

Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 May 2009 05:15

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Hi fellow Yiddin,

I am new to the site, but what I've seen so far is extremely comforting. Before I saw this sight, I thought my cause was hopeless. I knew I could never tell anyone my sins in person and here comes this website to allow me to gain advice from people who are in the same boat as me and from people who have gone beyond the natural tendencies of man and succeeded.

I am a college student who learns half the day. I need to stop immediately. The internet is the biggest Yetzer Harah since the Nachash in the story of Adam and Chava. Many times I feel they are comparable. The Nachash told Chava that Hashem said she couldnt touch the tree. When in reality Hashem said she couldnt eat from it. After the Nachash pushed Chava into the tree, she saw that maybe the whole condition is canceled and she could now even eat from it. We all know the rest of the story. And what was Chava's punishment? She had to go through painful childbirths. From the Men's perspective we can see this as us doing the same. When we are Nichshal and do this evil sin, we are causing ourselves to go through a painful childbirth. I dont know about anyone else, but after I finish giving in to my Yetzer Harah, I have the worst feeling in the world. It hurts more than any exterior wound. I really feel like "Shir Hama'alos Mimamakim Kerasicha Hashem!" It genuinely feels like calling to Hashem for help from the depths of earth, like Im on the brink of entering Gehinom. So, if we are about to be Nichshal we should try to remember that feeling that we had after the previous time, like we are going through childbirth so that next time we will actually think about our actions and not let our minds go astray.

I really daven everyday that everyone who wishes to, should have the Koach to destroy this Yetzer Harah.

Hashem: Please all the Jews here have such holy intentions, give them the strength!

everyone should have a great day and keep your eyes down when walking, constantly think about Torah and what Hashem would want, and daven. (i wish that would all be as easy to do as it is to write)

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Re: Please gimme some Chizuk and or Mussar.

Posted by Dov - 31 Dec 2009 21:49

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I have no sympathy for you, just empathy.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by imtrying25 - 01 Jan 2010 00:31

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Please read my post on this page and let me know what you think. thanks.

[rehab-my-site.com/guardureyes/forum/index.php?topic=1335.msg40518;boardseen#new](http://rehab-my-site.com/guardureyes/forum/index.php?topic=1335.msg40518;boardseen#new)

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 03 Jan 2010 05:06

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Hey vid wats up. Im not sure what your trying to say. Im slow you know.  
Hey everyone just wanted to say hi. Really thats it. Dont have time to rant maybe I will  
tomorrow.

Anyone here to say hi back?

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ano Nymous - 03 Jan 2010 09:06

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Hi Back.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Kollel Guy - 03 Jan 2010 09:07

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Hi back.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ano Nymous - 03 Jan 2010 09:12

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[Kollel Guy wrote on 03 Jan 2010 09:07:](#)

Hi back.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Kollel Guy - 03 Jan 2010 10:53

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[Ano Nymous wrote on 03 Jan 2010 09:12:](#)

[Kollel Guy wrote on 03 Jan 2010 09:07:](#)

Hi back.

Maybe if you unscramble "Ano Nymous" you somehow get "Anyone", but I'm assuming he was

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Re: Please gimme some Chizuk and or Mussar.  
Posted by imtrying25 - 03 Jan 2010 18:55

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Hi back. anonymous. copycat. SEAL.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 08 Jan 2010 16:16

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Hi everyone have a great Shabbos! Shemos is the beginning of a new sefer. Lets all start anew talking to anyone who sees the post... and see it just as one day.

I was doing the Parsha and thinking that Bnei Yisrael must have had it really hard. I mean, even Hashem realized how hard they had it. The Pasuk says: "Vayar Elokim es Bnei Yisrael Vayeida Elokim" (And Hahsem saw Bnei Yisrael and Hahsem knew) Rashi comments on the Pasuk about the seemingly ambiguous thought of what did Hashem know at that point? In a few words Rashi tells us that Hashem focused on then and did not hide His eyes from there. Hashem heard the outcry from the Jews and how much they wanted so desperately to leave thisw

Tumah in Mizrayim. And then "Vayeida Elokim". Are we crying out enough to Hashem that we really want to leave our "Mitzrayim"? Doing some Cheshbon Hanefesh I would say that I am not. A fellow addict once asked me: "How many times a day do you daven to Hashem?" I answered: "The usual 3 i guess..." He said: " I daven about **50 times** a day". The point is if we really want something, and I mean **REALLY** want it, the usual 3 isnt enough. We have to live it, breathe it, all 24 hours of the day.

