

Tryin'

Posted by cordnoy - 23 Jun 2013 09:41

Shalom

I am in my 40s married with children

Recently, I decided to get help on a serious level with my addiction .

My mind wanders and the tayva builds.

It would be easy to blame this on the lack of excitement in marriage intimacy, but I had done this at times before marriage, and at times, when marriage bedroom was good, I'd still fall. Perhaps it still is the reason, but marriage stuff is probably not gettin' better anytime soon.

I have more to write, but as this is my first post, id like to hear some suggestions first please.

Thank you so much

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Re: Tryin'

Posted by cordnoy - 07 Sep 2014 06:46

Chazal say by yefas toar that the Torah speaks k'neged the yetzer hara.

The question is asked: who are we talkin' about here? it was already announced: mi ha'ish hayarei v'rach leivav, etc.? all the people who had aveiros left; only the tzadikim remained to fight the war....so what kind of yetzer hara would they have?

Reb Yankel Galinski zt"l answers that people mistakenly think that the tzadik's yetzer hara is smaller than that of the rasha. Wrong!!! It is just as strong (and perhaps stronger, accordin' to certain maimarei chazal). The difference is that the tzadik knows how to implement gedarim - fences, in order to protect himself from the constant battle. But, however, when the yetzer hara hits you square in the face (like durin' a war), the tzadik and rasha both have the same struggle.

Several lessons:

1. Make fences.
2. Don't get down if the y"h attacks.
3. Swat him away....just for the moment, for the moment before you is all that counts.

Warning: Spoiler!

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Re: Tryin'

Posted by cordnoy - 08 Sep 2014 07:14

I heard thru the grapevine that the Heliger Bardichever Shlit"a was spotted last week.

I was not zoche to see him or to hear his divrei Torah and mussar and insights, but I could have the zechus of readin' 'em.

The Rebbe had a minhag to post a remez for each week of Elul.

Here is his first from 2009

OK THE SUSPENSE IS VERY EXCITING

I HOPE I WILL NOT LET YOU ALL DOWN AND I PLAN ON BEING BREAKING THIS DOWN IN 4 PARTS

(I USUALLY POST IN THE EBN ON WEDNESDAY)

TESHUVA '09 PART 1

THE MONTH OF ELUL IS THE MONTH OF TESHUVA

I WILL ATTEMPT BEING TO EXPLAIN EACH WEEK ONE OF THE REMAZIM FOR CODESH ELUL

I WILL START WITH THE SECOND REMEZ (THE FIRST IS ANI LEDODI VDODI LI next week BEING)

IN MIZMOR LESODAH (NOT YOU 7UP) WE SAY "DE-OOH KI HASHEM HU ELOKIM V'LO ANACHNU

THE WORD V'LO HAS A KRI AND A KSIV

KRI IS HOW IT IS READ AND KSIV IS HOW IT IS WRITTEN

THE KRI IS V'LO AND TO HASHEM

THE KSIV IS V'LO AND NO -WE ARE NOT

MY DEARST FRIENDS

THIS IS THE SECRET OF TESHUVAH

I DO NOT CARE HOW OLD YOU ARE AND IF YOU ARE HEARING THIS FOR THE FIRST TIME IT WAS WORTH IT!!

TESHUVA (IN ELUL)

(I DONT HAVE HEBREW FONTS IF ONE OF THE MODERATORS CAN EDIT I WILL APPRECIATE)

LO ANCHNU LO ANCHNU IS "LAMED ALEF" =NO "LAMED VAV"=TO HIM = ELUL ALEF
LAMED VAV LAMED

OK MR.B CUTE REMEZ WHAT DOES THIS HAVE TO DO WITH ME?MY LIFE? MY ADDICTION? SUHSHI? SOUP?

