

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 letakain - 17 Dec 2009 16:31

thank you yechida!

all it takes is one small candle

one small flickering shining candle

that is all it takes

to penetrate the dark

all it takes is one small tear

one small earnest, shining tear

that is all it really takes

to mend a broken heart

when we put our hearts and minds together

a thousand glowing candles burning bright

then we become a force that can't be measured

and together we can drive away the night

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Re: yechida's reflections

Posted by yechidah - 17 Dec 2009 17:43

Thank you Dov-the Ishbitzer teachings helped me alot and I have to accept that perspective that you mentioned.painful and happy.happy not despite the pain,but because of it. and I have seen

a small piece of that unexpected fruit.

Thank you TrYing-you may have suffered from that candle blowing out often, but one night unexpected,that candle will be lit, and will endure, and live on in the neshamah of TrYing,and we will all share in its light and warmth.Treasure every kindling,especially those blown out ones.they are being stored in a secret place.you will see that light one day.

Thank you letakein-please please please do not take your own poems lightly.I have seen alot of them.and yours are unique.do not discard or disregard even those that you feel are not so good.Hashem gave you a channel,a vehicle,a way to open up your neshamah as well as others.and may you enjoy the writing of it, atleast as much as we enjoy the reading of it.

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Re: yechida's reflections

Posted by yechidah - 17 Dec 2009 19:26

Pools

Peter Hughes

Through the cold winter wasteland he trudged, leaning into the harsh wind which spitefully tried to force him back. He was covered from head to toe in layers of thick clothing, layers of protection against the harsh environment. On he fought, searching, searching. He was working so hard. This must be the way.

In the distance he saw what looked like steam rising out of the ground. It rose a few feet and then was quickly whipped away by the biting wind. He altered his course and turned towards the steam, gaining some blessed relief as he turned his chapped face out of the gale. As he got closer, he thought he could make out voices. Their tone was unfamiliar to him - musical, relaxed and warm - their melody enticed him closer. Finally he got close enough to peer through the

mist.

There before him was a remarkable sight. In the midst of the frozen wasteland, cut into the ground was a large pool. Several people were in the pool, they seemed to be floating easily without any effort. As they saw him approach, a woman called out to him.

"Come in here. It is lovely and warm. You can just lie back and relax," said the woman.

"I can't. There are no steps." The man replied.

"Just jump in. It really is lovely in here. Come on. There's plenty of room for another." Another of the floaters joined in the persuasion.

"But what if I don't like it, how will I get out? The sides are too high to reach up to."

"Believe me, you won't want to get out. Come on. It is so good in here."

He stood for a moment, paralyzed with indecision. It looked so much like the answer, but how could it be this easy? Just jump in? Lie back and relax? It couldn't be that simple. It must be a trick. He could not trust them. There was no way out if he changed his mind. He blocked out their warm invitations and once more filled his mind with grim determination.

On he trudged. Hours passed and his shadow grew long. Then once again in the distance he saw another cloud of rising steam. Entering the mist, a similar sight greeted him once more.

"Come in here. You don't have to be cold any more," said one of the bathers in a gentle voice. All the faces in the pool turned to look at him. Warm smiles reached out to him but his eyes could not perceive them.

"How do I get in? I can't see any steps. You are a long way down." He asked once again.

"Just jump in. It is very deep. You will be quite safe."

"But what if I want to get out? What if I get tired and cannot stay afloat any longer?"

"This is not like normal water, we are kept afloat without any effort. I promise you, you really will not want to get out."

"But my clothes will get wet and their weight will drag me down."

"You can remove all those layers. You will not need their protection in here. It is always beautifully warm."

But he could not bring himself to do that. Those layers were his protection, accumulated over the years to keep out the bitter cold. How could he now discard them, just like that? How could he allow himself to be so exposed?

On he trudged. Darkness came and the temperature dropped still further. Snow began to fall and the wind drove it into his face. Walking blind he carried on.

