

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 imtrying25 - 03 Jan 2010 18:47

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[kutan shel hachabura wrote on 03 Jan 2010 18:45:](#)

kutan wuz here 2010

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And btw Yechida where have you been?

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Re: yechida's reflections

Posted by yechidah - 05 Jan 2010 13:54

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hi friends

recovering from the flu-will post soon-can't move

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Re: yechida's reflections

Posted by 7yipol - 05 Jan 2010 19:15

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Oy!

Refuah Sheleima YECHIDA!

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Re: yechida's reflections

Posted by imtrying25 - 05 Jan 2010 19:22

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Refuah sheleimah to a very special yid!

Re: yechida's reflections  
Posted by TrYiNg - 06 Jan 2010 03:27

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I'm guessing ice  
cream , sushi or 7up won't do the trick..

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Re: yechida's reflections  
Posted by habib613 - 06 Jan 2010 03:42

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yechida!

Get well quick..  
missed u!

refua sheleima... get well quick... don't be sick!

MOOOOOOMMMM...U got some tea and hot soup pls? I'll gladly take it over

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Re: yechida's reflections  
Posted by yechidah - 06 Jan 2010 13:52

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Thank you my dear friends,

I'm feeling better now.

life has its ups and downs

we have to learn to see the good in both

Lessons From A Dandelion

Donna Doyon

I recall as a young child bringing bouquets of brilliant yellow flowers to my mother. It didn't matter that the stems felt sticky or that both my parents cursed the presence of these flowers in the lawn. I thought they were beautiful!

And there were so many of them! We spent hours picking the flowers and then popping the blossoms off with a snap of our fingers. But the supply of dandelions never ran out. My father or brothers would chop off all the heads with the lawn mower at least once a week, but that didn't stop these hardy wonders.

And for those flowers that escaped the honor of being hand-delivered to my mother or the sharp blades of the lawn mower, there was another level of existence.

The soft, round puffs of a dandelion gone to seed caused endless giggles and squeals of delight as we unwittingly spread this flower across the yard.

As I worked in my garden last week, pulling unwanted weeds out of the space that would become a haven for tomatoes, corn, peas and sunflowers, I again marveled at the flower that some call a weed. And I thought, "If only I had the staying power of a dandelion."

If only I could stretch my roots so deep and straight that something tugging on my stem couldn't separate me completely from the source that feeds me life. If only I could come back to face the world with a bright, sunshiny face after someone has run me over with a lawnmower or worse, purposely attacked me in an attempt to destroy me. If only my foliage was a nutritious source of vitamins that help others grow. If only I could spread love and encouragement as freely and fully as this flower spreads seeds of itself.

The lawns at my parents' homes are now beautiful green blankets. The only patches of color come from well-placed, well-controlled flowerbeds. Chemicals have managed to kill what human persistence couldn't.

I hope you and I can be different. I hope that we can stretch our roots deep enough that the strongest poison can't reach our souls. I hope that we can overcome the poisons of anger, fear, hate, criticism and competitiveness. I hope that we can see flowers in a world that sees weeds.

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Re: yechida's reflections

Posted by yechidah - 06 Jan 2010 15:07

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Tanya 26 – Part 10

The Alter Rebbe now goes on to discuss a different type of sadness, that caused by one's failings in matters of the spirit.

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As for sadness connected with heavenly matters, one must seek ways and means of freeing oneself from it.

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That this applies to the time of one's divine service, is self-evident, for one must serve G d with joy and gladness of heart.

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But even one who is occupied in business and worldly affairs, should there descend upon him any sadness or anxiety about heavenly matters during his business affairs,

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it is certainly a trick of the Evil Inclination which saddens him, ostensibly for spiritual reasons, in order to lure him afterwards into lusts, G d forbid, as is well known.

It is man's nature to seek pleasure and not to remain depressed. If his feeling of spiritual failure distresses him, he will seek his pleasure in physical gratification. The Evil Inclination therefore wishes that one be depressed, be it even over spiritual matters, so that he will later succumb to temptation.

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For if it were not so, that this depression is the doing of the Yetzer Hara, whence would a genuine sadness, one that is derived from love or fear of G d, come to him in the midst of his business affairs?

Since a genuine sadness is an expression of love or fear of G d, it should express itself at a time when these emotions are active — during prayer, Torah study and the like, but not during

one's business. Clearly, then, the sadness is artificial, created by the Yetzer Hara for its own purposes, and one must therefore rid himself of it. The next paragraph provides the means:

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Whether the depression settles upon him during his service of G d in Torah study or prayer, or when he is not engaged thus, but with his material affairs, this is what he should consider:

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“Now is not the proper time for genuine sadness, nor even for worry over grave sins, G d forbid.

