Generated: 11 June, 2025, 08:22

yechida's reflections Posted by yechidah - 29 Jun 2009 19:47

(any questions, insights & suggestions about this thread, feel free to email me at <a href="mailto:taryaga@gmail.com">taryaga@gmail.com</a>)

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 placethis 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 indispensible as you are.

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Re: yechida's reflections

Posted by 7yipol - 22 Oct 2009 18:46

This raises such mixed emotions,
Oy, ad matai Tatte?!
Re: yechida's reflections Posted by yechidah - 22 Oct 2009 20:36
Dear brothers and sisters
Look for your good points,
especially after a shattering fall
you find that good nekudah in yourself
(maybe you saved a starfish)
and build on it
and you will see the loss is not so great.
The Loss Is Not So Great Edgar Guest

It is better as it is: I have failed but I can sleep;

Though the pit I now am in is very dark and deep

I can walk to-morrow's streets and can meet to-morrow's men

Unashamed to face their gaze as I go to work again.

I have lost the hope I had; in the dust are all my dreams,

But my loss is not so great or so dreadful as it seems;

I made my fight and though I failed I need not slink away

For I do not have to fear what another man may say.

They may call me over-bold, they may say that I was frail;

They may tell I dared too much and was doomed at last to fail;

They may talk my battle o'er and discuss it as they choose,

But I did no brother wrong--I'm the only one to lose.

It is better as it is: I have kept my self-respect.

I can walk to-morrow's streets meeting all men head erect.

No man can charge his loss to a pledge I did not keep;

I have no shame to regret: I have failed, but I can sleep.

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Re: yechida's reflections

Posted by yechidah - 23 Oct 2009 12:26

Cheshvon-the great special so called "bitter" and "bland" month that has nothing yet everything

GYE - Guard Your Eyes Generated: 11 June, 2025, 08:22
Us-the great special bland "nothing" that has everything
Dear friends,
I had brought in a previous post insights from a lubavitcher woman named Nechama Greisman zl who gave shiurim who was niftar in 1992 at the young age of 39.
Another precious gem from this special Yid who visited us for 39 years

Here is one that relates to anyone who does not feel that they have anything special within them.

I think many of us who struggle with a strong yetzer horah, and lose a lot of bitter battles feel this way very strongly.

Like Cheshvon-the month of anti-climax compared to the giant Tishrei of the recent past.

Back to the ordinary, mundane and boring life

Even the month of Av has Tu Bav. Tisha Baav will become a Yom Tov. So will 17 Tammuz.

Cheshvon has no visible holiday.

Because it is precisely the return the mundane world, to infuse it with holiness-this is the uniqueness of this month.

Uncovering the holiness of this seemingly "bland" month.

To bring out the best in ourselves through our own hard work, transforming "mar" (bitterness) into "massok" (sweetness)

Nechama Greisman zl then tells us this story.

Consider the case of Hendel Lieberman, for example. Reb Hendel was a well known chossid, who tragically lost his entire family, his wife and 5 children. Here he was ,having lost everything, left alone and in mourning!!

He couldn't imagine how he could continue

For a long period of time, he was very very gloomy and no one was able to cheer him up.

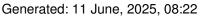
What could you say to such a person-get married again? Have another family again? He was not 18 anymore. It was very depressing.