Then suddenly he felt some warmth in the air and the ground disappeared beneath him. With a scream he fell and his fall was broken with a splash. Panic overcame him and he thrashed around desperately until his hands touched a wall and he clawed at the smooth surface, loudly cursing the futility of it.

Then suddenly he heard a soft voice beside him. "'Shhhh. It's OK. It's OK," said the soft voice. "Just relax. You will be OK." Then he felt hands moving over his body, searching then loosening his winter clothing. Layer after layer was gently removed, the soft voice continuing to sooth his

panic until eventually he could feel the wonderful warmth of the water directly against his skin. "It's OK," said the voice once more in the dark. For the first time since he could remember, he fully relaxed and quickly drifted off into a much needed sleep.

He awoke to a wonderful new dawn. He felt the wonderful warmth of the water around him. Then he heard footsteps above. A weary man dressed head to foot in winter furs peered over the edge of the pool.

"Come in here!" He quickly shouted to the man. "It is so wonderful in here!"

"But what if I don't like it? How will I get back out?" The man asked.

"Believe me. You really won't want to get out," he assured the man.

The story could have been reversed, with the pool being the trap, with the lesson to not fall into it, and the storm will pass, and you will have come through it safe and sound

But at the same time, the story as it is brings out a point that we may need to that emunah, that leap, that will lead us into Hashem's embrace. And with the storm all around us, that is the only thing we can do.

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Re: yechida's reflections

Posted by yechidah - 17 Dec 2009 20:20

Last Respects

Author Unknown

One day not too long ago the employees of a large company in St. Louis, Missouri returned from their lunch break and were greeted with a sign on the front door. The sign said: "Yesterday the person who has been hindering your growth in this company passed away. We invite you to join the funeral in the room that has been prepared in the gym."

At first everyone was sad to hear that one of their colleagues had died, but after a while they started getting curious about who this person might be.

The excitement grew as the employees arrived at the gym to pay their last respects. Everyone wondered: "Who is this person who was hindering my progress? Well, at least he's no longer here!"

One by one the employees got closer to the coffin and when they looked inside it they suddenly became speechless. They stood over the coffin, shocked and in silence, as if someone had touched the deepest part of their soul.

There was a mirror inside the coffin: everyone who looked inside it could see himself. There was also a sign next to the mirror that said: "There is only one person who is capable to set limits to your growth: it is YOU.

You are the only person who can revolutionize your life. You are the only person who can influence your happiness, your realization and your success. You are the only person who can help yourself.

Your life does not change when your boss changes, when your friends change, when your parents change, when your partner changes, when your company changes. Your life changes when YOU change, when you go beyond your limiting beliefs, when you realize that you are the only one responsible for your life.

"The most important relationship you can have, is the one you have with yourself."

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Re: yechida's reflections

Posted by 7yipol - 17 Dec 2009 21:29

YECHIDA,

Your posts get deeper and deeper each day.

Thanks for sharing these wonderful insights.

But most of all;

Thanks for sharing yourself...

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Re: yechida's reflections

Posted by yechidah - 17 Dec 2009 22:08

Thank you

About sharing,I am planning to post something tomorrow (or Monday the latest) that is no great revelation or anything like that, but it is of a somewhat more personal nature that I think may help some Yidin here.

I know it's the right thing to post this ,but because it is not natural to me , I'm somewhat feeling mixed up about sharing this.

But I am taking 7UP's advice about sharing to heart,

7UP is wise

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Re: yechida's reflections

Posted by imtrying25 - 18 Dec 2009 00:45

[letakain21 wrote on 17 Dec 2009 16:31:](#)

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one small flickering shining candle

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Am i smelling The Rebbe Reb Abie. He never fails to amaze. This in my opinion is one of his most beautiful songs. Thank Hashem for Abie.

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Re: yechida's reflections

Posted by yechidah - 18 Dec 2009 13:56

Growing Good Corn

Author Unknown

There once was a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon.