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For this one must set aside opportune times, when the mind is calm, to reflect on the greatness of G d against Whom he has sinned,

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so that thereby his heart will truly be rent with genuine bitterness i.e., bitterness — remorse — as opposed to depression; the former is alive and active, while the latter is resigned and "dead". It is explained elsewhere when this time should be.<sup>20</sup>

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There it is also explained that immediately after his heart has been broken during those appointed times, he should completely remove the sorrow from his heart,

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and he should believe with perfect faith that G d has erased his sin, and that "He pardons abundantly."

Thus, even if one has sinned repeatedly against Him, G d will readily forgive him as though he had sinned for the first time; unlike man, who easily forgives a first offense but finds it difficult to do so when the offense is oft repeated.

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This knowledge that G d has surely cleansed him of his sins is the true joy in G d which follows the sadness, as explained above —that the advantage of sadness lies in the joy to which it gives rise.

Up to this point we were discussing sadness that came not from your fault at all.



And on that we say the following

The reality may not change,

But our perception of reality could,

And a fresh proper perception can breath new life into us.

Because if we see clearly that a situation (or aspects of it) cannot be changed,

We can still change ourselves to adjust and grow,

And that itself creates a healing,

Because now we can look at the same situation,

In a much more positive light,

And often we will have received the gift,

Of seeing the blessing in an open revealed way.

But here now we have a different story altogether.

Here you are sad not because of a tragedy that strikes

But here you created the tragedy within you.

So if during business or doing various activities, isn't it a good thing to feel sadness so that you can feel remorse and do teshuva?

NO.

IT'S NOT GOOD

Why not? after all it seems like it is coming from the right place. I feel now like a horrible human being because of my sins, I want to cry. I feel wretched. I must do teshuvah? Isn't this a healthy good feeling, a real connection with Hashem?

NO.

IT'S NOT GOOD

Again we ask

Why not?

BECAUSE YOU WILL SEE ALMOST 100% OF THE TIME THAT IF YOU ARE OCCUPIED IN BUSINESS OR STUDYING FOR AN EXAM,OR DOING OTHER MUNDANE THINGS THAT YOU NEED TO DO,AND YOU START TO FEEL SAD (EVEN IF IT CAME FROM A THOUGHTS OF YOUR "TRUE" SPIRITUAL" SITUATION) YOU WILL SEE GUARANTEED THAT 10 OR 15 MINUTES LATER YOU WILL FEEL A STRONG TAAVAH FOR SOMETHING VERY UNHEALTHY.

Why ?

2 reasons

1- When you feel depressed, you feel the need for an OUTLET. to pull out of that frustration that you have in you, you crave for that immediate high, instant gratification, alleviation of stress. Giving in to this unhealthy outlet actually aggravates the problem, but for a short while you feel better (but once that short time passes, you feel much worse, because you can't run away from yourself forever)

2-This is not mentioned here. but the Tanya mentions this elsewhere, when you feel low and down, you feel WORTHLESS,BECAUSE I DO NOT MATTER.AND IF I DON'T MATTER,MY LIFE DOES NOT MATTER EITHER,SO WHAT THE HELL,I WILL INDULGE IN THIS DEPRAVED BEHAVIOR BECAUSE NOTHING MATTERS ANYWAY.

Both of these errors must be corrected.

It is all the ploy of the yetzer horah

For if it were not so, that this depression is the doing of the Yetzer Hara, whence would a genuine sadness, one that is derived from love or fear of G d, come to him in the midst of his business affairs?

All of a sudden in business, or studying for an exams ,or doing a mundane task that you need to do, you mysteriously become Mr Holy and Sensitive.

BALONEY

THIS IS ONE OF THE MOST EXTRAORDINARY TACTICS OF THE YETZER HORAH.

Because this feeling of spiritual awakening seems to be that Bas Kol from Heaven that will lead you to Teshuva.

But it is not the Bas Kol. Because a) you wouldn't be thinking about this just now during business b) a Bas Kol would motivate you to positive action, not despair, and not to pull you subsequently into a Taavah..

This spiritual awakening at the wrong time is deadly. If you are working now , Hashem wants you to work. If you are on a lunch break alone, He wants you to eat lunch and rest. or He wants

you to study.

Hashem has patience. He says you can speak to me later, by Maariv ,or spare a half hour later to talk to Me.

Now, Mr Yetzer Horah just wants to screw you royally. So now you come to those feelings of Teshuva that makes you sad how far you are from Hashem. That's a bunch of bull. As real as it feels ,it bull. Ten minutes later a taavah or some other test will come up and those harried thoughts will cause you to fall. That was his plan all along..

We are careless about this.

We do not set times for sadness.

The yetzer horah wants you to feel sad on HIS time not yours, HIS schedule not yours.

He is playing us like a fiddle

Your time is during Tefillah, or you lock yourself in a room in your house for 20 minutes,or even in your car, and you now tell Hashem "Let's talk about this"

So when sadness hits at the wrong time you tell it "I'll see you later, now I am working or studying or resting or eating or what ever task you are doing" but the yetzer horah will scream "NOW, be broken about you sins, NOW cry and let the tears fall, NOW think about the Shmuk that you are, NOW deal with the fact that you are SOO SOOOO BAD, You cannot push it off , that's IRRESPONSIBLE, you can't push it off till later NOW!!!NOW!!!NOW!!

