

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 - 03 Jul 2019 23:28

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Dvar Torah-Parshas Korach

<https://guardyoureyes.com/media/kunena/attachments/2149/korach-5779.pdf>

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Re: yechida's reflections

Posted by yechidah - 04 Jul 2019 10:39

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please see page 122 of yechida's reflections for a perspective of july 4th

in regard to the strange mitzvah of para aduma-how a mixture derived from ashes of a red cow can purify the impure & at the same time contaminate the pure-is a "chok"-beyond intellect & reason

it's like a mother who tells her 3 year old child that he has to do something & the child asks "why"? and the response is " i'm your mommy, your my child, your going to listen because I say so".

& while a 3 year old child will one day have the intelligence equal to his mother, we will always be like a 3 year old child to Hashem. some things are simply beyond our comprehension , & even when moshiach comes & the secret of parah adumah will be revealed to us-it will be as a gift to us-not because our brains had the intrinsic ability to grasp it

by keeping a "chok" we attached to the essence to Hashem by the essence of our soul

why? because we are obeying something that is beyond our logic-Im doing this because my mommy said so-Im doing this because my Creator told me to do it-period.

even logical mitzvos, on the deepest level, should be kept as a "chok". I'm not just holding back from stealing or murder because its logically & morally wrong-I'm holding back because my

Creator instructed me to hold back

it's not contradiction to the fact that Hashem wants us to delve into Torah & seek the meaning behind the mitzvos. True, He desires us to develop a deep understanding & Kavannah but at the same time on the deepest level He wants you to do the mitzvah simply because He , the King of Kings instructed you to do so.

In the same vein, Ahavas Yisroel is not only when you find in your fellow Jew a beautiful quality that logically gives you a reason to love him. Ahavas Yisroel is even when you don't find a logical basis to love him but rather you love him because he or she is one with you in essence- he or she is part of you, part of the Jewish people & that is why you love him or her-period-as Hashem's child

Even with non-jews , there can be a healthy connectivity (ie we have to be separate from non-jews in culture & behavior and at the same time be concerned about their welfare on a basic human level) from the simple fact that Hashem blew into every human being -a Tzelem Elokim- unfortunately it can be lost in a sea of wickedness but still its redeemable & can be accessed by many. it is because of this the lubavitcher rebbe once asked of a politician of a district that had a large chinese population to concern himself with the financial welfare of the chinese people saying they are generally very hardworking & decent & need to benefit from what ever services the district requires. what is a Jewish leader doing focusing on chinese people? It's the connection via the Tzelem Elokim-it's a chok -it's the way it is

This concept of "chok" may seem restrictive to some but when it being the connecting of our essence to Hashem's Essence-there can be nothing more liberating & powerful as that!!

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Re: yechida's reflections

Posted by yechidah - 07 Jul 2019 11:12

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true happiness if fulfilling one's personal mission in life-to find your true meaning-your true calling

every human being & certainly every Jew has his or her life filled with meaningful purpose

I would recommend very highly for everyone to read & internalize the books written by Victor Frankl. Firstly, his book "Man's search for meaning" & for those who wish to delve deeper-his book "The Doctor & the Soul"

It aligns with Torah & it is a thought provoking & life changing book(s) if one chooses to internalize the ideas written therein

here are some quotes from Viktor Frankl

**please read slowly & carefully & give it deep thought**

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom

Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way

Everyone has his own specific vocation or mission in life; everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced, nor can his life be repeated, thus, everyone's task is unique as his specific opportunity to implement it

Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked  
The more one forgets himself - by giving himself to a cause to serve or another person to love - the more human he is

For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment

Live as if you were living a second time, and as though you had acted wrongly the first time

Man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those chambers upright, with Shema Yisrael on his lips

No one can become fully aware of the very essence of another human being unless he loves him

Faith is trust in ultimate meaning Each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread

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Re: yechida's reflections

Posted by yechidah - 10 Jul 2019 10:12

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here is additional material on vikor frankl's logotherapy [Understanding Logotherapy](#)

Frankl believed that humans are motivated by something called a "will to meaning," which equates to a desire to find meaning in life. He argued that life can have meaning even in the most miserable of circumstances, and that the motivation for living comes from finding that meaning. Taking it a step further, Frankl wrote:

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances.

This opinion was based on his experiences of suffering, and his attitude of finding meaning through the suffering. In this way, Frankl believed that when we can no longer change a

situation, we are forced to change ourselves.

