

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](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.

=====  
=====

Re: yechida's reflections

Posted by yechidah - 30 Nov 2009 13:41

---

Start Moving Parts 2 thru 6

Start Moving # 2

I saw a small two sentence lesson from Reb Nachman # 198 that says as follows

“When a person screams out to G-d, they tell him to move. As it is written (Shemos 14-15)  
‘Why are you crying out to Me? Speak to them start moving”

In the multi-volume English version there is a note that elaborates on this short and unusual lesson

That the Bnei Yisroel screamed to Hashem.

Surrounded

Sea ahead, Cliffs on one side, Desert and Wild Beasts on the other side, and to top it off vicious Egyptians that wanted them all dead right behind them.---so they scream to Hashem

G-d’s solution “Start Moving!!”

THIS VERY ACT WILL PRECIPITATE THE MIRACULOUS PARTING OF THE RED SEA THAT FOLLOWED.

Same with our personal lives

Seems like all is lost, financially, physically, family-wise .So a person has no choice but to scream to Hashem with all his might.

And then, he must start moving.

Doing something, ANYTHING,(within Torah parameters) , provided that he remains firm in his faith, he will witness miracles, he will see how Hashem led him from near tragedy to salvation.

The same is true with spirituality

Ups and Downs, Ups and Downs, Ups and Downs

Then comes that day

The point where you feel you cannot go on

Despite all my efforts, I have achieved nothing —or almost nothing

So I stop altogether—Despair.

This is the design of the Yetzer Horah

IT WANTS TO MAKE HIM STOP ALTOGETHER

The only solution is to keep on going

“They tell him to move”

Keep moving, keep your devotions.

Keep on studying and praying-even if you feel nothingness

Just do it

Eventually the Yetzer Horah will recognize that it cannot get you to start serving Him and it will despair of ever doing so

And you can start to heal

You can start to live.

Start Moving 3

Meditations of the Rebbe # 145 by Zvi Freeman

Sometimes it may appear that there is a place where,

According to all considerations

Godliness can't come

An obstacle that prevents you from accomplishing

Something beneficial. A friend who cannot be

Approached to help do a favor. A gathering of people

That seems meaningless

The appropriate thing to do is to

Throw out all considerations and just DO. Your job is

Not to determine IF or WHERE. Your job is to determine HOW

DO, and you will see miracles

Start Moving 4

This is what Nechama Griesman zl says on the subject

The Rebbe says Ahavas Yisroel comes down to Action

The deed is the main thing

It's not enough to feel it in your heart.

A “cardiac” Jew is someone who is Jewish in his heart, he feels Jewish, loves Yiddishkeit, and it’s all there, all there-in the heart

But not in his actions

Then the “gastronomical” Jew—kreplich, gefilte fish, cholent

Feels so so Jewish—in the stomach.

But what about his actions”

Did he share his kreplach and chulent with another Jew?

It’s not enough to feel love

You have to do something about this love.

From this we see that acts of love will bring feelings of love, but feelings of love alone is enough, and at times it is not even real.

And the same is true with the healing of the soul

There are times that the soul is exhausted.

Physically you may be more or less healthy, but spiritually exhausted, and you do not want to face and certainly not fight the problems that you are facing.

Get up anyhow.

Soon the spark of life will come back.

Start Moving 5

Yehoshua fell into mourning twice.

Moishe died.

Yehoshua mourned,

This past Shabbos I saw the Abarbanel that that he mourned with sackcloth and ashes, by the “oven”, which is the darkest place in the house.

He just wanted to stay there.

So Hashem tells him “Moishe my servant is dead. Now, come GET UP and cross the Jordan”

It was good and proper that you mourned your precious Rebbe for 30 days.

Time’s up with that.

First of all, Don’t be sad for Moishe-He is in a very good place.

And Secondly, don't mourn exceedingly over the dead.

Yes, You must mourn a Rebbe

But now is not the time anymore.

You have a mission

And it's time to move.

And later, 36 men, or Yaer the son of Menashe is killed

In the first battle of Ai,

Yehoshua tears his clothing, falls to the ground,

Cries, pleads,

And what does Hashem say?

Get up!!

Why are you falling on your face?

Again, he is told, after such a tragedy,

Death of precious Yiddin, or the tzaddik Yaer,

Get up!!

Start moving,

Let's fix the problem that caused this

You cannot mourn anymore,



You must move on

Start Moving 6

It pays to read 2 books by Gordon Livingston,

Packed with wisdom,

One is called "Too soon old, Too late smart"

With 30 pearls of wisdom,

And his next book has 30 more.

Yechida, in the MBTI system is an INFJ,

And part of the problem of that personality type is that that feelings can be in control,

And there are times in life where feelings cannot dictate behavior,

Nor can words that a person says dictate what the person really is.

