

Rabenu Yona's Foundation of Teshuva

Posted by ieeyc - 20 Apr 2018 03:37

LOOSE TRANSLATION

(feel free to correct me on any mistakes)

THE FOUNDATION OF TESHUVA

Hashem sent us a message through Yechezkiel Hanavi, "So says Hashem, Elokim, Return to me, and bring back (others-Rashi) from all your sins and they should no longer be for you a stumbling block. Throw off from yourselves all your sins that you have sinned, and make for yourselves a new heart, and a new spirit, for why should you die, Bais Yisroel?"

A Yid who has rebelled and sinned, and he wants to take refuge under the "wings" of the Shechina, and he wants to go on the path of Teshuva, I'll instruct and enlighten you in the way that you should go. On that day you should throw off from yourself all your sins that you did, and you should consider yourself as if you were just born on that day, and you do not have on your account Mitzvos or aveiros, today is the beginning of your actions. Starting today, you should think into your actions that you should not leave the proper way. This mental attitude (that you have no Mitzvos or aveiros, and you are starting fresh like a new born baby) will bring you to Teshuva shleima because through this you will remove from yourself the heaviness of heart which was caused by your aveiros.

Do not let your thoughts confuse you, and prevent you from doing teshuva, and cause you to be ashamed of your aveiros thinking, "How can I be so bold to raise up my face and do Teshuva? I have done all types of aveiros, I have sinned, once, twice, and three times, and have even sinned without a limit! How can I come before Hashem? I feel so embarrassed like a thief caught in the act! I'm so ashamed to stand before Him, how can I trample his courtyard? How can I keep his Mitzvos? Do not pay attention to these thoughts, because these thoughts are just the concoction of the yetzer hara. What should the right attitude be? Yes I CAN do Teshuva, and Hashem WILL accept my Teshuva because this is the Trait of Hakadosh Baruch Hu, Yado Peshuta Likabel Shavim-His hand is outstretched to accept those who come to do Teshuva!

Therefore it is good to throw off one's self his sins and make for himself a new heart, and when he gets an inspiration to be a servant to his Creator, he should say this supplication before his Creator....

Rabenu Yona ztl, goes on and brings a beautiful Tefila/Vidui, that he recommends should be said **constantly**, I hope someone will get a chizuk from these words, HATZLACHA!

=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by ieeyc - 10 May 2018 14:44

AL TISMECHI OYAVTI LI, KI NAFALTI KAMTI!

=====

=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by cordnoy - 10 May 2018 15:42

Reb Meilech said when speakin' about the yahrtzeit of Reb Shloimke Zville (think this week): If someone fights with his yetzer and eventually falls, the RBS"O has nachas ruach from the fight more than he has from the Heavenly angels.

=====

=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by Markz - 10 May 2018 21:47

[ieeyc wrote on 10 May 2018 14:44:](#)

AL TISMECHI OYAVTI LI, KI NAFALTI KAMTI!

Warning: Spoiler!

Who are you referring to?

btw your signature is still out of line (and not true either)

=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by ieeyc - 10 May 2018 22:22

its a pasuk that we say to the yetzer hara/soton when he gets us to fall, we tell him dont rejoice that he got us to fall, because from this fall is going to come a kamti, bezrasHashem!

as far as my signature being out of line,i think its because it has hebrew and english letters ,when i pressed right the cursor went left and vice versa,words were getting split etc.,its as straight as i couldve gotten it.

and it really is true ,my head gets dizzy when the karmas come pouring in,(another weakness of mine),it also gives me literary freedom (if thats an expression)that i can write what i feel should be written even though it may run against public opinion ,and i could write without the fear of who knows which ~~an~~ opinionated person is going to smite me because i wrote something that **i feel** will help someone,or is true.

i have even recieved thank you from some people,privately or by other means , who wanted to say what i wrote but for some reason didnt want to write it.

im not saying everything i wrote is **the** way but i feel it is another way at looking at it, i dont know if you have experienced ,but there is some cyber bullying going on here,maybe with the best intentions ,all i can say is ,viha`emes yoreh darko.

=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by Markz - 10 May 2018 23:01

I noticed that your posts generally are less negative when your points are low

(Please check your many previous posts - you'll see what I mean)

Now, in signatures people usually sharing personal stuff or encouragementational

Your signature is out of line meaning that it's totally irrelevant to Trucking. It's totally commercial in nature and not true either - when did you request?

Recieving thank you's is also irrelevant....

Those guys that lowered yours are not your "Oyevim" either

And please cut the cyber bullying discussion. It doesn't belong here, and is another thing you've brought up again and again (and subsequently deleted)

There are many distractions on the Trucking highway. Gas stations on the way, high speed races, etc.

It's hard to stay focus. I hear your problem

=====
=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by Hashem Help Me - 10 May 2018 23:25

If thanking ieeyc publicly will lower my karma, so be it. I have never paid attention to anyone's

karma - mine included. So here goes: Thank you ieeyc for fearlessly posting your opinions which although seem to be unpopular by some, are greatly appreciated by others. Your belief that through Torah, mitzvos, maasim tovim, mussar, tefillah, and emunah, one can succeed in this battle is respected and admired. May Hashem help you be matzliach in this nisayon and help you guide others successfully to kedusha v'tahara.