Have a great Sgabbos evryone!

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by imtrying25 - 09 Jan 2010 17:26

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Wow that was really beautiful Yiddle. Thanks so much for sharing. Oh how i wid=sh i could and would talk tp hashem more. Such an oppurtunity and we let i go to the wayside. :-\ :-\ :-\ :-\

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 11 Jan 2010 01:55

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Hi everyone,

I thought I would tell you guys about the most interesting and emotional day for me in my lifetime. It all started when I had a fall last night. I was in the middle of falling when my parents walked in and b'h didnt see me, but they started to talk to me about something. And I dont know if this has ever happened to someone, but when someone is falling and someone else walks in, they want that person out of that room immediatly. So I quickly flipped on on my parents and they got so angry that I did not have Drech Eretz for them a dn we all went to sleep angry. The next morning, something else happened and I got REALLY angry with my father. I was ready to run away from home right there. My father wasnt home and my mother pleaded with me and was crying for me to stay and work it out. With tears coming down my cheek, I left the house with the intention of not coming back for the week. about a block later I turned around and

decided to come back. My mother and I waited for my father to come home and I sat down with them for 2 hours and talked out our differences. You see, I never had a good relationship with my father and he always tells me that he resents that. I was crying ALOT which is something that I have never done.

Hopefully this will be the beginning of a new thing and I can learn to build relationships instead of break them. I look back at the moment where it all went down and I exploded on my parents for no reason and think to myself "Isn't it such a Bracha that I had been falling at that point!" I know that sounds crazy, but its the truth. Had i not been falling when my parents came into my room, this would never have happened and I would not have had the opportunity to truly open up to my father.

All the best to all,

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Steve - 11 Jan 2010 22:25

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now i understand why you've been quiet lately about the SA group...

yiddle, this was very moving. You're doing just fine. B"H. Keep going strong, maybe put your efforts this week into mending those breaches with the folks more and more. Hey, maybe you can get them to take you out for dinner? (Steak, not Sushi). Man if that's not a lo lishma bo lishma if i ever heard it....

Anyway, yeah it would be great if you can keep your schedule open enough that the 3 of you, or just you & your dad can spend a little enjoyable time together, stay away from any conversations that could go wrong and bring back the tension. Just BE TOGETHER and enjoy each other's company without expectations. Bring in some Pizza and have a family fun nite. It's not bitul torah if there's a constructive purpose, to bring you guys even closer.

So forget about organizing the SA group for now, and I apologize for giving you pressure about it. the group will happen when it happens. Your connection to your parents is happening now. And Ain Sofaik motsei min havadai.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by ark321 - 11 Jan 2010 22:34

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so how do we explain how the falling caused something good to happen?!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Steve - 11 Jan 2010 22:55

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Because Yiddle took the fall AND MADE SOMETHING GOOD COME FROM IT HIMSELF!

Hashem placed his parents there, in the middle of the fall, to create this positive possibility. Yiddle had a choice, he could have kept walking. HE MADE IT GOOD by choosing a better path, a path that was NOT selfish, and it became healing for all of them.

Sometimes, to jump higher, we need to crouch down first.

Good Day, Dark. Nice to see you. BTW, check out Sefer Tomar Devorah. I forget off hand in which of the 13 middos he mentions this, but he talks about what it means that the Tzaddikim can not stand in the same place as the Baal Tshuvah. That's because the Baal Tshuvah ends up on a higher plane. And One can't become a Baal Tshuvah without the aveira first. perfect example of how something good can come out of something bad.

Kol Tuv,

Steve.

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