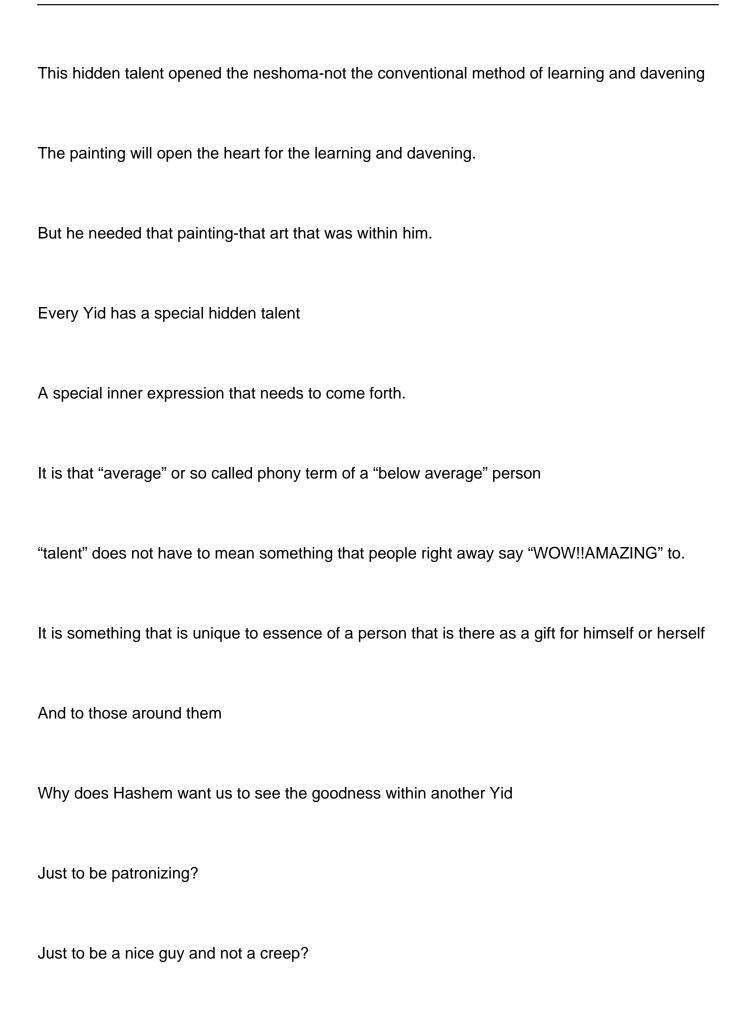
The Rebbe wrote him a long letter and spoke to him about what had happened. The Rebbe mentioned that through art and painting, a person could find what he was seeking.

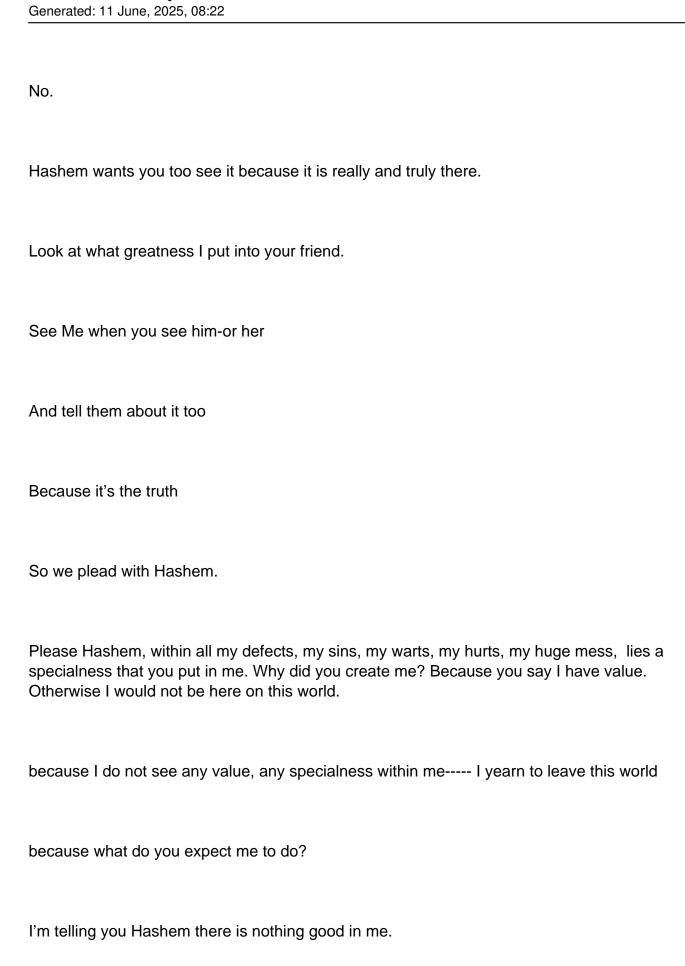
Now Reb Hendel had never drawn or painted in his life. What could the Rebbe possibly mean? However,he thought, if the Rebbe says something he must know what he is talking about. He was well into middle age when he tried his luck at painting. SURPRISE!! He discovered he had a great gift for painting. With the passage of time he became a great artist. In his later years, it must have been in his 70's,he was still giving exhibitions. His paintings have depth and now hang in many homes. He had a unique style. He often painted scenes of Russia,of Chassidim ,of life in the shtetl.