Not now.

Hashem has plenty time.

And you push your sadness away.

I am not dealing with your sadness now. That will lead to a bad taavah or a bad temper. If I get depressed now at 445 PM ,I will take that sadness with my home and I will ultimately blow up at my wife and kids. Because sadness can sometimes lead to great frustration that can end up in damaging anger.I cannot afford this. So I will wait till I am ready.

We are much more capable of doing this than we think

Try it.

It works.

Because no one is telling you not to feel.

Just not at this moment because it's destructive now

Later.

Hashem will help you find the right time.

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Re: yechida's reflections

Posted by habib613 - 06 Jan 2010 15:14

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wow.

yechida, that was amazing.

how though? when i get like that, i CAN"T push it off. how can i change?

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Re: yechida's reflections

Posted by yechidah - 06 Jan 2010 16:21

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habib, in truth , you are asking a very good question

because I know with myself that when I am in a real rut , as much as I try , I cannot seem to pull out of it.

I tried 2 things that helped in the long run.

1- I try this technique when I am not in a major mood crisis.As we know there are times that we feel worse than other times.Sometimes the down feeling is milder and not as severe.It is in those time that it is easier to shift focus and pull out of a negative feeling because the severe feelings did not take root yet.And if you can push off some of the sadness during those times when you are NOT in a major crisis, this adds confidence and ability to do so when the feelings or moods get more intense.In short,what I mean to say is that you start off in baby steps,when you are not feeling that bad, and when you are not in some major situation and crisis.when you know within yourself that you have some control over your feelings and that you can do something about it.

2-even when I hit that major downness in mood,I talk to Hashem,and ask Him to help me think more positively.And even if on a practical level I failed completely, and was unable to shift focus in my mood or feeling,atleast I acknowledged that fact,and atleast spoke to Hashem and told Him "I feel very down and low,I am trying to change but I do not know how.Please help me overcome this.Somewhat,please show me what to do and how to think so that I can pull out of this state".and I am telling you habib, there is alot accomplished by this.because as bad as I feel in that moment I know I asked Hashem to help,in the brain I know it is something that has to be

fixed, and I actually asked Hashem to help me. that itself makes me feel better somewhat. The flu triggered by me some down feelings. I am still feeling low. But talking to Hashem about it does help me feel a little better even though I still feel down and run down. I would feel even worse if I would have not talked to Hashem about it. So despite my failure in dispelling my down feelings, there was a partial victory here. for us, habib, that is an accomplishment not to be taken lightly. We cannot get in the 90's all the time. Today I am happy with a 72 .

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Re: yechida's reflections

Posted by habib613 - 06 Jan 2010 16:30

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let go and let G-d, huh.

i have to try that.

right now, i'm in the 85 range. so now i gotta push it up till 90?

isn't it better to just forget about me and start focusing on someone else? that helps, usually (for the internal sadness, not the one from external forces) problem is that i'm alone a lot- which means there's no one to help. whenever i go away- for shabbos and stuff, i can push it off so easily- i just take care of the kids, or have a dmc with the teens, whatever, i can just pay attention to them, and that helps me. but when i'm alone, that's when this hits me and i can't shake it off.

i just reread what i wrote, and it makes absolutely no sense, but whatever. basically, push off the little depressions so i'll learn to push off the big ones?

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Re: yechida's reflections

Posted by yechidah - 06 Jan 2010 16:41

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yes. start with the small ones. and what you said about focusing on others helps alot as well. not only helping others but even doing task of any positive activity, shopping for things you need, taking a walk etc etc and it is true that when I am in that real deep rut that outside focus is the only way to pull out. so you are right that when focusing inward is not working, one needs to focus outward especially with physical activity, but I still sprinkle tefillah as well as the advice from the Tanya whenever I possible can.

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Re: yechida's reflections

Posted by habib613 - 06 Jan 2010 16:44

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thanks yechida!

i will try!

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Re: yechida's reflections

Posted by yechidah - 06 Jan 2010 17:20

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Lessons of Failure

by: Author Unknown, Source Unknown

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Lord, are you trying to tell me something?

For...

Failure does not mean I'm a failure;

It does mean I have not yet succeeded.

Failure does not mean I have accomplished nothing;

It does mean I have learned something.

Failure does not mean I have been a fool;

It does mean I had enough faith to experiment.



Failure does not mean I have disgraced;

It does mean I have dared to try.

Failure does not mean I don't have it;

It does mean I have something to do in a different way.

Failure does not mean I am inferior;

It does mean I am not perfect.

Failure does not mean I have wasted my life;

It does mean that I have an excuse to start over.

Failure does not mean that I should give up;

It does mean that I should try harder.

Failure does not mean that I will never make it;

It does mean that I need more practice.

Failure does not mean that you have abandoned me;

It does mean that you must have a better idea

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