

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 the.guard - 25 Nov 2009 15:32

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brings tears to the eyes...

according to Kabbala, Leah is a higher level than Rachel...

oy, so much pain... one day we'll understand it all...

we'll see it was all love...

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Re: yechida's reflections

Posted by yechidah - 25 Nov 2009 19:54

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yes,Guard,it's very painful,and one day soon it wont have to be that way anymore

Rachel Leah 4(Conclusion)

There is another aspect of the sister relationship,

That may somewhat conflict with what was said before,

Or perhaps not,

That though the sisters loved each other,

Still, because Yaakov in Lavan's house represented Golus,

There was still a chism, an aspect of separation,

A certain lack of full acceptance,

Between these two sisters

Because seforim do discuss this subtle conflict,  
Starting quietly and almost unnoticed then,  
But continuing more openly in later generations,  
In the struggle between Rachel's son Yosef,  
And the sons of Leah,  
And in the rivalry  
Between Saul, descendant of Rachel,  
And Dovid, descendant of Leah

Why did Yaakov suffer so many obstacles,  
In setting up his family,  
Complications that would have such a long lasting impact  
On the future generations of the Jewish People?

This next concept I saw from Rav Kook ztl  
That we live a divided reality,  
Do we live for the moment, or for the future?  
We must always balance between  
The "here-and-now"  
And the "yet to come"  
On an individual, communal and national basis

Here is a direct quote word for word of a translation,  
That concludes with the beautiful possuk from Ruth (4-11)

"Hashem should place this woman, that comes to your house, like Rachel and Leah, who both built the house of Israel"

## Rachel and Leah

Jacob's marriage to two sisters, and the ongoing rivalry between them, is a metaphor for this duality in our lives.

Like all things in our world, the house of Jacob suffered from a lack of clarity. Jacob should have been able to establish his family on the basis of an enlightened present, blessed with integrity and goodness. He should have been able to marry and set up his home without making complicated calculations to prepare for future times. The natural purity and simple emotions of a holy soul should have sufficed.

Rachel, whom Jacob immediately loved for the beautiful qualities of her soul, represents the simple and natural love for the revealed present. Jacob felt that Rachel's external beauty was in harmony with the hidden world of the distant future.

But God's sublime counsel decreed that the future destiny of the people of Israel belonged not with Rachel but with Leah. This future was so profoundly hidden, that its current state - in Leah - was completely concealed from Jacob.

The hidden quality of Leah was embedded in the very foundations of the Jewish people. Because of Leah, we can raise our sights afar, skipping over the present circumstances, in order to attain a lofty future. Just as Jacob found himself unexpectedly wed to Leah, so too the path of the Jewish people throughout history does not always proceed in a gradual and orderly fashion. The future often projects its way into the present, so that it may be elevated and sanctified.

## Two Kings

The rivalry between Rachel and Leah, the conflict between the beautiful present and the visionary future, also found expression in the monarchy of Israel. The temporal reign of Saul, descended from Rachel, struggled with the eternal dynasty of David, from Leah's children. And even in the Messianic Era, the divide between Rachel and Leah will continue with two messianic leaders: the precursive redeemer, the "Mashiach ben Joseph" from Rachel, and the final redeemer, the "Mashiach ben David" from Leah.

Nonetheless, we aspire for the simpler state in which the present is enlightening and through its light the future acquires its greatness. For this reason, Rachel was always honored as the primary wife. Even Leah's descendants in Bethlehem conceded, "Like Rachel and Leah who both built the house of Israel" [Ruth 4:11] - thus honoring Rachel before Leah.

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Re: yechida's reflections  
Posted by yechidah - 25 Nov 2009 21:12

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## A Bend In The Road

by JODI BOWMAN SCULLY

Inspired during a time of deep depression as I took my evening walk and seeing the red sunset as I approached a bend in the road.

As I journey toward the setting sun,

I face a bend in the road.

No one seems to care or understand

that I bear a heavy load.

I barely understand myself, nor can I

control my moods.

I only know God "promised" that

He would see me through.

He promised He'd never leave me,

Nor yet forsake me here.

And in these words only -- can I

find a comfort and cheer.