After he discovered his artistic talent he became a very cheerful person He never remarried, he never had another family. He lived alone in his home on President Street, corner of Kingston, but he became a warm and welcoming host for many guests. His house was never empty, he was never alone. That's why so many people called him Fetter Hendel, Uncle Hendel, even though he had no relatives, because that was the person he was. He was warm, he was alive. He was transformed into a different person altogether. This is one example of a person who had potential and talents which he didn't know about. But when he discovered them, he became a different person. If the Rebbe had not pointed him in the direction of art, you would never even think that this could become a new direction in life The same is true with all of us We have hidden talents.and vast spiritual resources waiting to be tapped. Do you hear this, our dear precious rough diamond?? We have hidden talents and vast spirititual resources waiting to be tapped. It does not need to be music or art or dancing or acting or designing







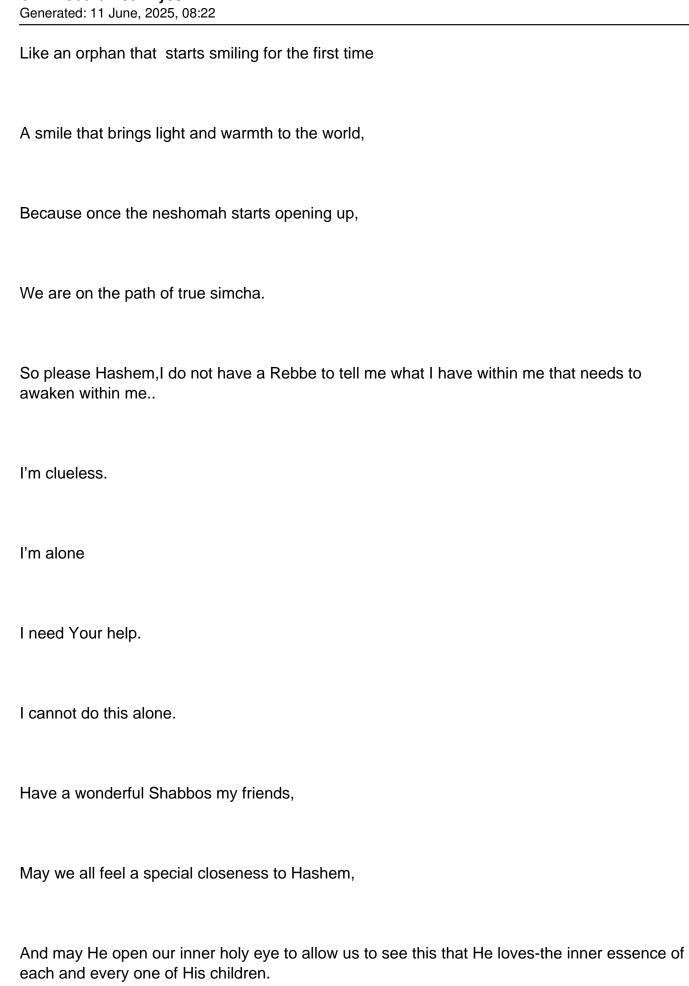


# **GYE - Guard Your Eyes** Generated: 11 June, 2025, 08:22 Nothing. Emptiness. Only sick stuff that I don't have the energy to fight anymore. I'm the month of Cheshvon Nothing There. We cry bitter tears, the diamond is a hoax, a course stone. And then suddenly a glimmer of hope, a sparkle, a gleam, a speck of light, That talent coming out of hibernation-I am here. I was always here. Waiting for you to see me.

My child I've always loved you.

