

That sinking feeling

Posted by Eye.nonymous - 07 Nov 2009 17:37

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This was an idea I mentioned in my "official count" thread, but, it was such a big revelation I wanted to give it it's own thread, too.

Just as a mashal to start with, I had this very wise roommate in Yeshiva. After watching my long and futile struggle to get up in time for minyan he pointed out, "the secret to getting up in time is to go to bed on time."

Sometimes we're just fighting the yeitzer at the wrong end.

After a recent fall, I realized that the struggle wasn't so much the desire to act out as much as it was this sinking feeling that would eat me up for days or weeks until I felt compelled to act out. This sinking feeling was really the beginning of a crash with lust.

A couple of times recently I've managed to catch this feeling at the beginning and to deflect it by coming up with a positive outlook on the same situation. And, avoid another fall.

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