THE TERETZ DEAR FREINDS IS

TESHUVAH IS THESE TWO THINGS

#1 LO ANACHNU= THIS IS NOT THE REAL ME I DIDNT DO ALL THOSE SINS THE REAL
REAL REAL REAL ME

IS NOT THE ONE WHO DID ALL THAT

VLO ANACHNU THIS IS NOT WHAT I "WANT" TO BE

#2 VLO ANACHNU =I BELONG TO HASHEM I AM IN LOVE WITH HASHEM CHAVUKA
UDVUKAH BACH

EVERYTHING I DO REALLY "WANTS" YOUR CLOSENESS YOUR EMBRACE

I WILL LIVE MY MY LIFE WITH THIS "VISION" VLO ANACHNU I AM TO HASHEM!!!

NOW ONCE YOU INCORPORATE THESE VLO's

AT THIS POINT DO WHAT IT TAKES TO BRING YOU TO THAT CLOSENESS

IF IT IS A GUTWRENCHING MUSSARSHMMOOOZE OR A CUTE POST ON GUE
ASS THEY SAY IN NY DON'T MATTER (PRONOUNCED MADDIH)

SCREAM ON TOP OF YOUR LUNGS VLO THIS IS NOT THE REAL REAL ME

THEN EMBRACE THE CLOSENESS OF HASHEM!!!!

HUMBLE AND HAPPY

bardichev

I AM TO HIM!!!

[There once was a discussion here recently regardin' if the 'real me' is doin' this stuff; well, here you have the Bardichiver's opinion.]

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Re: Tryin'

Posted by dd - 08 Sep 2014 09:23

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Re: Tryin'

Posted by cordnoy - 08 Sep 2014 14:14

[dd wrote:](#)

???? ?????: ??? ??? ??? ??????? ????"? ??"?

Where, and for what?

thanks

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Re: Tryin'

Posted by dd - 08 Sep 2014 14:39

[cordnoy wrote:](#)

[dd wrote:](#)

???? ???? : ??? ??? ??? ??????? ???? " ? ? " ?

Where, and for what?

thanks

the vort you posted about ellul is found many times in ??? ??? in the name of his grandfather the
?????? ???? " ? especially in his torah on ellul also in a letter about chodesh ellul found in the ???
??? ????????

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Re: Tryin'

Posted by cordnoy - 08 Sep 2014 21:23

Speakin' about Elul, here is another old post from Uri, who is also a legend on this site: He describes his feelin's about Elul, and interestingly, many of the fellow posters on the thread agree with him and understand him totally, just like I do.

Here it is:

[jerusalemsexaddict wrote:](#)

Ok,I know people will probably yell at me for this post of mine,but what can you do?

I do not like elul.That's a serious understatement,but any word stronger would bother people so ill leave it at that.

I do not like selichos.

I do not like yom kippur.

The feelings of shame and regret and lowliness that I feel all year round are now magnified,multiplied,and seriously intensified.I don't want to look into myself.If I ever do,its always in my own unique way (alone,quiet,relaxed,with a gutiar,etc...).I really do not enjoy getting up every morning an hour earlier and saying along with the rest of my yeshiva "I have sinned,i have betrayed,i have stolen,i have wasted seed,i have looked at porn,i have looked at women,i have coveted my neighbors wife"

Even worse,i look around and everyone seems to be so into it,like theyve been waiting all year for this.

I just stand there,spaced out cause i cant bear spacing in,tapping my chest with my fist,wondering if i could sneak away for the next half hour.

I know what you all will say.

Uri,elul is not about feeling guilty.Its about getting closer to Hashem.Its an opportunity.You just go to too much of a litvish yeshiva.

Closer shmoser.

I know self introspection when i see it.I do not like it,unless it is on my very specific,unique terms.

I dread this time of year,and whatever you say,I think its for good reason.

Maybe thats even why ive been so down the past bit.Already people are begining to talk about elul and tshuva and other fun stuff.

Not for me.

-Uri

And then Efshar Lataken (yes...also a legend) responded with this: [Efshar Letaken wrote:](#)

Uri,

Watch this beginning to end.