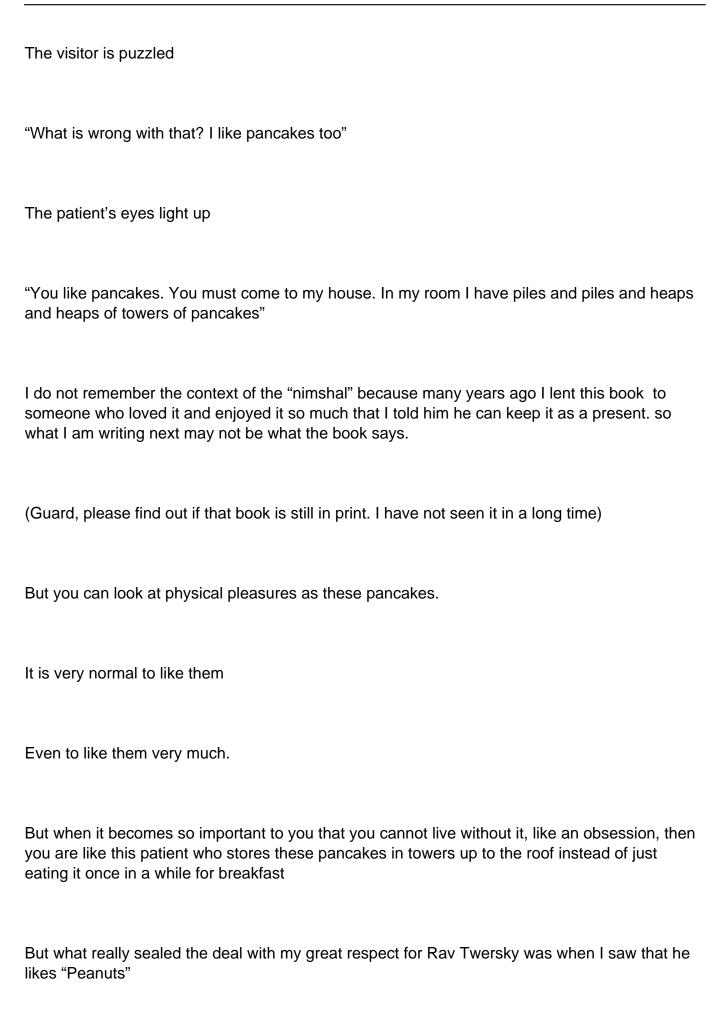
Like a flower that slowely opens

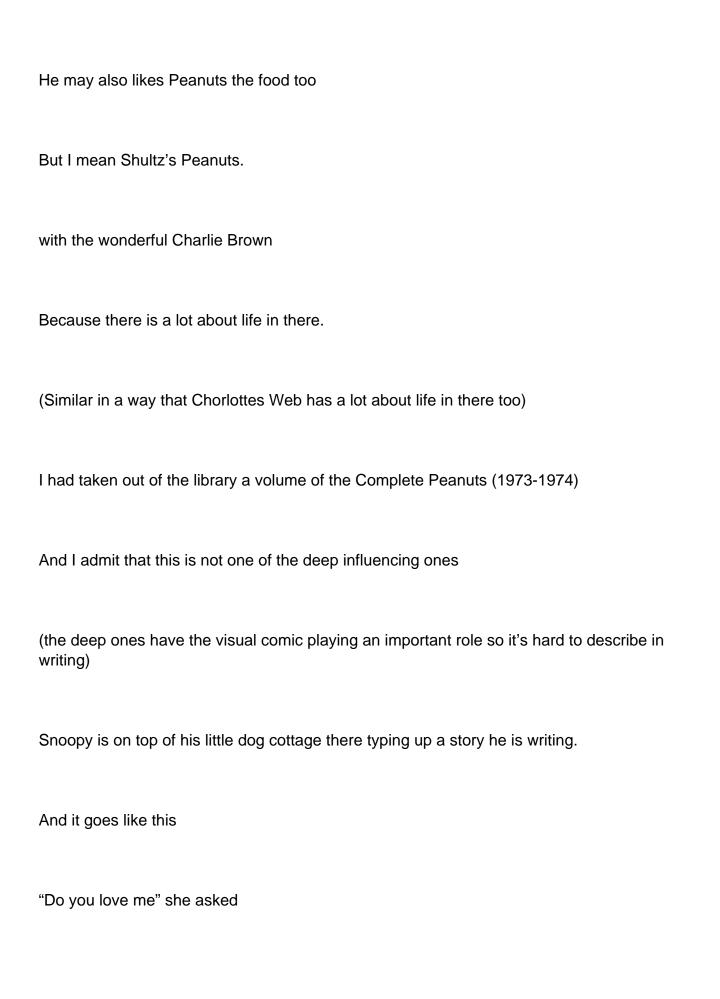
From that love that warm light will spread

