

Light Of Ephraim - Receive free book if committed

Posted by yitzi26 - 05 Jan 2018 04:02

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Hi guys,

Some people might know me from the email blast and i might be new to others. I have good number of hard copies of the sefer Life of Ephraim (newer version) this is an English book i personally know have changed their lives. I can speak pages about this sefer but time does not allow.

Please pm if you are interested and committed to read this book then we can ship it out to you for free. Alternatively i can be reached at [yitzi.26@gmail.com](mailto:yitzi.26@gmail.com)

Thank

yitzi

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Re: Light Of Ephraim - Receive free book if committed

Posted by Markz - 05 Jan 2018 04:25

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Hi Yitz

I think someone asked you this 8 years ago - Are you clean / sober because of this book?

[guardyoureyes.com/forum/2-What-Works-for-Me/83939-Stop-COLD-TURKEY---How-i-did-it-You-do-it-too#83939](http://guardyoureyes.com/forum/2-What-Works-for-Me/83939-Stop-COLD-TURKEY---How-i-did-it-You-do-it-too#83939)

Oh and how could we forget dov??

[Dov wrote on 11 Nov 2010 03:42:](#)

L'sheim Yichud Kudsha brich Hu uS'chintei b'dechilu urechimu, hareini muchan um'zuman  
l'kayem mitzvos aseil shel v'ohavta l'reiyacho komocha, v'nikdashti besoch b'nei Yisroel:

Dear yitzi.26,

I love Hashem.

I love hisbodedus.

Boruch Hashem I am sober today and have been sober one day at a time for some years now,  
which gives me the ability to learn how to love Him more than ever, and I know that He loves  
me. It gives me the ability to learn how to truly love my wife and family and many other people,  
as well.

And I sincerely want you to know that every single time I escaped from everyone else in my  
noisy life, to sit alone in a bathroom and masturbate, I was misboded.

I was alone, quiet, focused, and sincere...with the thing I trusted the most in the world: fantasy  
and masturbation. That was my hisbodedus.

And every time I messed up by doing that, I felt *super* close to Hashem and begged Him to take  
me back b'Chasdo. I felt I was **with** Him...in pain, but still clearly *with* Him!

And then I did it all over again.

And again.

And I got worse and worse and worse...and all the time I believed I was on a mission to finally *really* do teshuvah the **next** time I had the tayva.

My yiddisheh brain **knew** that Hashem has the only *real* love, the only *real* sweet beauty, and the only *real* hope for me - *lo ayacheil!*....but my body believed otherwise. It knew the experience of real pleasure from the things I was doing for escape and pleasure. Pleasure does not lie. The body cannot be easily fooled. Unfortunately, saying and learning good things does not make them so - especially when they are competing with a firmly entrenched insanity like lust dependence.

For you, the hisbodedus - done in the *right* way (with Hashem) - is working. That is a beautiful miracle. For me, focusing on Hashem in hisbodedus was a complete waste of time because true Emunah was only *in my mind*...my *body* already had a very different god. And it's god demanded daily service. It was a jealous god. It had its own rewards and its own punishments. It really did, to me.

So I caution you to consider that although the Torah is true - period, and although Hashem *is* the only real Beauty, Love, and Value that there is...there are yidden who need an 'access ramp' to the stuff you are talking about.

Mikvah and Tikun Klali *are* 'magical' and powerful, as you describe - and Hashem *can* do anything. But for many sweet yidden (like me) banging our heads for just a few more weeks or months on the Aron Kodesh can cost them their marriages, the mental health of their children, and may cost them their sanity, as well as their Olam Haba.

It seems to me that what matters to you most here is the terrible aveiro. I respectfully disagree with that perspective, particularly for **addicts**.

I do not know what you mean when you say the word "addict", but for the addicts who I know (like me), the ikkar problem with the habit of these aveiros is not mainly the aveiros, but that we are unable to really live as long as we are medicating with tayvo. Our relationships are filled with faykerai, our davening is a silly 'ratzo vashov' between "I am horrible and evil" and "Hashem take me back!". That is not avodah at all. It is shtuyot. Unfortunately many have made a business out of it and many consider it the ikkar avodah of their lives. Well, I believe that they are hiding in a sweet little **corner** of Torah and missing the entire *daled amos* of a **Torah life**.

But who am I, and who besides me should care what I believe?

Before saying that your way is guaranteed, or the only way for serious yidden, please consider that many people will find hatzlocha and brocha in a completely different derech than yours.

I agree 100% with a lot of the tachlis of your derech. For me, the solution is to find out that Hashem really is my Best Friend. For me, hisbodedus with Him is a gift from Hashem and I cannot survive without hisbodedus. But many people need to come to it on a completely different path than you suggest.

Hatzlocha!!

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Re: Light Of Ephraim - Receive free book if committed  
Posted by yitzi26 - 05 Jan 2018 04:39

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wow amazing you must have a great memory. i didn't even remember that post.

Yes Mainly because of this book i have been sober for over 5 years. I am giving you my experience and the many emails i have received from different people of how much it has helped them.

I am obviously not coming here to be little anyone or to tell everyone this is guaranteed to work.

I hope you dont take this the wrong way,

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Re: Light Of Ephraim - Receive free book if committed  
Posted by Markz - 05 Jan 2018 04:53

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My memory isn't that good, but I enjoy perusing the forum and was sure I came across the topic of this kaballistic work - no one is going ballistic here, not me, nor dov - relax, we are a fun bunch

We each like to share what works for us. Each of us is different - some swear to 12 step meetings and some a mix of tools.

It sounds like you're doing really well with your mix of things - I would appreciate to hear more what those are - I'm all ears {('>')}

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Re: Light Of Ephraim - Receive free book if committed  
Posted by yitzi26 - 05 Jan 2018 04:59

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Great I'm happy to hear you all hears. Please pm me your address and I'll send you a copy. It worth a try!

Kol tuv

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