

tefillin in this struggle

Posted by jda211 - 17 Feb 2011 01:15

Most mitzvos we are supposed to do with our stronger hand, ie hold food in right hand for beracha, hold other mitvos objects, etc, but tefillin is specifically put on the weaker arm. The kli yakar in parshas bo says this is to teach us that one cannot overcome anything by his own power. we are weak on our own. it is only when Hashem helps us and assists us can we make it through. we are powerless without Him, but can overcome anything, including this addiction, if He guides us!!

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Re: tefillin in this struggle

Posted by Reb Yid - 17 Feb 2011 01:31

DovekBashem had a beautiful insight into Tefillin on a different post, so I am taking the liberty of quoting it here. Enjoy!!

I just want to add one thought about wearing tefillin, even though it isn't really on the parsha - I hope that's ok. It is already known that tefillin is, in a sense, a commitment that we make to HaKadosh Baruch Hu both with our intellect (shel rosh) and our actions (shel yad).

R Yosef Ber Soloveitchik famously asks why we say "baruch shem kvod" after making the bracha on the shel rosh. It cannot possibly be simply because we are choshesh for bracha l-vatala (as the Mishna Berurah explains). This is because we have a din of safek brachos l-hakel and if we really thought there was a possibility that we shouldn't make the bracha of "al mitzvas tefillin" then we simply wouldn't make it! R Yosef Ber answers in a really deep way.

He says that wearing tefillin, the shel yad and shel rosh together, transfers each one of us into a different human being - someone who is wearing the crown of torah on his head with the words of HaKadosh Baruch Hu by his heart. It is our knee-jerk reaction, immediately upon this complete transformation, to proudly proclaim "Baruch Shem K-vod Malchuso L-olam Va-ed."

The vort is that our goal here on GYE is not just to restrain ourselves from dirty thoughts or to hold ourselves back from improper action - it's to be an entirely different person. It's to be a

cheftza shel kedusha that really has divrei Hashem on our hearts and in our minds. Every morning when we put on tefillin we should realize that that moment proves that each of us has the potential to undergo that transformation and to truly become walking sifrei torah. We should all be zoche, upon reaching 90 days (or whenever that transformation comes) to proudly sing the words "Baruch Shem Kevod Malchuso L-Olam Va-ed."

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Re: tefillin in this struggle
Posted by shomerbris - 13 May 2011 06:16

Yasher koach, Reb Yid. Very nice.

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Re: tefillin in this struggle
Posted by heuni memass - 13 May 2011 13:58

Shomerbris. Very nice!

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