

Start again but not from the beginning yeriday letsorech aliyah

Posted by Nat - 13 Jul 2009 15:12

Hi,

I just wanted to say That I have fallen after 2 months and a half, but I am using the tools of the 12 steps and slaa and the fall truly helped me become free in a deeper way. Inow understand that we have a partnership with Hashem.

I need to do my part and he will do his , for now, I am putting together a wisdom file for my self something a little different than the booklets that they have here not only attitudes but wisdom and meditations...

And when I my trigger reaches panic stage I will first read it. I will post it here in parts

Then I will share my feelings with my group and sponsor.

Finally AT THE NEXT OPPORTUNITY go to a meeting

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Re: Start again but not from the beginning yeriday letsorech aliyah

Posted by Nat - 14 Jul 2009 15:52

A lovely poem truly worth the read!

TOUCH OF THE MASTER'S HAND

'Twas battered and scarred and the auctioneer

thought it was scarcely worth his while

to waste time on the old violin, but he held it up with a smile,

"What am I bid, good folk" he cried,

"Who'll start the bidding for me?

A dollar- a dollar-then two, only two?

Two dollars, and who'll make it three? Going for three- but no.

From the room far back, a gray haired man
came forward and picked the bow.
Then, wiping the dust from the violin
and tightening the loosened strings, he played
a melody pure and sweet as a caroling angel sings.

The music ceased, and the auctioneer,
with a voice that was quiet and low,
said, "Now what am I bid for the old violin?"

And he held it up with the bow.

"A thousand dollars and who'll make it two?

Two thousand dollars, and who'll make it three?

Three thousand once, three thousand twice,
and going and gone," He cried.

The people cheered but some of them cried,
"We do not understand, What changed it's worth?"

Quick came the reply:

"The touch of the Master's hand".

And many a man with a life out of tune,
and battered and scarred with sin,
is auctioned cheap to a thoughtless crowd,
much like this old violin.

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Re: Start again but not from the beginning yeriday letsorech aliyah
Posted by Efshar Letaken - 14 Jul 2009 18:38

Gevaldig!

I was almost able to hear the tune of that Violin in my Imagination!

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Re: Start again but not from the beginning yeriday letsorech aliyah
Posted by battleworn - 15 Jul 2009 09:26

Nat, thank you so much! That's beautiful!

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Re: Start again but not from the beginning yeriday letsorech aliyah
Posted by Nat - 23 Jul 2009 01:32

I fell again unfortunately, but now I know and respect that although their are many important things in life,

in my life the single most important thing is that for today I didn't break my lines.

from now on...BH Hashem help please!

I will first work on the inside recognising my inherent good and working on my connection with G-d then onto the outside.

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Re: Start again but not from the beginning yeriday letsorech aliyah
Posted by chl - 23 Jul 2009 08:00

bs"d

behatzlacha rabba dear Nat!!! it is very inspiring to see how you pick yourself up... and thanks for that poem!

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Re: Start again but not from the beginning yeriday letsorech aliyah
Posted by DesertLion - 23 Jul 2009 11:07

Nat that poem was so beautiful.

Life is like a symphony just like that poem says.

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Re: Start again but not from the beginning yeriday letsorech aliyah
Posted by battleworn - 23 Jul 2009 16:23

Lion welcome back. Haven't heard from you in months. How is it going?

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Re: Start again but not from the beginning yeriday letsorech aliyah
Posted by 7yipol - 24 Jul 2009 10:19

Nat,

I plan to print out that poem and memorize it.

Beautiful!

Thanks so much for sharing.

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Re: Start again but not from the beginning yeriday letsorech aliyah

Posted by Nat - 24 Aug 2009 13:05

I am back again after some big falls I'm trying now to work on a battle plan, step 5 thats where I'm at keep coming to this website, keep updating my emails , more meetings,

I truly hoe it will all help.

Whats funny now is that after some of the 12 steps many of my previous triggers aren't there I have some self esteem but I still feel that I am falling like also with reasons like I'm not listening to my hp and following negative patterns.

but still it is strange , this disease is so cunning!!!!

I'ts hard to believe I will ever conquer it....

Thanks for your support

Nati

One thing helps me that I can share this cure with other people nnd maybe it will work for them.

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Re: Start again but not from the beginning yeriday letsorech aliyah

Posted by Tomim2B - 26 Aug 2009 05:07

A quote from Stephen Covey, the author of the bestselling "7 Habits of Highly Effective People":
"The main thing is to keep the main thing the main thing." Don't be taken aback by slips or even falls. As long as this battle is in your focus, you're headed in the right direction. With time, patience, and persistence you will conquer this.

Every journey of a thousand miles begins with a single step!

2B

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Re: Start again but not from the beginning yeriday letsorech aliyah

Posted by Nat - 21 Sep 2009 17:30

That certainly is true but I feel I need just someone I can talk to one on one maybe not specifically a sponsor just someone going through this thing.

I feel that to heck with it I can't do it myself and Hashem works through other people so I'm willing to do the next step just happens to be the fifth:)

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