Very Funny & Entertaining. Highly recommend this shiur & all shiurim from Rabbi Dovid Orlovsky for everyone.

Will explain why you feel this way about Elul & what to do to change your attitude.

www.torahanytime.com/scripts/media.php?file=media/Rabbi/David_Orlofsky/2008-09-21/Slichos_Night/Rabbi_Dovid_Orlofsky_Slichos_Night_2008-09-21.wmv

Let me know what you think about it.

E.L.

My problem: I can't locate that shiur any more.

Can anyone help?

thanks

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Re: Tryin'

Posted by skeptical - 08 Sep 2014 22:14

Don't know if [this](#) is the same video, but it may have the same content.

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Re: Tryin'

Posted by cordnoy - 09 Sep 2014 03:01

So, in my continued perusal for pearls of wisdom said by the legends of yesteryear, I first found somethin' from Mr. JDA211 (a non-legend, but a big leaguer just the same) who explained the concept of confusin' the Satan with the shofar durin Elul. He wrote: On of the famous ideas that is brought down about the shofar of elul is that it is l'arbev es hasatan. while there are a lot of questions, and answers on what this means, i thought of something yesterday which is similar to some of the opinions out there, but really relates to this struggle. the idea of the shofar, as the Rambam and many others point out, is to awaken ourselves to do teshuva. we hear it every day of elul, and we realize we must battle and improve everyday, all month. **THIS IS WHAT STARTLES THE SATAN!** he can deal with us saying one time, i wanna stop, or even a couple times, but to constantly wake up and say today i'm going to fight, and improve and do teshuva, then he has nothing! ein davar omed bifnay harazon, and what i see on my time on this site, is going to confuse and baffle the yetzer like crazy! he can't deal with committed teshuva, day in day out!

If that made sense, it was probably from other places, if not, sorry for the time waster.

Now, I can't say that I fully understand that or agree with that, but it's thought provokin' just the same. But then I found a masterpiece from taka a Legend (although he was never voted into the Hall of Fame), R' Kutan said as follows: Every year, the YH gets frightened from the Shofar, and thinks mashiach has come, and therefore does not do a good job being mekatrig on k'y, c'v.

But why doesn't he finally get it? Why doesn't he remember that last year and the year before and the year before etc it ended up being a 'false alarm'.

He is rather clever, we will all admit, so why is he so 'naive' on this point?

Answers R' Zelig, the YH has one weakness. He is a complete fake. He has nothing to offer.

True, he knows how to 'pitz' things up and make them attractive, but they are nothing more than a mirage, and he knows it, better than anyone else.

So, to the degree that he is clever, he is at the same time insecure. Extremely insecure. Because he knows its all a ponzi scheme, and the game is going to end...

So, each RH, he hears the shofar and chaps a tzitter, Oy, the time has finally come, they are going to expose me as the Universes ultimate fraud.

We, sitting here and convinced (after GYE, less so, B"H) that the mirage is real, think what his problem, why doesn't he get it.

But the YH, who sees only how fake and un-real he is, sees only the ultimate end. Makes no difference that the past 3000 odd Rosh Hashana's were a false alarm. He knows that ultimately the end must come, so each RH he chaps a NEW tzitter... Oy, maybe this year is my end!

And may it takeh be so!

That is real good stuff!

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Re: Tryin'

Posted by skeptical - 09 Sep 2014 06:29

I came across the following D'var Torah earlier this year, and I liked it so much, I was going to post it closer to Rosh Hashana on my thread, but I'll post it now here.

[Rolling Rabbi](#)

I fondly remember a powerful thought from my great Rebbe, zt"l, in advance of Rosh Hashanah.

As we know, Hashem sits in judgment on the awesome day of Yom Hadin (the day of judgment). The fate of every human being for the coming year hangs in the balance. Prosecuting angels face-off against defending angels, and Hashem weighs every single action of each person. A most terrifying image.