One year a newspaper reporter interviewed him and learned something interesting about how he grew it. The reporter discovered that the farmer shared his seed corn with his neighbors.

"How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

He is very much aware of the connectedness of life. His corn cannot improve unless his neighbor's corn also improves.

So it is with our lives. Those who choose to live in peace must help their neighbors to live in peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

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Re: yechida's reflections

Posted by yechidah - 18 Dec 2009 15:31

(an open letter to all reader of the forum, as well as to those that read this thread)

And Guard, please don't put this anywhere else, not in chizzuk emails, and not anywhere else other than here. I'm not even comfortable about it being here.

Dear brothers and sisters,

Even hiding behind the name yechida, I am not comfortable opening up about certain things. At first I thought that the reason for this was the obvious one. So that people should not discover who I am. But now I see that that has very little to do with it. Even practically nothing to do with it .Because what is important to divulge here are not external facts that lend itself to external identification, but rather the world that is within the mind and heart. So my reluctance to open up is more of a strong internal need to keep things hidden within myself for many reasons, some valid reasons, and some not.

And though there are things that I would not express on a public forum such as this, there are still a lot that I could and should. As you know, I had a dilemma concerning being here. Let me make this clear. The dilemma that I had was a reflection of the many flaws within yechida, not this holy website. And the week I was told to be away was difficult, and I was happy to be back. but the same time I now know that I have an obligation to say things about myself that I do not want to. And that my being here comes as a great gift to me, and as a true honor to be in the presence of such wonderful gifted neshamos that are on this special site , but it also comes as a great responsibility, one that I am very afraid of. and I am ashamed of myself for this, but I was truthful till this point, and I will remain truthful going forward, what I am ashamed of is that there is a small part of me that would have been relieved not to be allowed to come back here, because now I am afraid. Because to be here, is to help in every way I possibly can , and to help, I must open myself up to the internal world that was and is yechida, because many of you know a lot of this inner world in your own unique way.

I see a lot of myself in many of you. Not all of you, as we are all of very different personalities, and my struggles in life may be different than yours. Even in this very issue that this site was created for---dealing with the sick stuff that we are surrounded by, in this dark world---there are so many different aspects of this fight against immorality that affects us in very very different ways, which is why many of you have opposite opinions on the 90 day chart or the various therapy methods and other issues. It's a very personal fight and every individual needs their true path in dealing with this. So my coping with these issues may be of a different nature than yours.

But still, I see myself in many of you.

I am now in the later part of my thirties. but my childhood and teens and twenties are not a distant memory. Some specific events and facts and figures and names I have forgotten. but my inner state of mind and heart I have never forgotten. So when I listen to my 7 year old I sometimes do not feel like a parent. I feel like I'm seven years old. The brain of the adult with the heart of myself at the age of seven. And when I read the posts of the great deep kind sensitive and wonderful individuals here that are in their teens and early twenties, my heart feels like how it was when I was during that stage of my life

Which is both a blessing and a burden.

It is a great joy wracked in great pain.

A part of me wants to forget that great intensity that was within me then, but I cannot forget it, as it always resurfaces.

Sooner or later, it comes right back up.

On this aspect I ask for feedback, whether you indeed relate to the inner world that I will describe. Because the only reason I am doing this is because I think it will help some of you. That there are some things I describe that ring true to you and the dilemmas you are facing now. Otherwise, I prefer to remain silent on the complicated and often unpleasant maze that is and was within yechida.

Here I will just give basic information.

