

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 - 07 Mar 2022 15:30

Rabbi Jonathan Sachs

“Faith does not mean certainty. It means the courage to live with uncertainty. It does not mean having the answers, it means having the courage to ask the questions and not let go of God, as he does not let go of us. It means realizing that God creates Divine justice but only we, acting in accord with His word, can create human justice – and our very existence means that this is what God wants us to do.”

To Heal A Fractured World, p. 199

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Re: yechida's reflections

Posted by yechidah - 16 Jun 2022 19:35

Below is a link to very valuable sholom bayis shiurim (as well as shiurim on life topics)

shalom-bayit.castos.com/

anyone interested in joining the whatsapp group -please whatsapp this number 1-347-578-0669

can also email at sholombayis777@gmail.com

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Re: yechida's reflections

Posted by sleepy - 16 Jun 2022 20:02

ty and welcome back!

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Re: yechida's reflections

Posted by yechidah - 04 Jul 2022 13:46

Menuchas Hanefesh

Serenity

Its a learnable skill

we can pray for it Hashem & then do our hishtadlus to acquire it

It promotes healthy & clear thinking.

Emunah helps with this greatly

Taking time to pray-especially utilizing the Shemonah Esrai Tefillah can greatly promote
Calmness of Mind & Heart

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Re: yechida's reflections

Posted by yechidah - 07 Aug 2022 14:25

This special day-is both a day of mourning & a day of hope

A day of tears -not of despair-but of self correction & inner joy-a vehicle for bonding with every

one of our brothers & sisters

I saw this quote today-very powerful

"There is no other way to feel one with every man, with a leper, with a slave, except in feeling one with him in higher unity, **in the one concern of God for all men**"

We care from every single Jew because Hashem loves every single Jew

period

We work today towards building the Bais Hamikdosh within our hearts-as our hearts are bound with all the hearts of every Jew-it is One Heart

When we bring out our best potential-we are not just helping ourselves-we are helping Klall Yisroel

We build ourselves within-so as to reach outward to every Jew giving them encouraging words, kindness & love

May Hashem heal all the broken hearts in Klall Yisroel by shining within us the healing of Ahavas Yisroel

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Re: yechida's reflections

Posted by yechidah - 07 Aug 2022 14:31

if you have whatsapp-please whatsapp me at 1-347-578-0669 to join our **Sholom Bayis** group

below is a podcast with many of the prior shiurim posted (the groups on whatsapp will be ahead of the podcast soon , though shiurim are added to the podcast daily)

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There is also a **Pmini Group** of different shiurim NOT on the podcast which has 2 groups-one specifically for men, the other specifically for women , with also joint shiurim being posted in both for couple to work on together

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Re: yechida's reflections

Posted by yechidah - 07 Aug 2022 14:40

if you are a mature single of marriageable age-these shiurim will benefit you greatly as well

These are not just shiurim on Shalom Bayis- but in these shiurim there are also concepts of self inner work & development, talking about kindness, serenity, emunah, self confidence & many other topics

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Re: yechida's reflections

Posted by yechidah - 18 Sep 2022 19:19

Wishing a Kesiva Vchasima Tovah to All!

We will hopefully start again writing on this thread more consistently , to give each other strength, to encourage each other to grow

One thing I saw in a book called A spiritual soul book by Rabbi Shlomo Ezogui

Unique mission for each person

God has a unique plan & mission for each individual, No one thinks or looks alike, & each individual has a purpose that no one else can duplicate, upon which the entire world & cosmos depend

Wherever a person finds himself, it is because he or she was sent by Divine Providence to offer their unique talents to that part of the planet.

Each has a unique mission in the army of God in bringing God's plan in the world to fruition

Each connected especially to a particular attachment to a specific mitzvah & to ask oneself "Am I fulfilling the purpose I was created for"

Part of this -is NOT to get discouraged of our own personal struggles , because how we deal with it & how we can elevate ourselves because of these struggles is certainly part of our purpose in life as well

We need to know our faults so as to correct them , but we MUST know our strengths & our gifts as well, so as to utilize them not only to help overcome our faults -but to bring out the best in our soul & to fulfill out greatest potential in this world!!

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Re: yechida's reflections

Posted by yechidah - 14 Dec 2022 19:55

Don't Just

Don't just learn, experience.

Don't just read, absorb.

Don't just change, transform.

Don't just relate, advocate.

Don't just promise, prove.

Don't just criticize, encourage.

Don't just think, ponder.

Don't just take, give.

Don't just see, feel.

Don't just dream, do.

Don't just hear, listen.

Don't just talk, act.

Don't just tell, show.

Don't just exist, live.”

? Roy T. Bennett, [The Light in the Heart](#)

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Re: yechida's reflections

Posted by yechidah - 06 Mar 2023 17:11

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Re: yechida's reflections
Posted by yechidah - 02 Jul 2023 08:58

Gut Voch to All

May you all have a healthy summer, physically & spiritually!!

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Re: yechida's reflections
Posted by Shmuel - 02 Jul 2023 17:23

[yechidah wrote on 02 Jul 2023 08:58:](#)

Gut Voch to All

May you all have a healthy summer, physically & spiritually!!

Welcome back!

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Re: yechida's reflections

Posted by yechidah - 24 Sep 2023 13:47

Want to wish you all a Gmar Chasima Tovah

please email me at sholombayis777@gmail.com if you have any questions regarding these sholom bayis & life lesson groups

you can also email me at taryaga@gmail.com which is the main email address i use regarding this guard your eyes website if you have questions regarding aspects related to this or any subject

would the audience benefit from additional weekly postings on the yechida reflection thread as well as the yechida postings on the married men & the women sections?

or does the material already there suffice ?

or are there any specific topics of marriage /life/ emotions/life skills that need to be addressed ?

please email me to any of these 2 adresses for feedback

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Re: yechida's reflections

Posted by yechidah - 06 Jun 2024 17:22

TreesBY [JOYCE KILMER](#)I think that I shall never seeA poem lovely as a tree.A tree whose
hungry mouth is prestAgainst the earth's sweet flowing breast;A tree that looks at God all
day,And lifts her leafy arms to pray;A tree that may in Summer wearA nest of robins in her
hair;Upon whose bosom snow has lain;Who intimately lives with rain.Poems are made by fools
like me,But only God can make a tree.

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