

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 poeple 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 it from it. We all know the rest of the story. And what was Chava's punishment? She had to go through painfull 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 painfull 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 rememebr that feeling that we had after the previous time, like were 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 Yezer 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 Yosef Hatzadik - 23 Aug 2010 17:40

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Tell Guard to put his fundraising on hold. it may soon be unnecessary! :D

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 26 Aug 2010 12:24

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I think the guy is a weenie.

Then again, so am I....

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 29 Aug 2010 03:02

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I have been finding the last few days that throughout the day, I am not really connecting to Hashem in the way that I should. I should be feeling like I am doing God's will in everything I do even if my day might seem routine. I'm just not doing this right now. Atleast I recognize this and now the hard part is figuring out what I need to do to invoke God into my routine. I know He is there so why do I persist to ignore His presence? I guess a good thing to do would be to not just do things. Like tonight I was running around looking for something and I should have realized that if Hashem wants me to find it, then I will. But not once did that thought cross my mind. Before I looked for it, I should have spoken to my Tatte and asked Him to help me. This is about progress not perfection so I am not down on myself. I cannot get down on myself because self-pity is what addiction feeds off of.

I am starting to also feel that everyday that an addict is in recovery we should proclaim: "Zeh Hayom Asah Hashem Nagillah Venismicha Voh." Everyday is a gift with more opportunities not to survive, but to live.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 01 Sep 2010 15:33

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I saw a woman today that I really wanted to take a second look. it was very difficult not to do it. I also saw an ad online of some women (you can fill in the rest). I am so powerless over this. Over lust. I was learning Mussar last night with some friends and I was trying to tie in addiciton without actually saying it and it just didnt work. The mashal I gave was if someone knows they are going into a lion's den, there is NO chance of him defeating 10 lions. Even the most arrogant and egotistical person would realize that he's not going to win. So if the king throws you into the den, what are you going to do, fight the lions??? You turn to The King and plead for Him to take save you. Go ahead! I dare you to fight those lions out there! Our struggle with lust is very similar (oh by the way, does this story remind anyone of any other story in Tanach????). Why are we so arrogant to think that I can just take one more look and nothing will happen? We are tempting the lions to fight back at us! No, I will turn to THE KING and plead for Him to pull me out. The lion's den is the most dangerous place for us, but it can also bring us closer to The King if we make correct use of it.

Just felt the need to rant my feelings for now.

Hatzlochsa Rabba everyone.

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Yosef Hatzadik - 01 Sep 2010 15:52

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[Yiddle2 wrote on 01 Sep 2010 15:33:](#)

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Re: Please gimme some Chizuk and or Mussar.  
Posted by bardichev - 01 Sep 2010 16:16

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[Yiddle2 wrote on 01 Sep 2010 15:33:](#)

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Hatzlocha Rabba everyone.

-Yiddle

in the case of the lions u are 100% percent correct

in the case of the bus and the online

it is a test

Hashem does not expect u to kill a 10 lions

Hashem sees every little bit of effort every little bit counts

and by workind u are building up antibodies ( pun totally not intended)

for the next nisayon

Y2

u will never control the lions or the lust

your job is to stay as far away from the lions as possible

and try try try

all Hashem wants is try

habba

litaher misayyin osso!!!!

keep on trucking (trting)

bardichev

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Re: Please gimme some Chizuk and or Mussar.  
Posted by kutan - 01 Sep 2010 18:47

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its a good mashul, but lions are too noble.

Make them pit bulls maybe, or vipers, or something.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by bardichev - 01 Sep 2010 18:50

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KUTAN????

WHERE WERE U??

KUNDTRYYYY??

WELCOME BACK LITTLE FELLER!!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by kutan - 01 Sep 2010 21:47

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Hi Bards.

Thanks for the welcome.

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 02 Sep 2010 04:18

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My recovery needs to be directed towards three directions (extracted from something I heard from Rav Pesach Krohn. He mentioned the three things, I just tied it to our situation):

1) Inward (*Teshuvah*)- I am returning to Hashem from within by admitting my powerlessness towards lust. People often skip over this step, but I think there's more here than meets the eye. I am telling Hashem that "I want to return to You". This can also refer to step four of working on ourselves because its our defects that **E**tch **G**od **O**ut. (Spells EGO for all you non-DCers)

2) Upward (*Tefillah*)- Tatte, You are the only One who can help me. I vry out to you to take away my difficulties. I also thank You for everything You have given me. Hakaras Hatov is so fundamental for people like us. We always think WE have at bad and WE have the worst addiction, but think about what WE have, not what we dont. Bechasdei Hashem, I have full funtion of my body, mind, and eberything I need to succeed in this world.

3) Outward (*Tzedakah*)- This is where reaching out to others to help them come into play. One of the biggest things about all the Anonymous groups is that the way to get into recovery is by

doing what a long time recovering addict did. The Mesillas Yesharim says this EXACT thing. He says if you're going through a maze in a field and someone is standing at the finish on a gazebo and can see and tell you what path to take, wouldnt you listen to him? Thats what a sponsor is. There are also ways to do Tzedakka if youre not a sponsor yet. Volunteer time somewhere. Tzedakka is not only about writing aq check or putting a dollar in a pushka. You can donate time and effort to someone and really make them feel special.

Rabbosai, Rosh Hashanah is approaching. Everything we do matters and counts in Shomayim

**U'Teshuvah U'Tefillah U'Tzedakah Ma'avirin Es Ro'ah Ha'Gezeirah.**

Ksiva Vechasima Tova.

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 05 Sep 2010 01:37

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I was learning the sefer Dah Es Atzmecha on Shabbos and what the mechaber was saying really resonated with me. He was saying that as humans, and especially Jews, we are made up of two parts. The physical, i.e out bodies, and the spiritual, i.e our Neshamas. When we die our bodies stop functioning because the Neshama leaves the body. If we want that process to be smoother then we must associate as least as possible with our physical beings and focus on connecting to our spiritual lives, our Neshama. Its like wearing a shirt. At the end of the day we take the shirt off and go to sleep at night. We dont loose sleep at night because we're not wearing that shirt we wore today!

As Rosh Hashanah approaches we should ask ourselves this question: Is the physical aspect of our us the main part of our lives or does the body just clothe the soul?

Lets grow together to make the connection of the body just secondary and live lives of complete



spirituality.

Ksova Vechasima Toav!

-Yiddle

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 07 Sep 2010 22:26

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Dear Yiddle2!

Thanks for sharing that piece from the sefer with the oilam. You are something special. When we figure out exactly what that special thing is, one of us will let you know. In the meantime, keep reading.....

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Shana Tova umesuka!!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 08 Sep 2010 16:42

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I would like to wish everyone on GYE a special....

**KSIVA VECHASIMA TOVE LE'ALTER CHAIM TOVIM U'LESHALOM**

And a special thanks to the webmaster the man behind it all Reb Guard

Thank you GuardUrEyes

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Re: Please gimme some Chizuk and or Mussar.  
Posted by bardichev - 12 Sep 2010 17:53

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mazal tov on your 1000th post

i wouldd dirnk a lchaim with u but is a tzom

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