Because in judging other we need to pay attention not to what they promise, but how they behave,

This simple rule could prevent much of the pain and misunderstanding that infect human relationships

We are drowning in words, many being lies that we tell ourselves and others.

And feelings often deceive us

Feelings will tell you to give up-you feel lousy-and rightfully so

So when you are feeling lousy-it's ok to feel it for a while, but soon you get up and move on.

You have basically decided that you refuse to be defined by painful feeling

I feel pain but that is not me.

It's part of me-but it's not me.

I get up and I do.

Even more so

“feelings follow behavior”

And the Chinuch said this many hundreds of years before Mr Livingston figured it out.

Part of the frustration here is the truth that we cannot always control how we feel or how we think.

“Efforts to do so are uniformly frustrating as we struggle against unwanted thoughts and emotions in ways that only exacerbates them”

But you can control what you do.

“If they say, correctly, that doing things they do not feel like doing is difficult, I acknowledge this and ask if “difficult” means the same thing to them as “impossible” “

It's not impossible.

It's just very very hard.

But it can be done.

And it must be done if you want to feel better and better.

And do not say what if the good thing I try to do doesn't come out exactly right

Never mind.

Do it anyway.

The good feeling will follow.

(That's in another chapter of his book called “The perfect is the enemy of the good”-it's a sick and demented society that we live in and this perfectionist mentality destroyed lives-this baloney of it's either all or nothing. Garbage, Garbage, Garbage. And this perfectionist attitude in parents and educators have killed thousands of kids. But these kids must do. If 80 is their potential they should work hard to get that 80 and be proud of it. A 60 for that kid is not acceptable and he must know this. You are more capable than that. But to try to violently and harshly squeeze a 97 out of that kid-then you should be aware that you may be squeezing the life out of that kid)

=====

Re: yechida's reflections

Posted by yechidah - 30 Nov 2009 13:43

---

3 very important poems

A Better Person

by Quanda R. Graves

.

Writing helps to keep me in perspective. It helps me recognize my wrongs, it guides me to do right. I can't live without it.

I let my pen take a ride on the highest flight of my feelings

I let my pen glide on the lines toward my spiritual healing

Inking out perspectives and analyzing all of my imperfections

Writing them down one at a time dividing them down into sections

Whatever may impact me, I find time to take notes

I then re-cap by reviewing what I just wrote

And I see that writing down my feelings is the perfect antidote

for me to become a better person.

## A Brand New Day

by Rose M Rideout

We start out in life young and innocent falling in love and starting a new life, a husband/wife and then a home and family, celebrating a new year after year, aging gracefully, graying and often forgetting the important things. Do we really forget or can we not just speak of them anymore but think of them. Often I catch myself saying I know it is on the tip of my tongue but can't seem to get it out. Maybe we look at others as we age knowing who they are but can't quite get it out. Who knows, I can only pray that with age my family doesn't toss me aside thinking I am too much work to have in their life. I can only hope that see through me and know I am the same person who cried the day they were born and walked the floor many nights when they cried in pain and help them to be the person they have become today. For we don't really know what each brand new day has in store for any of us.

## A Brand New Day

Written By: Rose Marie Rideout

Twinkling shining stars up in the sky,

A raindrops drips by the way,

A smile creeps across one's face,

So begins a brand new day.

A gentleman and a lady,

Smile that certain smile,

Caught up in a feeling,

Sure to make a style.

A baby's harsh cry,

A mother's listening ear,

Runs to sooth this tiny infant,

To tend to it's gently fallen tear.

First words are spoken out loud and clear,

Mother turns to her child and with a big hug,

Holds the child in her arms with pride,

While at her heart they tightly tug.

So begins a brand new day.

Another birthday to celebrate,

Another year to add to the years passed,

Just another senior to toss aside by the way,

In the way of our lives, just another old outcast.

Greying of hair, losing their mind, now gone astray,

Too much to consider caring for them as a part of our life,

Remember soon that will be as you and me dear one day,

Love still lies deep within our hearts and souls,

Still we choose to share with you our time,

For what is left of it today is little,

Memories dwindle in our mind.

We will continue to see,

The beauty inside you,

The beauty that we saw that day,

That special day you cried out loud to me,

That precious day you knew me and called my name,

That day I held you so tight with great pride and a hug,

That same day at my heart you so tightly tugged,

For that was the beginning of our love,  
The day you knew I would be there,  
Always to love you dearly,  
As I celebrated,  
year after year,  
The older you got,  
The more I loved you dear,  
Never to let you forget, Each day was,  
A brand new day,  
Another day,  
To cherish  
you.

Head, Heart by Lydia Davis

Heart weeps.  
Head tries to help heart.  
Head tells heart how it is, again:  
You will lose the ones you love. They will all go. But even the earth will go, someday.  
Heart feels better, then.  
But the words of head do not remain long in the ears of heart.  
Heart is so new to this.  
I want them back, says heart.

