

The Moment Before The Fall.

Posted by Tomim2B - 30 Jul 2009 07:00

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Re: The Moment Before The Fall.

Posted by Tomim2B - 30 Jul 2009 07:09

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Re: The Moment Before The Fall.

Posted by Tev - 30 Jul 2009 19:37

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I feel a loss of control, I realize what I'm doing is wrong, but more than that... I DON'T WANT TO BE DOING IT, but the Y"H is one tough cookie, he'll tell why you can do it just one more time and it will all be ok.

We cannot let the Y"H start speaking to us, the moment we feel an urge. We must do something drastic, shut down your computer, run outside ,do something, because the Y"H is very strong and the more we give in the stronger he gets!

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Re: The Moment Before The Fall.

Posted by jerusalemsexaddict - 30 Jul 2009 19:45

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My mind shuts down and theres only one thing is this world:acting out.everything else is tiny in scary right?

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Re: The Moment Before The Fall.  
Posted by TrYiNg - 31 Jul 2009 04:46

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SAME THING , uri. It's scary, at that moment I don't want to cont. my struggle cuz I can't imagine going without it.

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Re: The Moment Before The Fall.  
Posted by me - 31 Jul 2009 07:32

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My mind shuts down and theres only one thing is this world:acting out.everything else is tiny in comparison.nothing is enjoyable.nothing is even real.only this. scary right?

SAME THING , uri. It's scary, at that moment I don't want to cont. my struggle cuz I can't imagine going without it.

I know it is not easy, but it is at this point, that the only thing we have left is our Seichal. As Rebbi Nachman says, we are all fighting with the Koach Hadimyon. L"M 25:

The Koach of imagination is the lowest level of the brain. This is the level that the Beheimos have. This is the level that we are struggling with when we can think of nothing else. The only important thing in the world is to act out. Everything else in meaningless. Only the Koach Hadimyon can make you continue to act out, even if you knew you were to lose \$10,000. The koach Hadimyon makes you believe that the \$10,000 has no importance....even if you are poor.

And Rebbi Nachman says that the only way to beat this b'heimah, is to use your seical. The seichel is very strong, and it comes from the higher level of the brain that the b'heima does not have.

My seichel tells me only one thing....the TRUTH. Yes, I feel that the only thing that has any

importance right now is the lust, BUT, my seichel knows 10000% that it is all a lie of the y"n. A lie = "an untruth".

And, it is my seichel, (if I choose to listen to him), that tells me to focus on how I feel, AFTER the acting out has been completed....this is the real TRUTH.

The seichel Rebbi Nachman says is Gadol Meode.

The dimyon, is pure feeling. I FEEL that I absolutely need this.

The Seichel, is pure knowingness, I know that this is BAD, and I do NOT need it.

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Re: The Moment Before The Fall.  
Posted by Efshar Letaken - 31 Jul 2009 16:28

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10 points! Reb Me

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Re: The Moment Before The Fall.  
Posted by TrYiNg - 02 Aug 2009 05:52

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100 pts.

but at that point all my seichal does is rationalize.

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Re: The Moment Before The Fall.  
Posted by me - 02 Aug 2009 06:17

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but at that point all my seichal does is rationalize.

Trying:

The seichel does not rationalize. The seichel is PURE EMMES.

The Imagination is pure SHEKER.

**Rationalization** means that the koach HaBeihme', is coming in and trying to distort your seichel. You have only 1 true emmesdika voice that knows the truth. It is only immediately afterwards that the 2nd voice, (the voice of the dimyon (fantasy) comes in to distort it and confuse you.) Listen to the first voice, and hold on to it...no matter what.

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Re: The Moment Before The Fall.  
Posted by me - 02 Aug 2009 06:19

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100 pts.

but at that point all my seichal does is rationalize.

Trying, Thank you for the 100!!

10 points! Reb Me

E.L. couldn't you have been a little more generous? ;D

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Re: The Moment Before The Fall.  
Posted by TrYiNg - 02 Aug 2009 06:45

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[me wrote on 02 Aug 2009 06:17:](#)

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Sorry, don't get it. I argue with my seichal. Y'know what, how about we define seichal first? Are you talking about the brain vs mind? And , practically whats the diff?

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Re: The Moment Before The Fall.  
Posted by Tomim2B - 02 Aug 2009 08:00

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Re: The Moment Before The Fall.  
Posted by me - 02 Aug 2009 13:20

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[TrYiNg wrote on 02 Aug 2009 05:52:](#)

100 pts.

but at that point all my seichal does is rationalize.

Trying:

Your seichal does not rationalize. Your "seichal" is the pure knowingness of truth...of what is good for you.

Your seichal is #1, and always jumps in first, and says....."hey, let's not do this. And you know it will be disaster if you go ahead with it... just like you did before. Remember how sorry you were when you did it anyway?????"

And here is the definition of "rationalization". After hearing the voice #1 of your seichal, now guess who jumps in....right. Mr. dimyon, the low level of the brain called imagination, and fantasy.(Things which are not true are called fantasy, and imagination). He starts to rationalize, i.e to BEND the truth of Mr. Seichel...voice #1. And he says, "yeah I know what you mean, but it will be sooooooo fun. Better yet, don't even think of that first voice, let's just go and have some real enjoyment before it is too late (he says to you). don't think too much just go with moment.

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