Suddenly, as the prosecuting angel gets up to present his case – he stops short, paralyzed in fear. He hears the shrill sounds of the shofar on earth, and in a state of confusion he panics, rendered powerless to perform his job. He assumes that the shofar blow that he hears is the shofar blast announcing the coming of Mashiach – which triggers an end to his existence (Talmud R”H 26a).

The thundering question is: we blow the shofar every single year. And every single year this trick works to stymie the prosecuting angel. Assuming the prosecuting angel is incredibly adept at his job, how could he be so gullible year after year?

The simple but astounding answer is: true – the prosecuting angel is more wise than we could ever imagine. He could never be tricked twice, let alone thousands and millions of times. It is we who are jaded, lulled into a false security, believing that our redemption is unrealistic or far away at best. After all, if the repentance of our pious ancestors was insufficient to bring about the redemption, how ever could we contemplate doing such a thing?

The Chafetz Chaim addressed himself to this quandary. He taught that all the pain and suffering of our people throughout the ages, every drop of blood, sweat and tears, are cumulative. Each one is counted and weighed by Hashem. Therefore, it is specifically we who can tap into that enormous collective power, by telling Hashem that although our own merits may fall short to actualize the redemption, consider our meager efforts in combination with our entire history’s phenomenal efforts, for we are indeed one people – and finally bring an end to our exile!

Yes, indeed – the prosecuting angel has the proper perspective. He does understand just how close Mashiach is. So he gets flustered every single year when he hears the shofar blowing, understandably anxious that it spells his doom. It’s only because we lack the keen insight of an angel, we could never internalize on an emotional level just how imminent our redemption truly is.

That being the case, can you imagine the power of a little bit of extra effort on our part? It could

actually tip the scales in our favour, and answer our prayers and hopes of final redemption in our days.

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Re: Tryin'

Posted by lavi - 09 Sep 2014 08:58

After all, if the repentance of our pious ancestors was insufficient to bring about the redemption, how ever could we contemplate doing such a thing?

The Chafetz Chaim addressed himself to this quandary. He taught that all the pain and suffering of our people throughout the ages, every drop of blood, sweat and tears, are cumulative. Each one is counted and weighed by Hashem. Therefore, it is specifically we who can tap into that enormous collective power, by telling Hashem that although our own merits may fall short to actualize the redemption, consider our meager efforts in combination with our entire history's phenomenal efforts, for we are indeed one people – and finally bring an end to our exile!

thanks for the nice posts friends,

i quoted the above because i wanted to mention here another answer to the question asked, i merited to hear this answer from Harav Shimshon Pincus Zatzal personally.

what is very special in our generation is our options for gashmiyos, never was there a generation that has such an abundance with food, clothes, rights, and especially technology, the poor person today enjoys things that kings of yesteryear, only dreamed of think of air condition, instant communication (indoor plumbing-my personal favorite) running clean water-unlimited, etc..

now it is very easy to be pulled and sunken into this world of gashmiyus, like a lot of people here can testify, more than any other generation, and to boot we are much weaker than the previous generations, so if, despite our tremendous challenges can choose right over wrong, (despite the tremendous pressure) that maybe a clincher to end all our troubles. it may be, that one of famous giants of previous generations, if he where to be put in our times, he may of not been able to reach his high level. maybe just us, with all our newfound complications and dizzy high speed lives, can be the ones to end it

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Re: Tryin'

Posted by TehillimZugger - 09 Sep 2014 16:48

korop cordnoy

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Re: Tryin'

Posted by cordnoy - 09 Sep 2014 16:56

[TehillimZugger wrote:](#)

korop cordnoy

Keep

On

Repostin'

Old

Posts

I like 'em

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Re: Tryin'

Posted by ZemirosShabbos - 09 Sep 2014 18:30

korop is also Hungarian for spicy tuna tempura

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Re: Tryin'

Posted by cordnoy - 09 Sep 2014 19:49

as long as it ain't Romanian, i'm fine.

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