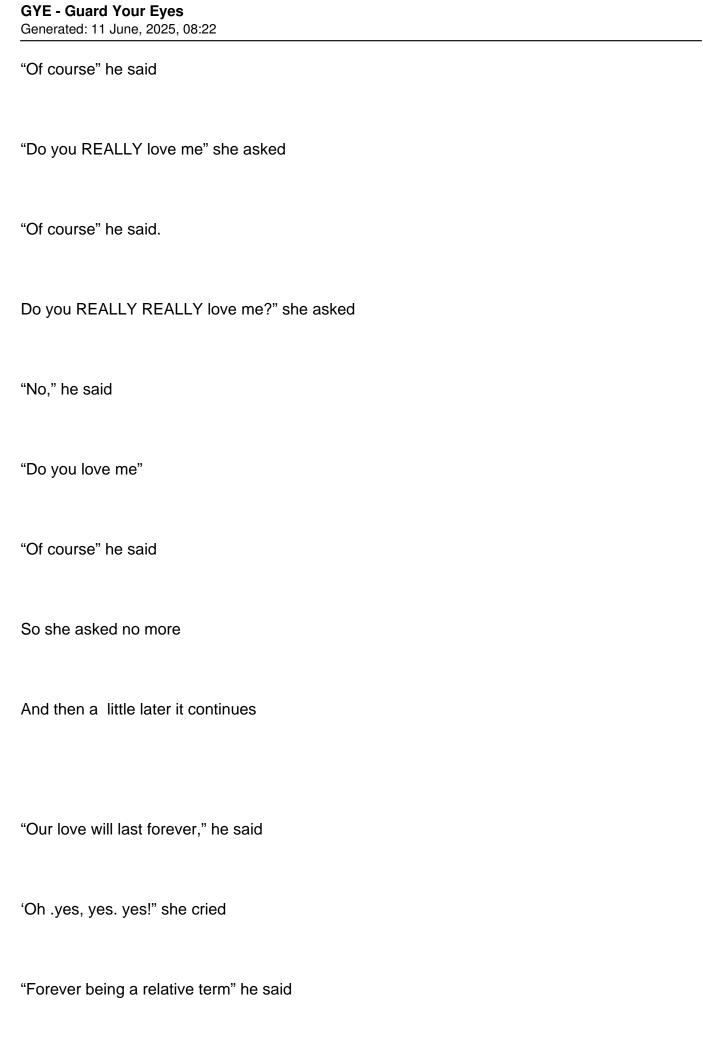


# Generated: 11 June, 2025, 08:22 Re: yechida's reflections Posted by letakain - 23 Oct 2009 13:42 yechida does it again. and just in case you don't know, yechida, you have a Major Talent in writing! KUTGW!!!!!! and have an AWESOME Shabbos! Re: yechida's reflections Posted by yechidah - 26 Oct 2009 12:41 I have respected and admired Rav Twersky for a long time, ever since I read his book "Let Us Make Man" He brings a mashal in that book A man is in an asylum A visitor asks approaches him "Why have you been committed?" "Because I like pancakes"

**GYE - Guard Your Eyes** 







She hit him with a ski pole.
Re: yechida's reflections Posted by yechidah - 26 Oct 2009 16:25
read once that the word "intimacy"
Means "profoundly interior"
inter" is "within"
within-est" or "most within"
Not self-absorption, but the
Contact of the depth of ones own soul,
Because intimacy begins at home,
Within oneself
One cannot find intimacy with another,
Unless you are not alienated or divided within yourself,
And being a friend to yourself is not a metaphor,
Not some sentimental idea,
Because this is the fundamental recognition of soul
We may feel lonely,
Because we have no friends,

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But we are really lonely

Because we have no relationship with ourselves

We are afraid of this intimacy,

Putting in a lot of effort to avoid it,

Scared to connect with our neshamah,

Scared to talk to Hashem

Because it takes courage to open up your soul,

To express itself, to receive another,

To invite Hashem within,

To let Him talk to you from the inside

I've read this,

and it's true,

the stretching of the soul,

is like the painful opening of the body at birth.

