

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 - 29 Mar 2020 12:39

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recommended reading

biography of Rav Noach Weinberg (written in a intellectual way)

biography of Rebbetzin Esther Jungreis (written in an emotional way)

both are fantastic & gives deep insight into the importance of kiruv & bringing back every Jew

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Re: yechida's reflections

Posted by yechidah - 14 Apr 2020 23:06

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a very vital point is for a person to honestly assess his or her strengths -not just to be critical of oneself over ones faults & errors.

teshuva-even fixing past errors-can be done with joy

not to be obsessive over the past , not to listen to harsh condemning voices that try to drag you down

instead live in the present-appreciate every gift from Hashem-& discover the beautiful qualities that are already within you

the days between pesach & shevous are days of great opportunity to do this

may you all be healthy & well & encourage yourselves & others during these difficult times

pray to the ill & the relatives of lost ones & let us all try to be kinder to one another

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Re: yechida's reflections

Posted by yechidah - 07 May 2020 18:37

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"There are two ways to get enough. One is to continue to accumulate more and more. The other is to desire less."

? G.K. Chesterton

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Re: yechida's reflections

Posted by yechidah - 17 May 2020 16:24

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"To love someone deeply gives you strength. Being loved by someone deeply gives you courage."

this is a powerful quote I saw

very true

the second sentence especially

that is the gift you give to someone you love

you give them the courage to be the best they can be

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Re: yechida's reflections

Posted by starting - 17 May 2020 17:02

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I love you yechida. I've been looking for an opportunity to say tha

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Re: yechida's reflections

Posted by starting - 17 May 2020 17:02

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I love you yechida. I've been looking for an opportunity to say that

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Re: yechida's reflections

Posted by yechidah - 22 May 2020 21:36

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a very moving & insightful talk by Rabbi YY Jacobson on the subject of death, loss & tragedy

<https://www.theyeshiva.net/jewish/7530>

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Re: yechida's reflections

Posted by yechidah - 03 Jun 2020 21:03

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"There's something in you that the world needs."

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Re: yechida's reflections

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Posted by yechidah - 10 Jun 2020 19:36

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I was told that the Stuchiner Rebber said the following:

The favorite Zohar of the yetzer hora is the one that says that wasting zera is a sin that Teshuva doesn't help for

now why the Zohar states this as a definitive statement is a strong question-because all the tzaddikim for all generations state that the Teshuva done out of love **DOES** help & **ALWAYS** helps

(could be it was to stress the seriousness of it so that it it shouldn't be taken lightly-yechida)

the next ploy of the yetzer horah is to say OK-the Ill admit that Teshuva out of Love works even according to the zohar-but **its impossible** to do Teshuva out of love" only people like Reb Elimelech of Lizensk can do Teshuva out of love-**but not us!!!**

**That too is false**-because its **EASY** to do Teshuva out of love--A Yid tells Hashem sincerely "Master of the Universe!! I love you & I want so much to be good & to do Your will" & he does what he can to correct himself THAT is Teshuva out of Love !!.

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Re: yechida's reflections

Posted by yechidah - 12 Jun 2020 14:01

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"A word of encouragement during a failure is worth more than an hour of praise after success."

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Re: yechida's reflections

Posted by Snowflake - 12 Jun 2020 14:50

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I've even read it twice... It's been a while since I read such powerful truths. Speaks to me in many ways.

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Re: yechida's reflections

Posted by Snowflake - 12 Jun 2020 14:52

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[yechidah wrote on 01 Feb 2020 23:59:](#)

regarding loving yourself, marriage & healthy eating

**Feb 1**

Life

A school

A testing ground

In having faith

In God

**Feb 2**

Divine Providence

In every particular in life

All for ultimate good

To bring us close to Him

**Feb 3**

Faith of God

Brings

Peace of Mind

#### **Feb 4**

Loving our people

Mitigates judgements

Even pre-repentance

#### **Feb 5**

Don't think that

#### **Because you don't love yourself**

God doesn't love you either

This is a false assumption

For He loves us

Intrinsically

#### **Feb 6**

Desire for women

(other than one's wife & soulmate)

Conceals & stagnates

Our love for God

From coming forth

Desire for one's wife & soulmate

Coming from not just body but also soul

Bring forth & accentuates

Our love for God

**Feb 7**

Deep desire in a woman is

To love her husband

When she doesn't sense that love

Her heart & mind in in turmoil

So loving your wife truly

Is not just a nice thing

Its instilling life in her

**Feb 8**

True love

Deeper than

Hugging & kissing

Deeper than

The physical act of sex

But all this

Is still needed

To express that love

**Feb 9**

Looking at women

Blocks a husband's heart

From fully loving

His wife

**Feb 10**

Its not just our soul

That is uniquely high

Our bodies too

Have great spiritual potential

Elevating the mundane

**Feb 11**

The primary gift

A husband

Can give his wife

Is a true & empathetic

Listening ear

**Feb 12**

A husband's wisdom (Chochmah)

