

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 Ineedhelp!! - 15 Sep 2009 15:23

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I wish it was that easy, but Hashem didnt create the world for us to coast through and have everyhting spoon fed to us so thats probably not going to work

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Re: Please gimme some Chizuk and or Mussar.

Posted by Sturggle - 15 Sep 2009 15:33

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true that, true that,

just was pointing out that to be the real you,

(I humbly think) is more about letting go

meaning, falls no falls,

accomplishments or none,

youre there no matter what,

and you are so holy and special.

I think Hashem sees that.

Maybe He just wants us to see it too.

and maybe i should heed my own words...

does that make more sense?

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Re: Please gimme some Chizuk and or Mussar.

Posted by battleworn - 15 Sep 2009 16:34

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Welcome back, INH!

I want to show Hakadosh Baruch Hu who I really am.

That means that you yourself already know. You know that you're a holy yid, a chelek eloka mimaal and "that way" of acting is not "shayach" to you at all. In that case most of the battle is one.

You should know that this forum is a very holy chabura, the more you're connected, the better. So post away!

Chazak ve'ematz! K'siva vachasima tova!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 15 Sep 2009 21:56

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[Ineedhelp!! wrote on 15 Sep 2009 15:12:](#)

Hey everyone Im back! May we all be zocheh to a chasimah vechasimah tova

-INH

Amen!!

PS. welcome back INH! shhh!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 17 Sep 2009 15:31

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Hi everyone,

B'H im on day and hopefully will go into R'H with a full week of abstinence from this disgusting thing. I iy'h will daven fror everyone on this website that all their tefillos should be answered and that in the end of 120 years it should be all of us posting on this website dancing in the middle of klal yisrael's circle with all the tzadikim because if we can overcome or Niyonos we certainly desrve to be dancing with the likes of Moshe Rabbeinu and the Avos.

Every should be written in the book of life and have a chsiva vechasima tova

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by battleworn - 17 Sep 2009 18:51

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Amein! Hashem should give you a super year!!!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Dov - 17 Sep 2009 19:49

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Amen V'chein Y'hi Ratzon, sweet INH, with one caveat for me:

I completely relinquish any s'char I may deserve and may ever deserve for what you call "overcoming my nisayon". I want no part of it.

This is why:

When I'm sane, I calmly say, "*Tatte, help me*" whenever I notice a problematic image coming out of the corner of my eye or a troubling memory growing out of a corner of my mind. I give the job of freeing me of the **powerful** desire to look more or to think about it more, to Him Yisborach  
Not  
healthy....

Besides, every now and then the desire will surely be much too powerful for me to resist. To admit that requires **humility** - also a gift from Him, I believe. But I'm in good company, as Dh"M said, "va'ani l'tzelah nachon".

I remember that giving it up can sometimes really feel like a punch in the stomach; intolerable; as though I am really *losing* something I desperately **need** for my own good!! I am not smart enough to rely on my wisdom then. After all, it was *my* wisdom that *got* me here in the first place...

So I give the credit to Him and do not assume that I am *smarter* or better, now. That's what I

What s'char do I deserve for running from lust **like the fire that it is** for me (or maybe just alone. Struggling with it reminds me too much of *how I got here in the first place!* closing my eyes for a second) and quietly, humbly asking Him to take a second out of His busy schedule to help His little Doveleh out so I can move onto His work?

I am aware that this attitude may not work for everybody, but for me, it's the best so far.

S'char anyone?

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 22 Sep 2009 13:54

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Hi Holy Yidim,

Today is the 4th day of the new year. i have already fallen badly twice. I really need some Chizuk. If someone could do a gmail chat with me I really think that would save my life. I feel like my life is crossroads. I want to do my Avodas Hashem but at the same time its so difficult with this addiction and i NEED to rid myself of it completely. I just cant figure out how. Please someone come to my rescue. And if ANYONE feels that I can in any way help them in their journey then please DO NOT hesitate to ask me. We all need to help each other in a time of crisis and certainly I am in a time of crisis. There's this whole concept of Malchus on Rosh Hashanah and we are aying that Hashem is a King. But just remember there's no King without people who serve Him. I live you all and wish you the best day in terms of youre avodah.

-INH

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Re: Please gimme some Chizuk and or Mussar.

Posted by battleworn - 22 Sep 2009 13:59

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Last week I heard R' Tzvi Meir speak. I'm sorry I don't remember which sefer he read it from, but it said straight out that the because the power of these days is so strong, the y'h really works overtime. Chazal say very clearly that we can get close to Hashem during the 10 yemei teshuva, more than the rest of the year. That means that even somone who is so far-removed from Hashem that the rest of the year he can't wake up the connection, during these days he can.

The y'h really stands to lose a lot during these days so he really goes totally wild. And all we have to do, is to NOT GET PHASED BY THE DARKNESS- TO ROLL WITH THE PUNCHES AND WEATHER THE STORM. We need to recognize the confusion for what it is, namely a dirty trick of the y'h. We need to remember that it will soon pass and we will get back in to focus. And we need to speak to Hashem and beg Him to make it pass fast and bring us back to our senses.

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Re: Please gimme some Chizuk and or Mussar.

Posted by battleworn - 22 Sep 2009 14:02

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But in truth this very darkness is our greatest opportunity! This is the "Derech" and "Kli" -the tool and the key to tapping in to the great power of these days! The Gemoroh says ????? ???? ???

??? When one gives a gift, we can assume that he gave generously and he also provided the "Derech"

So Hashem provides each person with the "Derech" - the tools for using the great gift of these days properly. VERY VERY often that means a feeling of darkness. Because by trying to hold on and not let go even when feeling like that, we will merit the great segulah of these days. In fact it's the only way. Because if there would have been a better way, we can fully trust Hashem that He would have given us an easier time.

Hashem gave you -INH, this kind of situation. But instead of just throwing up your hands and giving up, you came to this holiest of sites to try and be mischazek.

THIS IS WHAT REALLY BRAKES THE KO'ACH OF THE TUMAH! THIS IS WHAT BRAKES THE MECHITZOS THAT HAVE BEEN BUILT UP BETWEEN YOU AND HASHEM! THIS IS HASHEM'S GREAT GIFT TO YOU! AND THROUGH THIS YOU CAN BE ZOCHEH TO ALL THE GOOD THINGS THAT YOU NEED FOR THIS YEAR!!

NOW IS THE TIME!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Nat - 22 Sep 2009 16:55

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I can only say never ever give up and keep fighting with every thing you have to completely let everything fall into Hashem's Hands!!!!

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 23 Sep 2009 17:07

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Hey all,

B"H day 1 is complete in the books and making progress on day 2 already. I saw an inappropriately dressed women and looked away and kept my head down right away! Hakadosh Baruch Hu is helping me out. He gave me the Koach to be able to not look. Have a great day everyone and keep posting!

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by Ineedhelp!! - 23 Sep 2009 17:27

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I would like to show my Hakaras Hatov to GUE by supporting its financial division. They are probably in need of support and without them I would be like a homeless man on the street with no family. Does anyone know how I can mail cash to them??? Credit card and check are not an option for me.

-INH

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Re: Please gimme some Chizuk and or Mussar.  
Posted by nishmas - 23 Sep 2009 17:37

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INH,

I would suggest sending an email directly to and ask.



Gmar Chasima Tovah.

Nishmas

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