My steps are getting shorter,

My strength is growing weak.

I pray "My God, please help me!"

If he would only speak.

Then I look toward the setting sun,

And the Bend In the Road,

And all I seem to see

Is the sky, red, aglow.

The sky says it all,

He did hear my prayer.

For in it I'm reminded,

Tomorrow will be fair.

So, don't give up, go on, have courage,

And face the Bend In The Road,

God is here, He's all around you and He'll bear your heavy load.

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Re: yechida's reflections

Posted by yechidah - 27 Nov 2009 13:30

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by Mike Genung

A few years back, I asked my wife to write me a letter describing how my struggle with sex addiction affected her. The following is her letter:

"You asked me to write a letter about how your addiction affected me. At the time, things were a bit hazy and I was young and didn't know what to think of everything.

It really flared my insecurities up. I measured myself up to other women "in your eyes". I was always trying to see what you'd find more attractive in others - where my flaws were. In the beginning of our marriage it was the worst. My insecurities plus your addiction equaled disaster.

I watched porn movies a few times out of curiosity to see where I was lacking in bed. In a way it was self-torture. "I wasn't good enough", "I didn't measure up". What was it that you were looking at or drawn to that I couldn't fill? I was constantly looking at women (probably more than you) to see if you'd notice her smaller waist, her whatever.

I've gotten better about not letting it be "my fault". If you ever decide to go down that road again and self destruct, it isn't going to be my fault. It'll affect me yes, but not like 12 years ago.

Your sex addiction ruined the little bit of self-esteem I had back then, and there wasn't much of it to begin with. It put me on guard for everything - I was afraid that if I wasn't "perfect" (whatever that is) you'd leave or stray. I made you my everything, which was wrong, and when you cheated on me it devastated me.

Today I still struggle with insecurity; I'm paranoid about any pictures that might be in something we might get in the mail, or even a magazine I might want to read. It's not that I think you're going to go back to where you were, but that you'll see in that picture what you don't have in me."

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Re: yechida's reflections

Posted by yechidah - 27 Nov 2009 14:22

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Dear friends,

Start Moving 1

There are times, that after falling down, and feeling low, no comforting words will help to get you up.

All the chizzuk on this site will for those bitter times not work, it will not help at all—until a later time. Now you read it without believing a word of it, but as a seed buried deep in the ground, it will bear its fruit later, it will be felt later, when you are ready to hear it.

But that time is not now.

Nothing will move you now because the despair is felt too deeply.

And therefore, even if the truth of encouragement speaks from within your own soul, or through your friends and family, you will not be able to listen, you, in your overwhelming pain, will not be ready to hear.

And on this subject I heard the following

After tragedy struck, after the initial shock ,as well as some time that is needed by every human being to be given the space they need to feel the grief and to mourn, that time passes and now you have 2 choices.

Either quit.



Stay locked up in a shell. Wallowing in pain. Going on strike. Withdrawing deep into yourself—which can be a very lonely place. It can sometimes be terrifying as those who experienced “solitary confinement” as a POW can relate. This can be just as bad-or worse.

Or you carry on and live the way you always did—and even better.

And really, you do not have any choice.

It's Life-or Life

And Life means that you were doing the good things and the functional things that you were doing all along.

Eat 3 good nutritious meals a day.

Try to get enough sleep.

Work

Go to shul 3 times a day

Say Kiddush Friday night

And you function.

Even if it's a dead mechanical functioning – you do it anyhow

There is no alternative

This is true on all levels and states of human existence

A person is a person, he or she is a human being, so there is a natural grieving process for a loss, any type of loss, physical, emotional or as we are talking about here-a spiritual one

There is in a loss of a loved one a process of shiva and shloshim and 11 months of kaddish, the “year” ,and after that a yearly yartzeit.

You may be surprised but a 70 year old man or woman may still feel a certain degree of sadness when thinking of a parent they have missed and not seen for a long while.

But that sadness does not stop the day to day life of his or her functioning, or the living of their life.

Because Hashem who gives us life, wants us to live, and to continue on

And the same is with a spiritual fall, especially after a very high climb, and that fall, for those who experienced it, is the most horrific and hellish feeling that there is on this earth.