Head is all heart has.

Help, head. Help heart.

=====

Re: yechida's reflections

Posted by yechidah - 30 Nov 2009 13:56

---

Dear brothers and sisters

Please read today's posts-they are very important lessons in life

I posted a lot today because yechida has to stop posting for a while, and perhaps indefinitely

My words stop with this post,

but my heart and soul is always here with you,

Thank you my dear friends.

You have helped me way way more than I possibly could have helped you.

I am forever grateful to you for that,

With the greatest love,



Because the Heart of Klall Yisroel is One

yechida ( may he see all of you very soon in Yerusholayim, on our way to the Bais HaMikdash)

=====  
=====

Re: yechida's reflections

Posted by letakain - 30 Nov 2009 18:23

---

yechida, i'll miss all your inspiring posts. i've been pretty busy b"H but i really enjoy reading your posts.

thank you for every word!

=====  
=====

Re: yechida's reflections

Posted by Kedusha - 30 Nov 2009 20:16

---

Please come back and visit!

=====  
=====

Re: yechida's reflections

Posted by habib613 - 30 Nov 2009 20:46

---

you're leaving? :o

but...

but...

no. :'(

=====  
=====

Re: yechida's reflections

Posted by 7yipol - 30 Nov 2009 21:24

---

YECHIDA,

May Hashem show you clearly what He wants from this yechida

and allow you to feel His embrace every day of your life.

=====

Re: yechida's reflections

Posted by Dov - 30 Nov 2009 21:50

---

PS. Who the heck *are* you?! ...just kidding, sort of. But it would really be nice one day for all of us to get together somewhere...really....bye.

=====

Re: yechida's reflections

Posted by letakain - 01 Dec 2009 19:29

---

please come back :'(

=====

Re: yechida's reflections

Posted by the.guard - 03 Dec 2009 21:04

---

*Yechidah was told to leave the forum by a Tzadik. We are working to reverse the Gezeira. Meanwhile, he sent me this beautiful piece:*

Dear Friends,

I would like to reiterate the point that I had made in many ways and many times, that even one who is addicted to the most unhealthy and most lowest behaviors very often have very high and very special souls.

This generation especially is one in which great light shines forth from darkness.

One caught up with all the filth may not see that special spark of light-but it's there- and it is ready to be accessed and opened up

This spark of great power, a spark that many tzaddikim do not have, is what the Yetzer Horah wants you to forget.

That Hashem has a great investment in you , directly linked to the depraved state you find yourself in.

There is one thing you must accept, though

It is very unlikely that Artscroll will publish a biography about you

(And not that you should want such a thing anyway)

Because though a Baal Teshuva can be greater than a Tzaddik or what we would call an "unconventional" Tzaddik, the reality is that most of the frum world is not comfortable with such an individual nor do they deem them to be great. In their eyes, this person wallowed in mud and got out of it and cleaned up his or her act, "Big Deal", they say. So you cleaned up your act, that does not mean that you deserve a medal. All you did was screw up your life for 35 years

and then unscrewed it for another 35, no great shakes, don't expect me to give you any credit for cleaning up the vomit on the floor that you in your pathetic state spewed there in the first place.

It's scary. There are many that think this way. That is not conjecture. That is fact. Yes Tesuvah is nice, but is the Plan B, or if you were really bad news, its plan C or F. True they won't throw you in Hell, because you did Teshuva, but don't think you accomplished much in life. So you want a standing ovation for not watching pornography 40 years of your life after watching it daily the first 40 years, dream on my friend. Just thank the lucky stars that you won't end up in Hell because more or less you are a pathetic non entity or in halachic terms you are a "Bdi'Eved". Your whole life is nothing more than a project that was a huge failure but with Hashem's mercy, He let you get by.

Of course, none of this is true.

It's a great distortion of Reality.

Hashem may have put many of us at what appears to be a great disadvantage, in a home with parents that have such filth in the house, or a private office at work with unfiltered or even filtered internet that seem to have a mind of its own and projects to you things that pull you in. Sometimes, you start off the day straight and clean and things fly up to you from left field.

Or you end up with parents that seem to create obstacles to your spiritual growth

We are not talking here about casting needless or false or unproductive blame.

Because ultimately we are to grow as a healthy adult and we can overcome a lot of the obstacles we face.

It is useless to spend your life placing blame even if in some cases, and to a point, you may be 100% right.

But sometimes the truth is that you were put into an unenviable position.

And Hashem knows this.

You were not born to the parents of Rav Moishe Feinstein or the Steipler.

Mazal Tov.