It is so painful,

We will often attempt to avoid it,

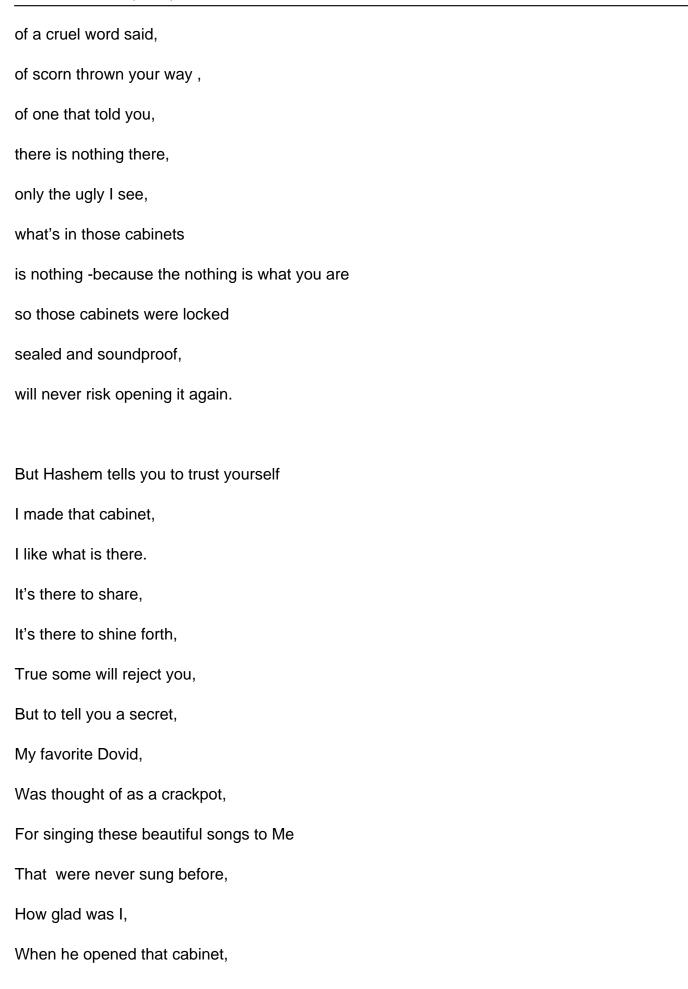
Even though such an opening,

Is full with pleasure and reward

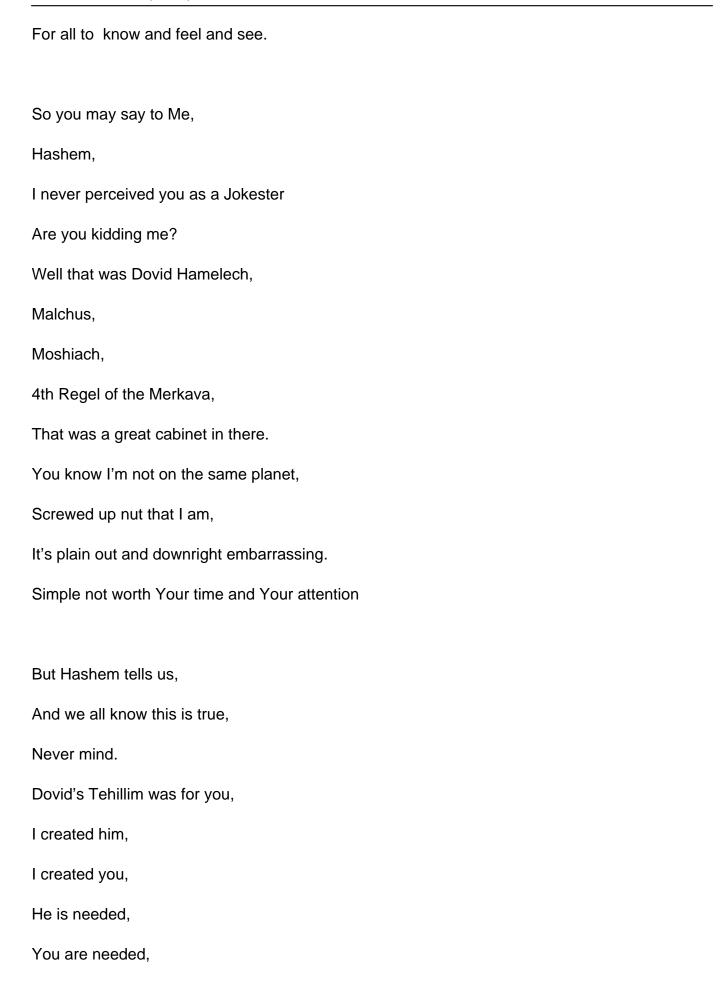
Consider this passage, from a letter,

Generated: 11 June, 2025, 08:22 By Ralph Waldo Emerson, Written September 30 1842, Experiencing a soulful conversation. "Hawthorn and I set forth on a walk, Our walk had no incidents, It needed none, For we were both in excellent spirits, Had much conversation, For we were both old collectors, Who never had the opportunity before, To show each other our cabinets" Friend and Friend, Chosson and Kallah, Husband and Wife, Rebbi and Talmid, Father and Son Mother and Daughter Take a nice walk, let the cabinets open, the one's where all the good stuff are stored in. because of a prior rejection,

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Generated: 11 June, 2025, 08:22 And I put that cabinet in there, Don't make light of it, Because I certainly don't, So you think you have nothing to give, That I created you for nothing, I make no mistakes, Your neshamah is part of Me, So sin can take that away, I see you doing Teshuva, Fighting every minute, What more can I ask for, True you still need to fix and correct, But what is in that cabinet is Good. I put it there. Infinite Warranty on the stuff in there. What's in there will always be Whole, Never broken, And you must share it, because it is not yours excusively You must share it with all those I love Mi K'Amcho Yisroel

Re: yechida's reflections Posted by 7yipol - 26 Oct 2009 17:56
The neshama of this YECHIDA is so, so, deep.
A wellspring of humble gadlus from
one of Hashem's most special and quietest soldiers.
We are truly blessed to be
on the receiving end of yechidas
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Re: yechida's reflections
Re: yechida's reflections Posted by yechidah - 27 Oct 2009 13:13
Re: yechida's reflections  Posted by yechidah - 27 Oct 2009 13:13  This piece of Divrei Yisroel (First Modzitzer Rebbe) I saw several years ago

Rashi says the 4 were small but stronger, but Avrohom still defended and helped the 5
The 4 kings represent the body (Air, Water, Fire, Earth)