First on the practical side. I do not have internet at home. This, by the way, saves me tons and tons of grief and gives me more peace of mind that I would ever have if I had internet connection. Aside from the spiritual dangers of the internet, it can also be a great distraction that could hinder a good physical life. I am not saying that others should not have it (with a filter) because everyone's situation is different, but for me and my family this is the right thing (how my kids get their information for school projects is an issue and it can and is dealt with-but that discussion is not for now) but I do have a laptop. This is why there are practically no yechida postings on Motzoi Shabbos and Sunday or when I take a day off.. At work, my supervisor is aware of what I am doing and I have permission to post as long as my work gets done. Most of my own postings, I do at home at night, or on the weekend, and I post those items during the course of the week. I do this so that I do not spend my work hours posting. I need to work. However, what I do at work during my lunch break, is the second aspect of the yechida postings which consists of selections of various poems, articles, essays and short stories that inspire me which in turn I hope inspire you as well. This takes less time because I do not have to type most of it.(some items that I cannot locate on line, I have to type) I can copy and paste. My work consists mostly of not long projects but many myriads of small divisible tasks so that I am able to go in for two or three minutes and then go on to my next task. A slower day, I can interact more. A busier day, I interact less. Hashem has helped that things come to my head that would not have come up to me without your input and comments.

If I had the time, I would spend a lot of that time and energy interacting especially in the Wall of Honor section. The Chizzuk part of this site is extremely crucial and it has been bugging me for a long time that I have not participated in that vital aspect of the site. I read some of the threads and I wish I could hang in there in all of them. If I would be able to retire, I would dedicate a

portion of time to do this. That is how important I know this is. It is something I wish would have been there when I was a teenager. but the reality is that my choice (the right one) of no internet in the house plus the fact that I have to squeeze postings in at work (albeit with permission) limits greatly the amount of time I can be on the site, and so I had to choose to focus on the two aspects mentioned above. So please forgive me for my deficiency in my interaction. I wish I could do more.

There were periods in my life that I suffered from great inner turmoil of a severe nature. when I was 12, and especially in my late teen years and early twenties. and out of the blue, these feeling would resurface again with a great intensity, sometimes triggered by a truly stressful event or a challenging period of time. I did not understand what it was then. Now I see that it was what we call depression with a nice dosage of anxiety and a very strong lack of self esteem. Why was I so dense as to not understand this then?? I cannot answer this. It should have been the most obvious thing in the world. But it wasn't. Later, I came to know that what I experienced was, and still is, quite common, even the extreme severity of it-very common .thousands upon thousands of boys and girls especially of that age go through what I did. I should have known that I was not the only one. This plague strikes thousand upon thousands. But in my stupidity, I did not know. So it became a terrible secret burden. And now I see clearly that many of my negative behaviors on a spiritual level came from this inner turmoil.

That is what I may describe in more detail, if it will help.

Perhaps not right away, but over the course of time, because the detail may be different, but a lot of the things that haunted me are things that many of you relate to.

It is also my belief that many of you (again , I stress, not all of you, so what I am about to say is not true for everyone ,I know that) have had problems with lust in various issues with struggling with lewd thoughts or looking at unhealthy sick images –but the problems with this being the SYMPTOM, even as a major major problem in your life, it is the SYMPTOM, not the CAUSE.

Now, being a normal healthy male (and female), it is completely normal to feel these desires within us.

But what I noticed with myself was that any time these issues took a turn for the worse for me, it was more because of an internal issue or problem ,that manifested itself in problems such as improper thoughts blasting into my head.

You see, for people for whom lust is a direct cause ,then I would think that they would have more problems in spring and summer and less so in the fall and winter. or that for married people , the six weeks after a child is born is a much more difficult time for the husband than during those regular patterned cycles of marital life. or that more exposure to unsupervised internet would make things more difficult then times when you have limited or no access

But with me this was not always the case.

It's true that sometimes the natural external situation generated the problem.

Which is why though I want to make a chasson happy ,I do not stay long by weddings unless I feel that I have to.

And yes ,in the summer you have to be extra careful.

So I admit that just like everyone else, I am affected by the external stimuli and the environment around me

But often, with me, there was no pattern or logic why sometimes I had more difficulty than others.

Again I was very dense and stupid, so it took me a long time to realize this.

That sometimes, my winters were harder than summers.

