

I just re-realized what pritzus does

Posted by YonitheAdamGadol - 05 Aug 2015 02:54

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Ok.... bein hazmanim wouldn't be so bad if I could just sit at home or in the beis medrash or somewhere in between. But I had to go on a family trip. BAM! AIRPORT in the summer. The eye candy there was pretty enticing, but B'H I fly enough that I held out pretty well. I get to the hotel and find a quiet place and learn a little and check my email. When I came back to my room my brother turned off the tv and we checked into bed (it was midnight).

First day I go to late shacharis then sit down to learn but instead listen to a shir (which was pretty good). Then we went out to lunch and BAM! short shorts in a JEWISH cafe! Oy gevalt the waiters think its the gym! What's the deal with the gym pants? Oy gevalt the car ride scenery is a war zone. Looking away wasn't good enough. I davened mincha maariv b'yichidus (couldn't get to a minyan) and had ZERO connection to Hashem. I felt like my tefillah was worthless!

Day two I daven early shacharis and have a good morning seder. In the car I decided to just close my eyes, listen to Abbie Rottenberg and "meditate." That helped. Went to the mall and did pretty well walking past victoria secret and other mini-clothing clothing stores. Davened mincha and had ZERO focus.

And so here I am now, all this pritzus is blocking my connection to Hashem and I have been feeling shook up. I have lost my calm and don't have kavana in brachos etc.

What do you guys suggest? I have 2 more days here!!!!

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Re: I just re-realized what pritzus does

Posted by serenity - 05 Aug 2015 03:35

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Thank you for sharing your experience. I see you are doing very well, which is very inspiring! Almost 8 months clean!

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Re: I just re-realized what pritzus does

Posted by peloni almoni - 05 Aug 2015 04:34

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as always, i can only suggest what i have experienced works for me during bein hazmanim -

give it a try if you havent already

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1. GRT - glasses removal therapy. obviously if you wear glasses. i happen to be one of the luck people who cannot see squat without em. ??? ????? ?????? ???' ???' ????? ?? ?? ?????? ?????? ?????

2. ??? - not your local chabad center, rather he idea of one using his brains. ????? i "understand clearly" that summer is ABSOLUTELY the ??? ???'s turf. he has homefield advantage more so than usual. if i can figure out how to avoid confrontation, i will NO MATTER THE INCONVENIENCE. i avoid the mall if i have ANY other choice. when i have to eat in a restaurant (again ?????? ??????) i sit facing the wall and look down, so no waitresses etc pass me. or i take the food to go. i "understand clearly" the consequences of becoming negligent in this (see ?????? ?? ? - ????? ??????? ?? ?????? ) and so i make sure to act with ???"?.

3. ????? ?????? - putting what i know from yeshiva to use, to motivate myself. for example reminding myself again and again that there is a gemara ??? ????? ?? that says clearly that if i have another choice, even if i will avert my eyes from victorias secret, i am still a rasha. (by the way, i dont know what victoria's secret was, but what ever it was, it has been exposed many many times over ??????? ?????). OR telling and retelling myself again and again the nachas ruach hashem gets from every act of self control we do leshaim kedusha. OR meditating/repeating the folowing pasuk - ?????????? ??????? ??????? ?? ????? ??? ? OR the chazal with ??? ????? ?? ??? and the ???

?????? ????? ????? ???. i would actually fortify myself with them before the bein hazmanim. there are many kuntraism for this.

4. ??? ????? ?? ??? ??? ... ??????? ?' ?????? ????? - my biggest challenge is when i have time to kill. so i find something to do (even volunteer work...), and plan the whole day beforehand if necessary.

5. ?????? ?' ?????? ????? ????? ?? - even without a minyan, i find a corner, a tehillim, and dammit, i find a way to dial my daddy's number and have him pick up. because i cannot do it alone. and he will help me if i let him.

6. ??? ????? - this was a big realization for me - if i went places in a suit and tie, black hat brim down, i viewed myself differently, i did not fantasize about anyone "wanting" me, and my general handling of my thoughts and actions was different.

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7. ??? - i tried to be honest with myself. every time i went out, or went online, i asked myself what are my intentions REALLY. i realized that if i am honest, i stand a chance ????? ?? ??? ????? ???.

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Re: I just re-realized what pritzus does  
Posted by cordnoy - 05 Aug 2015 05:22

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B"H!

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Re: I just re-realized what pritzus does  
Posted by gibbor120 - 05 Aug 2015 18:13

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I wouldn't worry about the davening so much. Try and minimize the nisyonos as much as possible. Say a tefillah before going out. Decided on a mantra to repeat to yourself while you are out. You could try "I'm a humble servant of Hashem" or anything that works for you.

Hatzlacha! You are in a tough situation. We are rooting for you!

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Re: I just re-realized what pritzus does

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Posted by belmont4175 - 05 Aug 2015 21:01

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Hey Yoni! you're doing great, don't let the YH break your spirit, you are on a mission and even if you feel disconnected just continue davening and asking for rachamim, he is there wherever you are especially with the way you are working ??? ????

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Re: I just re-realized what pritzus does  
Posted by shlomo613 - 05 Aug 2015 23:21

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Keep up the good work. It's tough but it's so worth it. Min speaking to myself as well because I had a wobble today.

Don't be overly disturbed by a wobble just keep doing the right thing going forwards. We should all be zoche this holidays to enjoy Hashem's revelation (the opposite of some secret you referenced).

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Re: I just re-realized what pritzus does  
Posted by YonitheAdamGadol - 06 Aug 2015 04:29

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You guys give me such chizzuk! I had a major wobble today but somehow I made it out and stayed out of that situation. Going out today wasn't so bad (another restaurant, Baruch Hashem for a male waiter!). Regarding Peloni Almoni's #6 I only pretty recently allowed myself to get a hat ( it was my reward for reaching a certain level of emunah and letting my Higher Power in) so when I wear it I act differently. It is my pe'er (crown) like Tfillin shel rosh (the tosfos in kesubos) and I keep telling myself I can't look at that with my pe'er on. How can I do this and go out with my pe'er later? I'm pretty sure that did a lot of steadying for my major wobble today.

In the car I just close my eyes and fill my head with Jewish music and try to think Torah thoughts.

Baruch Hashem, I'm going home later today, and will get back to the Beis Medrash.

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Re: I just re-realized what pritzus does  
Posted by shlomoy - 13 Aug 2015 20:36

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keep it going...you can add some Tehilim even if it is only the monthly (the way its devided for 30 days).

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