The five kings represent the soul (Nefesh, Ruach, Neshomah ,Chayah ,Yechida)
The 4 kings are inherently stronger
But do not despair.
Hashem is with Avraham on the side of the 5 kings
And they will win at the end
the neshama is eternal and pure in its essence
Re: yechida's reflections Posted by Kedusha - 27 Oct 2009 14:17
yechida wrote on 27 Oct 2009 13:13:
The five kings represent the soul (Nefesh, Ruach, Neshomah ,Chayah ,Yechida)

pure,untainted

sincerely

a place where all of Klall Yisroel is One

the Noam Elimelech calles this level "Kol Yisroel"

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All right, mystery solved! Now we know where	your forum name comes from!
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Re: yechida's reflections Posted by yechidah - 27 Oct 2009 14:33	
dear kedusha,	
I am embarrassed to say this	
but personally have not lived up to the name	
but it's something we yearn to reach	
to reach a place that no sin can touch	

yechida
(who is honored just to borrow the name,knowing that it does not intrinsically belong to him)
======================================
Re: yechida's reflections Posted by Kedusha - 27 Oct 2009 14:39
yechida wrote on 27 Oct 2009 14:33:
dear kedusha,
I am embarrassed to say this
but personally have not lived up to the name
but it's something we yearn to reach
to reach a place that no sin can touch
pure,untainted
a place where all of Klall Yisroel is One
the Noam Elimelech calles this level "Kol Yisroel"

sincerely
yechida
(who is honored just to borrow the name, knowing that it does not intrinsically belong to him)
Nothing wrong with using a name that you aspire to live up to, which is what I'm doing too!
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Re: yechida's reflections Posted by yechidah - 27 Oct 2009 15:49
Rabbi Arush's sefer "Bisdei Yaar" has been translated into English, and is called "In Forest Fields"
From page 31 a review of the Chovas Halvovos on the basics of Emunah
Hashem has compassion on you
Hashem doesn't ignore your needs, nor does His contant Divine Providence ever neglect you
H is strong and invincible, and no one can stop Him from fulfilling your request