## Fundamentals of Logotherapy

"Logos" is the Greek word for meaning, and logotherapy involves helping a patient find personal meaning in life. Frankl provided a brief overview of the theory in "Man's Search for Meaning."

### Core Properties

Frankl believed in three core properties on which his theory and therapy were based:

1. Each person has a healthy core.
2. One's primary focus is to enlighten others to their own internal resources and provide them tools to use their inner core.
3. Life offers purpose and meaning but does not promise fulfillment or happiness.

### Methods of Finding Meaning

Going a step further, logotherapy proposes that meaning in life can be discovered in three distinct ways:

1. By creating a work or doing a deed.
2. By experiencing something or encountering someone.
3. By the attitude that we take toward unavoidable suffering.

An example that is often given to explain the basic tenets of logotherapy is the story of Frankl meeting with an elderly general practitioner who was struggling to overcome depression after the loss of his wife. Frankl helped the elderly man to see that his purpose had been to spare his wife the pain of losing him first.

### Basic Assumptions

Logotherapy consists of six basic assumptions that overlap with the fundamental constructs and ways of seeking meaning listed above:

#### 1. Body, Mind, and Spirit

The human being is an entity that consists of a body (*soma*), mind (*psyche*), and spirit (*noos*). Frankl argued that we have a body and mind, but the spirit is what we are, or our essence. Note that Frankl's theory was not based on religion or theology, but often had parallels to these.

#### 2. Life Has Meaning in All Circumstances

Frankl believed that life has meaning in all circumstances, even the most miserable ones. This means that even when situations seem objectively terrible, there is a higher level of order that involves meaning.

#### 3. Humans Have a Will to Meaning

Logotherapy proposes that humans have a will to meaning, which means that meaning is our primary motivation for living and acting, and allows us to endure pain and suffering. This is viewed as differing from the will to achieve power and pleasure.

#### **4. Freedom to Find Meaning**

Frankl argues that in all circumstances, individuals have the freedom to access that will to find meaning. This is based on his experiences of pain and suffering and choosing his attitude in a situation that he could not change.

#### **5. Meaning of the Moment**

The fifth assumption argues that for decisions to be meaningful, individuals must respond to the demands of daily life in ways that match the values of society or their own conscience.

#### **6. Individuals Are Unique**

Frankl believed that every individual is unique and irreplaceable.

#### **Logotherapy in Practice**

Frankl believed that it was possible to turn suffering into achievement and accomplishment. He viewed guilt as an opportunity to change oneself for the better, and life transitions as the chance to take responsible action.

In this way, this psychotherapy was aimed at helping people to make better use of their "spiritual" resources to withstand adversity. In his books, he often used his own personal experiences to explain concepts to the reader.

Three techniques used in logotherapy include dereflection, paradoxical intention, and Socratic dialogue.

1. **Dereflection:** Dereflection is aimed at helping someone focus away from themselves and toward other people so that they can become whole and spend less time being self-absorbed about a problem or how to reach a goal.
2. **Paradoxical intention:** Paradoxical intention is a technique that has the patient wish for the thing that is feared most. This was suggested for use in the case of anxiety or phobias, in which humor and ridicule can be used when fear is paralyzing. For example, a person with a fear of looking foolish might be encouraged to try to look foolish on purpose. Paradoxically, the fear would be removed when the intention involved the thing that was feared most.
3. **Socratic dialogue:** Socratic dialogue would be used in logotherapy as a tool to help a patient through the process of self-discovery through his or her own words. In this way, the therapist would point out patterns of words and help the client to see the meaning in them. This process is believed to help the client realize an answer that is waiting to be discovered.

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Re: yechida's reflections

Posted by yechidah - 11 Jul 2019 10:17

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The Chazal explain that the promiscuity of the daughters of Moav towards has a hidden agenda-to get the men to acknowledge & serve their idols-that was the condition places by them before actually allowing themselves to have sexual relations with the men of klall yisroel

we see from here what has been transpiring in human sexuality since the beginning of time. sex being used as an agenda or a manipulative force as a means towards a selfish need which may not always be sexual pleasure-it can be money or control or for many other complex negative purposes.

this is why a married couple need to work on themselves to do everything possible to remove any hidden agendas or manipulations in their sex lives but instead to foster love, trust & healthy vulnerability & to treat each other with kindness & respect.\