The Tanya in chapter 18 (and chapter 2 alludes to this too), says the following:

“At times, the sinners of Israel may even bring down (for their children) very lofty souls which have been in the depths of the kelipos, as is explained in Sefer Gilgulim)

I will quote a paragraph from the English “Lessons in Tanya”

A soul that has fallen captive in the hands of the kelipot, release it of their own will. Anything in the hold of the kelipot cannot be wrested from them against their will, for the principle that “God does not make unjustifiable demands of His Creations” hold true even with regard to kelipot. In the case of a child born to sinful parents (here I would add that in some cases it may not be sinful parents. It may be simple decent parents that simply weren’t learned or educated in spiritual matters), the kelipot willingly release the soul, in the hope that such a child will be influenced by their parents, and will become a sinner like them (or in my case , the kelipot assume that the child will just follow the simple way of life of his parents and not transcend beyond that point-nothing great will come of him anyway).In this way the kelipot stand to extract an even greater measure of vitality from the holiness of the soul by means of its eventual sins.

HOWEVER,HAVING SUCH A LOFTY SOUL, THE CHILD IS ABLE TO OVERCOME THE OBSTACLES IMPOSED BY IT’S PARENTS WICKEDNESS (or transcend the parents less lofty state of soul), AND MAY RISE TO THE LEVEL OF THE TZADDIK.

In this way, paradoxically, it comes to pass that a tzaddik may be born to wicked parents BECAUSE of their wickedness (or, a tzaddik may be born to simple parents BECAUSE of their simpleness)

My friends, despite past failures, even of many years, who told you that you do not have this lofty and special soul?

The fact that you only see ugliness means nothing at all. That is the Yetzer horah's biggest coverup. He hides that lofty soul from you.

But you need to start looking.

And you will find this spark

But even after you do, he will tell you that it is not worth fighting for because all you are doing is unscrewing a screwup, you're that low janitor that smells like vomit, that cleans vomit off the floors and walls. And at the end of it all, you will have a very clean house but a very empty one. Look at that tzaddik there who was learning Torah and doing mitzvos for 90 years. Now THAT'S A HOUSE!! You You have nothing at all.

Drown out that voice because it is false. Hashem knows that many of us were put into environments and situations that are not attuned to Kedushah and we have to fight 10 times harder than that other Yid who has Shas in his head, the one who knew all those Rav Akiva Eigers when he was still in pampers, the one who quotes the Shav Shematza in a muffled voice because he is still chewing on the pacifier, the one who finished all of the Mishnayos on his 8th birthday, and the one who for 50 years does not know what his wife looks like, who finds sex very distasteful even with his good and beautiful wife because he is getting such a geshmak from figuring out pshat in the Rashba, the one who rarely have those dark nisyonos that we do.

Hashem tells you. You are wondering to yourself why is so hard to stay a good and clean Jew even for a day, even for an hour?

Stop wondering and stop trying to second guess Me

Because this is why I created you, and this is what gives Me the most nachas, that actually causes the Heavens to shine and all the malachim to sing.

And that is why you are the one that will bring the Third Bais Hamikdosh down from the Heavens into the Har Habayis.

Because I wanted this all along

That nail- biting, gut-wrenching, blood-stained "10 or 100 times harder" fight that you fight for Me , every hour of the day.

That is why I love you so much

=====  
=====

Re: yechida's reflections

Posted by Dov - 03 Dec 2009 22:31

---

Thanks for posting that for us, R' Guard!!

=====  
=====

Re: yechida's reflections

Posted by habib613 - 04 Dec 2009 02:25

---

wait...

yecheda left permanently?

:'(

but that was a beautiful post... as always.

thanks R' guard

and can you tell him we say thank you?

=====  
=====

Re: yechida's reflections

Posted by TrYiNg - 04 Dec 2009 05:04

---

**YECHIDA LEAVING?? ??**

WHO'S GONNA POST SUCH BEAUTIFUL CHIZUK? AND POEMS? AND LETTERS? AND  
ARTICLES? AND DVAR TORAHS? :o :o :o :o :o :o :o....

**THERE ARE NO WORDS TO SAY WHAT A DIFFERENCE YOU MADE IN MY LIFE AND I'M  
SURE IN MANY OTHERS...**

HASHEM SHOULD REPAY YOU MANY TIMES OVER...

PLS COME BACK :'( :'( :'(



WHO'S GONNA TELL US HOW SPECIAL WE ARE NOW?? :D

:'( :'(

=====

Re: yechida's reflections

Posted by letakain - 04 Dec 2009 16:54

---

NOOOOOOOOOOOOOO!

from TrYiNg who's gonna miss you tonz  
YOU CAN'T LEAVE!

YOU JUST CANT!!!!!!!!!!!!!!!!!!!!

Waaaaaaaaaaaaaaaaah! :'( :'( :'(

=====