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He knows all your needs, even those you are not aware of
His Divine Providence never leaves you; from your first day on earth through your last day on earth, He is with you
He alone determines your fate, and no one other than Him can help you or hurt you
His generosity and loving-kindness know no bounds ,both for the deserving and for the undeserving.
This is the simplicity of Emunah
You are a creation and the Creator is with you all the time. He listens to you, heeding every word you say. Therefore, a person of emunah must live his emunah, namely he must know he can always turn to Hashem.
EVEN IF ONE IS SO CALLED "RELIGIOUS", WITHOUT A CONNECTION TO HASHEM, ONE LACKS THE MAIN ELEMENT OF SPIRITUALITY
Talking to Hashem in your own words is a declaration of faith that surpasses all logic, intellectual arguments, proofs and explanations.
When you speak to Hashem,He is surely with you
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Re: yechida's reflections Posted by yechidah - 27 Oct 2009 20:00

will not be on-line tomorrow
Hatzlocha Rabbah my friends
The Miracle of a Moment by Howard Simon
A week?
A day?
An hour?
Time enough
For excellence
A moment?
Too little!
Too swift!
Too short!
Too brief!
Not so
Not right
Not true
A moment?
It's enough!
Pregnant with possibilities
A moment

Overflowing with opportunities	
A Moment	
Saturated with significant	
A moment	
Rich with reality	
A moment	
Bursting with beauty	
A moment	
Loaded with life	
A moment	
Encoded with eternity	
A moment	
Maximize every moment	
====	
Re: yechida's reflections Posted by yechidah - 27 Oct 2009 20:48	
these are 2 beautiful poems by R' Kook	
stunning	
worth reviewing	

TECHIYA - Renewal	
Give me, give me	
rays of light,	
Too much for me, too much	
these pits of darkness.	
Give me the gift	
of purity of thought,	
Enough for me, enough	
these prisons of confusion.	
Gift me, gift me	
with the power of desire,	
Extend to me	
balls of fire.	
I'll explode with them	
the false towers and structures	
And the vanity of vanities	
that dwell within.	
proclaim liberation	

for my words and my pen
Without keeping
my wine in its barrel.
And without fear
the anxiety of the enslaved
We will announce together
words/matters of unity/uniqueness/unification.
Our words like arrows
will hit their marks,
And to our quarreling brothers and sisters
speak of our wrongdoing.
To raise ourselves beyond the divisions,
for the greatness of the people,
To expand our consciousness
as broad as the ocean.
To shake the dust
from the lands of our exile
That are cleaving
to our sickly hearts.

To understand the principle
that is everything,
The Torah, our destiny,
the power of the Divine.
To be concerned for the soul,
the soul of our people,
Turned over desolate,
in its exile from its home.
To awaken life,
for the renwal of the people
On the earth and in the heavens,
As they are there.
ME'OLAM RACHOK - From A Distant World
And from a distant world, full of illuminations,
The suns there are as broad as the ocean,
And the stars, like the light of our sun,
On the face of the sapphire stone,there.
The news reaches me,
Like dew full of overflowing delight,
Guiding me to the hidden Eden,

Therethe treasure is stored.	
All the faces there are joyful,	
Every mouth sings songs of praise,	
The highest feelings fill each heart,	
And all legs dance in jubilation.	
The past and the future are scrolled into one,	
Nothing hidden, everything known,	
Every soul full of love for all,	
Feelings for the multitudes	
Andthe light is sown.	
All the pasts flow like rivers,	
Purity, illumination, strength and light,	
Life renewed, freedom and liberation,	
Fillsall our thoughts and activities.	
And without teachers, guides, judges or politicians,	
Everything is good, everything is clear,	
There is no corruption or injustice, everything is with integrity,	
And the night shines like the day.	
To a world such as this my soul longs,	

# **GYE - Guard Your Eyes** Generated: 11 June, 2025, 08:22 In life such as this my spirit soars... ====