There are some survivors of this that have the physical scars on their wrists to remind them of what that felt like.

And some don't make it.

It can be so overwhelming that you just want to lay there, and allow that cold earth that is strangely comforting to be shoveled on top of you, to drown out that pain forever.

No words will help during those moments

But there is an inner life force that Hashem put in you, that tells you "I want to live, It's time to move on, It's time to get up"

But But But...No But

Some truths are just truths, no rational logic can break it

Hashem tells you (and you know this but you do not want to hear it)

I know bad you feel

"No", you say, and you say this with a great feeling of incomprehension, with tears, You have no idea, You have no clue, If You would, You wouldn't let me feel this way

So Hashem repeats it again

It's inside you

It's inside you what He repeats again to you

I know how bad you feel

You are to rise up and move on

Move on, even when you do not feel Me within you.

And that is exactly what you do.

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Re: yechida's reflections

Posted by habib613 - 27 Nov 2009 16:57

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yechida, that letter, from your wife...

:( :( :( :( :(

it kinda sounds like me too...

R' guard, i think its an ACE

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Re: yechida's reflections

Posted by yechidah - 27 Nov 2009 17:04

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that wasn't from my wife

it's from the wife of a guy called Mike Genung

my wife does not write letters to me(very rarely)

she just tells me exactly what is on her mind

I agree,its very powerful

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Re: yechida's reflections

Posted by yechidah - 27 Nov 2009 17:08

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And this relates to the previous post "Start Moving 1"

Positive Vibrations Keep Moving.On

by Jay C Burns

Inspired by Life and the challenges one goes through. We learn and keep on moving regardless of what life gives us when we don't want it.

Postive Vibrations Keep Moving On

Life may throw you a curve ball be positive and

Keep moving.

Life may throw you a turn in the road stay focus and keep moving.

The mystery of life we can only guess stay focus and keep moving.

What ever gifts you been given share them and keep moving.

What ever limitations may be in your way ask God for strenght and keep moving.

Confront the limitations with your entire being and pray to the creator and keep moving.

Share what ever you been given, for this will help someone else and keep moving on.

Rest when you have to only for a while and all those who have been thrown a curve ball keep moving with Postive Vibrations.

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Re: yechida's reflections

Posted by habib613 - 27 Nov 2009 17:10

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hmmm... i read to fast and skip words.

now i see...

but it's still so perfect.

i still think its an ACE.

yechida, how much do you read exactly? because if you post 2-3 poems/articles a day... thats like a crazy amount.

i'd love to see your living room...

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Re: yechida's reflections

Posted by yechidah - 27 Nov 2009 17:24

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I do have alot of books at home,as well as what I take out of the library, and as far as the poems are concerned,alot of them I see on line.There are so many of them.The challenge is not finding poems but sorting out what is good and what isn't as good,so as I go through them I write down what the topic was and where I saw it.and which poets I like and which I don't.

I also take out books.So for example the poem a smile to remember I read in a very fat book of collected poems by that author.I did not like over 85% of what he wrote.But there are some that I liked and that one I found to be extremely powerful-It jumped out at me.

Soon,I probably will have to slow it down though....

But I love to read

That's a big yetzer horah for me

So I might as well use it for good.

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Re: yechida's reflections

Posted by habib613 - 27 Nov 2009 17:27

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wow

i can't get through the first line of poetry books.

and i used to love to read, but then i turned that to the bad.

so i just stopped.

i can't find anything normal anymore.

but you found this whole thread full.

and you sort through loads of stuff until you find it.

wow.

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Re: yechida's reflections

Posted by yechidah - 27 Nov 2009 17:32

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Have a wonderful Shabbos,Diamond,

And before Shabbos please reread the Diamond poem in your thread (page 89)

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Re: yechida's reflections

Posted by habib613 - 27 Nov 2009 17:34

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thanks yechida. will do.

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Re: yechida's reflections

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Posted by Dov - 29 Nov 2009 21:19

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Dear Yechida - Just want to tell you that I love the stuff you put here and thank you for all the smiles and even for the tears. You are another very precious yid. Thanks.

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