=====
=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by Markz - 10 May 2018 23:49

[Hashem Help Me wrote on 10 May 2018 23:25:](#)

If thanking ieeyc publicly will lower my karma, so be it. I have never paid attention to anyone's karma - mine included. So here goes: Thank you ieeyc for fearlessly posting your opinions which although seem to be unpopular by some, are greatly appreciated by others. Your belief that through Torah, mitzvos, maasim tovim, mussar, tefillah, and emunah, one can succeed in this battle is respected and admired. May Hashem help you be matzliach in this nisayon and help you guide others successfully to kedusha v'tahara.

HHM I'm not responding here to you personally. You're a great cheerleader. I'm responding to this specific post.

It doesn't take fearlessness for ieeyc to have written all his posts on the forum and on YWN.

It takes fearlessness to take a true recovery step, however small.

It takes serious fearlessness to admit ones real problems, e.g. having sparked negativity on the forum which is a fact.

He deletes them, so the fearless guy (me) that calls his bluff gets blasted.

HHM You can choose not to read all his posts, but he needs to learn the fearlessness that you possess!

=====
=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by ieeyc - 11 May 2018 16:08

[Hashem Help Me wrote on 10 May 2018 23:25:](#)

If thanking ieeyc publicly will lower my karma, so be it. I have never paid attention to anyone's karma - mine included. So here goes: Thank you ieeyc for fearlessly posting your opinions which although seem to be unpopular by some, are greatly appreciated by others. Your belief that through Torah, mitzvos, maasim tovim, mussar, tefillah, and emunah, one can succeed in this battle is respected and admired. May Hashem help you be matzliach in this nisayon and help you guide others successfully to kedusha v'tahara.

i would just like to thank HHM for all the advice and chizuk i have received from him in the past plus this burst of unexpected chizuk that i have recieved now ,sorrow for not responding earlier but nativ turned off my internet service till nowish, friday 1:02 pm ,i do have have to admit that it took bravery to encourage me publicly and again i thank you for that,i just feel bad to bring other people into any issue that i have here with others ,may you continue giving others the chizuk and **hadracha** that you are known here for ,and you should have further hatzlacha in your avodah in inyaney Kedusha ,and be bentched with kol tuv! Hatzlacha and Good Shabbos!

=====
=====

Re: Rabenu Yona's Foundation of Teshuva
Posted by ieeyc - 11 May 2018 16:10

[Markz wrote on 10 May 2018 23:49:](#)

[Hashem Help Me wrote on 10 May 2018 23:25:](#)

If thanking ieeyc publicly will lower my karma, so be it. I have never paid attention to anyone's karma - mine included. So here goes: Thank you ieeyc for fearlessly posting your opinions which although seem to be unpopular by some, are greatly appreciated by others. Your belief that through Torah, mitzvos, maasim tovim, mussar, tefillah, and emunah, one can succeed in this battle is respected and admired. May Hashem help you be matzliach in this nisayon and help you guide others successfully to kedusha v'tahara.

HHM I'm not responding here to you personally. You're a great cheerleader. I'm responding to this specific post.

It doesn't take fearlessness for ieeyc to have written all his posts on the forum and on YWN.

It takes fearlessness to take a true recovery step, however small.

It takes serious fearlessness to admit ones real problems, e.g. having sparked negativity on the forum which is a fact.

He deletes them, so the fearless guy (me) that calls his bluff gets blasted.

HHM You can choose not to read all his posts, but he needs to learn the fearlessness that you possess!

hi markz id like to get back on your points later , got to go now .ttyp

=====
=====

Re: Rabenu Yona's Foundation of Teshuva

Posted by ieeyc - 11 May 2018 17:44

does anyone know how to put a block on the private messages that i shouldnt recieve any from certain persons,people are afraid to bully on a public forum,thankng you in advance.

=====
=====

Re: Rabenu Yona's Foundation of Teshuva

Posted by ieeyc - 11 May 2018 19:20

hi if anyone knows how to but a block on my private message from certain people , i would appreciate it since i feel that ive recieved a very bias bullying pm, i think people wont talk this way on a public forum

=====

====

Re: Rabenu Yona's Foundation of Teshuva
Posted by Markz - 11 May 2018 19:37

ieeyc this is a reply to your post which was just deleted

Wanting to have certain people blocked from pm'ing you (wasnt me I don't think) and from posting on YOUR thread etc etc is a nice idea in a playground like you found on YWN. Each one to his own

Hiding yourself when on the forum is also part of the game.

This is not a public forum like YWN!

This is a serious place, where people share feelings and express their lows & highs and also share happy moments too. All the trucks share the PM and all Forum threads equally. Are you more equal than others?

Whenever you're ready to join the chevra feel free to do so!

=====