of us to be the same-He wants us to be ourselves=each different from one another & yet serving One God as One people.

For example, though we all keep Shabbos, are bound by the same laws in keeping it (though there are halachic differences & customs between groups & communities -the basic concepts are the same for all), nevertheless every soul experiences Shabbos in a very special unique way.

Every man & women in our nation is connected in a special way, in the root of our soul to Hashem-the root of all souls.

He connects with each one of us individually & we can connect with Him each of us in our unique special way

We all heard Hashem talk to us directly at Mount Sinai-every one of us!!

That voice is still resounding deep within us-& we can again reveal that voice & make it real & tangible in our lives

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Re: yechida's reflections

Posted by yechidah - 07 Jun 2019 10:03

each of us can take the light of shevuos & have it shine across the summer months coming up, all the way to Rosh Hashana & beyond.

It is a time when many go on summer vacations, travel, or in other ways change thier lifestyles

& there is nothing wrong with resting the body & mind & refresh oneself for one's physical & emotional health

yet , there is a great opportunity for many to infuse the summer months with meaning & with growing closer to Hashem, to your husband/wife, to your children, friends & to your own inner self.

in the warm months of summer , there is more of a challenge with guarding one's eyes, & the borders between men & women are often weakened.

& yet, the summer months are & have a beautiful opportunity to grow, to elevate yourself, to strengthen your marriage ,to enjoy the healthy & kosher outlets in life with can be very satisfying & very enjoyable.

while it is true that forbidden fruits are tempting by the very nature of their being forbidden, people neglect the gift of using the permitted physical & emotional pleasures in life to grow & thrive.

in marriage this is true as well. with investing energy & time , despite the responsibility that comes with being married & building a family, there is great gifts of enjoying alot of pleasures in married life-but people neglect it or don't value it or don't invest time & energy towards it. whether sexually, or in friendship, or in love-many marriages that feel dry & stagnant can thrive.

remember this as the summer months come along. you can enjoy life-even physical pleasures- in permitted & healthy ways & even grow spiritually from the experience. staying away from forbidden fruits can be temporarily painful-no one is denying that, But the gifts of turning your minds away from it & focusing on utilizing healthy permitted pleasure can transform your life-& you will actually enjoy hose physical pleasures too....

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Re: yechida's reflections

Posted by yechidah - 14 Jun 2019 09:21

We all in our own way like Aharon-we too light the Menorah of 7 lights to kindle the spirit of our Nation & elevate it

There are 7 different ways-7 paths in serving Hashem (in certain aspects, there are 12 paths-one per tribe -but in a basic fundamental way, we have 7 distinct paths corresponding to the 7 middos as we express them in the days of sefirah)

each one of us have the ability to kindle the light of the soul of another Jew-**to elevate him or her to the point where the other Jew can be illuminated on their own**

There are also 7 ways to kindle the lights-to inspire & teach others. However the one primary method to do so is the path of Aharon-to kindle another through chessed & ahavah-through kindness & love

Paradoxically, when you focus on elevating & inspiring your brothers & sisters , you end up inspiring yourself. Why? because in truth, all our souls are connected.we are in essence one-so when we genuinely try to help others-we end up helping ourselves as well.

Chazal praise the consistency of Aharon-that his service never changed

1) it was always done with the same fervor & enthusiasm & with the same fiery love for his people-he always -each & every day-renewed himself & inspired others with his love & compassion

2)He never deviated from the structure of the mitzvah. There is a powerful lesson in this. Hashem appreciates our creativity & fiery love for our people but at the same time He desires for us to channel this creativity in a healthy structure-like a fire contained in a fireplace-to value the gifts of that fire but to also create borders so that the fire doesn't spread & destroy. This is one of the challenges in life-to value creativity & healthy expansive expression & at the very same time express it within the borders that Hashem designed us to have for our benefit.

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Re: yechida's reflections

Posted by yechidah - 14 Jun 2019 14:06

Divrei Torah Kedoshim thru Bahaaloscha (had trouble posting this before)

wishing you a wonderful weekend!!

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Re: yechida's reflections

Posted by yechidah - 23 Jun 2019 02:24

Parshas Shelach-Dvar Torah

wishing you all a wonderful week!!

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Re: yechida's reflections

Posted by yechidah - 23 Jun 2019 02:44

1-Rashi explains the connection between the story of Miriam & the Spies in that the spies should have learned from what happened to Miriam & refrained from speak loshon hora. From here we see a very important concept in life. Everything we see & hear, everything we experience are lessons to be learned on how to behave-it's Hashem that gives us these experiences to learn from -this is Hashem "talking" to us on a constant basis. We can pray to Hashem to allow us to have the wisdom to see these signs & events & to interpret them properly so that we can know what Hashem wants from us.

2-Challah is the idea of taking the "first"-the "beginning "-& giving that to Hashem. Modeh Ani in the morning in expression of this challah concept. Using our first thought & words to Hashem to express our gratitude to Him & acknowledging that He is the source of our life. It's the blessing we make before a mitzvah or before we eat food or drink water. -that too is the challah concept- praising Hashem & thanking Him right before we take an action or experience pleasure. & though there are no formal blessings recited before engaging in marital intimacy,, we can still thank Hashem & express our gratitude to Him for gifting us our spouse & for giving us this experience. Same applies with every kindness Hashem gives us. By giving first to Hashem our experience in this kindness becomes a very rich & powerful experience

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