Is sorely lacking

Unless he

Incorporates into himself

Accepting the discernment (Binah)

From his wife

**Feb 13**

If a husband's desire

For his wife

Is only physical/sexual

It will ultimately

Create distance

Not closeness or unity

She will feel degraded

Internally-

As a result

It's Ok

Even admirable

For a husband

To be sexually & physically attuned

Attracted to his wife

As long as

The soul-friendship bond

Is primary

## **Feb 14**

Generally speaking,

Man is attuned to intellect

Women to emotion

Though occasionally

It's the reverse

But deep intuition

Is primarily

A woman's gift

### **Feb 15**

Please Hashem

Grant me the strength

To overcome

My mouth's basic desires

Of evil speech & overeating

Instead

Help me speak

Only goodness & wisdom

And to eat healthy

With the right mindset

### **Feb 16**

Let me eat

To live

Not to live

To eat!!

### **Feb 17**

Please help me handle

By inner emotional pain

Properly

Not allowing it to trigger

Unhealthy releases

Such as overeating

Or misdirected sexual channeling

## **Feb 18**

To facilitate healthy eating

Eat-slowly & deliberately

Concentrate-when making blessings

Before & after eating

It's been a while since I've read such powerful truths. I have even read it twice. Speaks to me in many ways...

Shkoiach!

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Re: yechida's reflections

Posted by yechidah - 18 Jun 2020 14:36

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## **5 thoughts**

1

know deeply

your friend

to see clearly

that any flaw  
he or she may have  
has a counter force  
of a beautiful  
positive quality  
to be actualized

2

no word  
spoken or written  
should be expressed  
without clear thought  
& healthy emotion

3

our long & bitter exile  
has not diminished  
even an iota  
the preciousness & eternity  
of our nation

4

one cannot be someone else

he or she can only connect to God

with their own unique hidden gifts

given to them

**specifically**

**5**

though one must ask forgiveness

from the people whom you have hurt

always remember

to forgive yourself...

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Re: yechida's reflections

Posted by yechidah - 21 Jun 2020 13:29

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profound quotes by zelig pliskin

A happy and joyful person **has mastered the art of thinking in patterns that create happiness and joy**. Let this be your mind." ~Rabbi Zelig Pliskin

"A person who looks at life **through the lens of gratitude** will always find things to be grateful for. A person looking from a place of kindness and compassion will always find opportunities to be kind and compassionate." ~Rabbi Zelig Pliskin

"Experiencing joy in doing acts of kindness for others will increase the quantity and quality of your kind acts. When you enjoy doing things to help others, you will always be able to find enjoyable things to do." ~Rabbi Zelig Pliskin

"If a person decides to view life from a place of self-confidence, this confident lens will color all that he sees. More positive opportunities will appear." ~Rabbi Zelig Pliskin

"Imagine what goals you would set for yourself if you would be in your ideal state of mind using your ability to remember your greatest moments of self-confidence, recall some moments when you felt very self-confident. With your ability to use your imagination, imagine yourself acting extremely self-confident in the future. Now give yourself permission to imagine being given the gift of super great self-confidence." ~Rabbi Zelig Pliskin

"One way out of the worry pattern is to think of potential solutions. Whenever you worry about something, imagine three or more alternate outcomes." ~Rabbi Zelig Pliskin

"People who are self-confident have very different mental pictures and thoughts than people who lack self-confidence. People who feel very insecure feel that way because of what they say to themselves and what they picture about the past and the future. **When they upgrade their self-talk and their mental images, they experience life very differently.**" ~Rabbi Zelig Pliskin

"Realize that the only limits to your imagination are the limits you put on yourself. Therefore make it a daily habit to imagine yourself having high levels of self-confidence." ~Rabbi Zelig Pliskin

"Seeing through the lens of self-confidence allows much more light in your world. A self-confident person sees further and clearer. The world appears totally different. Your outlook is so much brighter." ~Rabbi Zelig Pliskin

"Some people tell themselves, 'It's my nature to worry.' But the truth is that no one is born a worrier. A person might have started worrying at a young age and have many early memories of worrying. A person might find it very difficult not to worry. But this isn't someone's basic nature.

Worry is essentially self-talk about something negative that you hope won't happen. You feel anxious and distressed about the possibility." ~Rabbi Zelig Pliskin

"The life of a person who loves to do acts of kindness will be a life of joy." ~Rabbi Zelig Pliskin

"The more you engage in joyful and grateful self-talk, the more your mind will be free from worry." ~Rabbi Zelig Pliskin

"We all have a constant flow of thoughts and mental pictures in our minds." ~Rabbi Zelig Pliskin

"When a person looks through a colored lens, everything seems to be that color. If the lens is tinted yellow or blue, everything seems yellow or blue." ~Rabbi Zelig Pliskin

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