And I too have several larger spaces of separation after children were born, and they were all different. And there was one time where it was no problem at all ,while another time was

exceptionally difficult..and not because I was a bad person one time and a good person another time. because deep within, I only want is to be a good Yid. Just like all of you here.

Finally I realized that when I had inner joy and calmness I had much less problems with these issues than when I was upset or aggravated .or depressed or anxious.

When was I at my worst possible behavior ?

When I hated myself.

Hated myself for being human.

Hated myself for even “normal” slips and falls that I did not think were normal.

(which seems like excess humility but in reality it is a subtle but deadly form of arrogance , not willing to “let go”, and let Hashem in)

This self hatred and self castigation and feeling worthless and not taking joy in the fact that I had some good qualities, this was the CAUSE of my inner hell.

There were some valid reasons why I have a tendency towards these inner scars that I have.

But I cannot blame anyone

Hashem wants me to work with what I have

During the late teenage years I can across various sections of the Tanya, because I had this habit of browsing through a lot of seforim hoping to find some answers to my internal issues that I absolutely refuse to consider talking to anyone about. And I came across pieces of this sefer especially chapter 26 thru 31 that really helped, and later when I heard shiurim on these chapters, it really helped me in a very very practical way. Again it was bashert this way, that I only really got the benefit of internalizing these concepts later in life, and not when I needed to hear it the most.

There must have been a reason why this was so.

So one of the things I plan to do, with Hashem's help, is to explain parts of the chapters 26-31 in a way that it will really hit home. To take what is written there and apply it practically. I will try to do this with the great advice within the words of our gedolim of all generations.

When I write these things , I am talking to myself as well.

I hope it helps.

Please forgive me when I say the wrong thing or if I slip and make mistakes in the way I talk to you. The last thing I would want to do is to abuse the honor and privilege of being here, and that is also a big fear that I have. so I daven to Hashem that I should always help and never hurt.

I can only try

Everything is in Hashem's hands

(I know some of you may feel that it is no big deal, but for me this was very hard to write and a big part of me wants to delete it .the only reason I wrote this here is because I think it may help some of my dear brothers and sisters, because I think some of you know good and well about the things I talked about here)

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Re: yechida's reflections

Posted by letakain - 18 Dec 2009 15:52

want to reply but am at work. will later

wow

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Re: yechida's reflections

Posted by habib613 - 18 Dec 2009 17:41

Wow, yechida. thank you for writing that. and it is absolutely a big deal.

i can relate to a lot of it.

how to change it is a different story.

but knowing that it's normal- helps.

and i'm working to change now... thank you yechida for that one-of-a-kind letter that only you can write.

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Re: yechida's reflections

Posted by the.guard - 19 Dec 2009 19:52

Yechidah, I read through your letter and it is very moving, but I'm not sure if I truly grasped what you wanted to convey. Can I bother you to summarize in two or three lines what exactly you wanted to say and/or if you wanted our feedback - or simply wanted to share?

One thing I did understand, is that you will be sharing with us some Tanya that can perhaps help us, which I am **looking forward** to seeing! :D

Forgive me if I do not see the obvious.

Thanks for being you - and for inspiring us every day with these deep and meaningful posts!

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Re: yechida's reflections

Posted by imtrying25 - 19 Dec 2009 22:28

[guardureyes wrote on 19 Dec 2009 19:52:](#)

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Forgive me if I do not see the obvious.

Thanks for being you - and for inspiring us every day with these deep and meaningful posts!

DITTO!! if you would only know Yechida of all the chizuk you give all of us.....if you would only knowwww.....

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Re: yechida's reflections

Posted by 7yipol - 20 Dec 2009 20:43

YECHIDA (Always capitalized as my way of standing before an online gadol!)

We are honored to be allowed a glimpse into your neshama.

Share what you are comfortable with only.

Yes; you have the zchus of joining this holy forum,

but karbonos do not need to be the heart itself.

Take care of YECHIDA and *his* needs first.

Then, and only then, think of us.

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