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just as sex can be used for manipulated purposes, the denial of sex & the rejection can also be used to hurt & cause pain or to be used as a tool to get something else. It is certainly ok for a couple to decide not to have sex because of illness or stress or other normal reasons as long as these reasons are expressed & explained & have no hidden agendas-but sometimes denying sex is used as a form of inflicting pain or forcing the other party to give in to another different demand in their relationship

This is why that together with actual sexual intimacy between a couple, there also needs to be inner work for the both of them to remove from their hearts & minds using sex (or denial of it) as a tool or weapon & instead use it for what it was meant to be used for-to foster love & trust & respect & healthy communication & to grow closer together-not just physically-but emotionally & spiritually as well

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Re: yechida's reflections

Posted by yechidah - 14 Jul 2019 09:39

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Parshas Balak-Dvar Torah

wishing all of you a wonderful week!!

<https://guardyoureyes.com/media/kunena/attachments/2149/balak-5779.pdf>

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Re: yechida's reflections

Posted by yechidah - 21 Jul 2019 02:02

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Parshas Pinchas-Dvar Torah

Wishing all of you a wonderful week!!

<https://guardyoureyes.com/media/kunena/attachments/2149/pinchas-5779.pdf>

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Re: yechida's reflections

Posted by yechidah - 21 Jul 2019 02:21

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These 3 weeks,

outwardly painful

inwardly-full of hope & light

17 Tammuz-17= Tov-because good is hidden within it-Aharon's words will ring true-it's a Chag-it will become a True Chag

Parshas Pinchos-filled with pride in our great nation as be list our noble lineage,filled with blessing of peace, of Hashem defending our honor against Midian, the love of Eretz Yisroel & the abundance light of every Yom Tov including Shabbos & Rosh Chodesh!!!

These 3 weeks-commencing with such a light , a Parsha of Light-illuminating our path so that we can transform these 3 weeks into 3 weeks of light & joy-the joy of being with Hashem , of returning to Him, our minds & hearts with burning love towards Eretz Yisroel like the pure burning hearts of the Daughters of Tzelofchod, our yearning toward the Beis Hamikdosh where will again arrive to on Pesach, Shevuos & Sukkos!!

we can tap into the inner purity & holiness & potential joy of these 3 weeks even when our hearts still mourn in our exile. because within the olive there is pure oil,within the darkness there is great light

Baseless Hate -transformed into True Love that is boundless for every member of our nation- That is where we start.

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Re: yechida's reflections

Posted by yechidah - 28 Jul 2019 02:01

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Dvar Toraj Matos -Masaei

wishing you all a great week

<https://guardyoureyes.com/media/kunena/attachments/2149/matos-masai-5779.pdf>

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Re: yechida's reflections

Posted by yechidah - 28 Jul 2019 02:16

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the parsha of nedarim teaches of the power & gift of words. even as we aren't on the level to risk making oaths & vows, we all have the gift & responsibility of using our words wisely

Rav Pam used to say that so much of marriage problems originate not from the specific challenge or challenges that a husband & wife have to deal with-but rather its the way one conducts oneself with the other & the way the husband & wife **talk & communicate verbally** with one another. Where a hurtful word or words snowball & makes a normal life stress situation into a crisis of major proportion

same with personal prayer with God, with communicating with siblings & co-workers, with the way one speaks on shabbos , the way one comforts the mourner & speaks to a sick or worried person.

pray to God to give us the wisdom to use our words wisely-to build, to heal , to bring light & compassion to our people & to the world

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Re: yechida's reflections

Posted by yechidah - 04 Aug 2019 10:55

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Dvar Torah Devorim

wishing you all a wonderful week!!

<https://guardyoureyes.com/media/kunena/attachments/2149/devorim-5779.pdf>

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Re: yechida's reflections

Posted by yechidah - 14 Aug 2019 11:27

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Dvar Torah -Veeschanan

wishing you all a wonderful week & a great Shabbos!!!

<https://guardyoureyes.com/media/kunena/attachments/2149/veschanan-5779.pdf>

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Re: yechida's reflections

Posted by yechidah - 20 Aug 2019 13:14

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Eikev-Dvar Torah

wishing you all a wonderful day!!

<https://guardyoureyes.com/media/kunena/attachments/2149/eikev-5779.pdf>

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Re: yechida's reflections

Posted by yechidah - 25 Aug 2019 10:29

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Reah-Dvar Torah

have a wonderful week!!

<https://guardyoureyes.com/media/kunena/attachments/2149/reah-5779.pdf>

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