

Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Dec 2010 08:14

:(Although I've had my ups and downs over the years, and some long streaks of abstinence from any P*** or M***, I never got off the roller coaster. Not that I think that I'm the most far gone person here as far as the quality and quantity of the shmutz, still I know that this is an addiction that never left me and never will if I do nothing about it.

This morning i thought of a mashal (someone else might have used it already, but for me it was a moment of clarity from heaven): A temporary bout with the YH about lust and P*** etc. is like a strep throat -take your antibiotics, drink fluids, rest up and it'll go away; if you don't catch the bacteria again -you're cured, and it's gone. But when the struggle for kedusha keeps on being just that, and with the slightest slip -you feel that you've lost control and your actions show that even years of self restraint didn't do the job (like ridin' a bicycle -ya never forget how to; same thing goes for sewage surfing...) that my friends is like Rachmana Litzlan Lo Aleinu V'lo Aleichem 'Yennerr Machla', and not the kind that attacks at first a specific organ or is operable; rather like the kinds of Yenner Machla in the blood -the best they can do is put it in remission, but it's there to stay -and when Chalila V'chas it's active -there's no limit to the damage it can do and the places that it will show up in. Same goes for addiction to Shmutz.

What's the point of this whole tirade? ... to be continued in the next installment (because it's too hard to type without seeing what your doing and I've filled the window and now it's dancing the Hora and making me dizzy...).

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 27 Jan 2011 16:13

how is our favorite Dapper Author doing today?

remember not to think about purple possums

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 28 Jan 2011 12:21

DAY 29

Okay GYEs, it's Erev Shabbos and I have no time for an elaborate post.

Just a Mareh Makom: There's an unbelievable piece in Maor VaShemesh this week, Parshas Mishpotim, dibbur hamaschil "ViShalachtu Es Hatzirah Lifanecha". If I had time I would post a word for word translation -a synopsis can't do it justice. Worth a look for anybody who still has a YH, and wonders why Hashem doesn't just do him in once and for all, why the Milchemes HaYetzer doesn't leave after a little while. Every word a pearl, and also eitzos on Milchemes HaYetzer. Check it out!

Git Shabbos,

E

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 28 Jan 2011 12:24

Thanks

Ess a bissel chalmirr kigel for me

Ill drink wOodford for u

Well be even

Goood shabbos

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Jan 2011 10:54

DAY 31

Wow, **DAY 31**. I'd like to write that I never thought it possible to get this far, but that would be a lie.

It seems to me that my journey has started to become 'K'mitzvas Anashim Melumadah'. That scares me, because I don't want the hisorerus to have to come in the form of a serious slip or fall.

I've definitely been to day 31 before, maybe even to day 310 -but never in this way. Never kept track of clean days one at a time with such a nifty list. Never had anyone tell me that this gives me a new status of 'Oved Hashem'. I always took the route of, well -if your clean, so what, that's the way you're supposed to be; and if you're not, then you're a filthy sheygetz. But that's the Yetzer HaRa's way of looking at things.

That's what is very different about these 31 clean days from any other clean days that I've been zocheh to (*yes, now I realize that it is a zechiyyah, not to be taken for granted*). Any other 31 clean days were full of fighting my mind and my eyes which -left unshackled -could go wild, but I would fight them (read: fight myself). Over here I learnt that that's not the way to fight the Yetzer Hara; as a matter of fact (even though I was aware that p*** and especially internet p*** could be addictive) I learned that it wasn't really the YH that I was fighting against, rather I was fighting myself. I learnt how to bring my struggles to the RBS"O, and how to bring the RBS"O to my struggles.

I learnt that I was an addict (*somewhere between level three and level four, with a touch of level five for flavor according to this web-page <http://www.guardyoureyes.org/?p=2507>*)-which means that in a certain sense I am sick, but not a sicko. Especially considering that I started with these destructive behaviors way before I had any bechirah in these areas (see this post here <http://www.guardyoureyes.org/forum/index.php?topic=3440.msg94149#msg94149> for a synopsis).

I got chizuk and hope from everyone here; especially those whose issues are more difficult and more complicated than my own. I am in awe looking at your fierce battles, and your perseverance despite that it may seem to the uninitiated as 'too little, too slowly'. Hashem counts seconds, minutes, hours, blood, sweat, tears -and not just days and 'winning streaks' a la Wall of Honor. Hashem counts each second of your/our battles -and he appreciates our efforts in both quality and quantity in the most exact way which we can't even comprehend!

Thanking Hashem BeRabbim, and thanking each and every one of you be'chlall and be'frat, and be'vakashah al he'asid.

Let's stick this out together,

E. ben Durdayah

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Re: Ki Nafalti , Gam Kamti

Posted by Shteeble - 30 Jan 2011 12:23

Keep up the good work.

Continue to be a source of chizuk for all of us.

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 30 Jan 2011 14:34

[quote="ben durdayah" link=topic=3348.msg94879#msg94879 date=1296384853]

DAY 31

I don't want the hisorerus to have to come in the form of a serious slip or fall. -R' Tzadok, tzidkas hatzadik, (#21?) says to answer the famous Yediah/bechira kasha, that we must realize fully that even the aveiros were mitzvot since ultimately, even w/ my bechira it was HSheM who brought it to me and made it happen-he made me do the aveira-however this paradox only occurs once it happened and is not the heter to perform the aveira. Nonetheless, it adds powerful dimension to this subject. He adds there that even though beng ovid demonic forces is avodah zara and therefor the mitzvah of "SEH LAAZAZEL" is lichorah assur, nonetheless its a mitzvah because HSheM told us to do the avodah zara, and therefor its now a compulsory mitzvah, eyin sham. It is a powerful tool when necessary.

I always took the route of, well -if your clean, so what, that's the way you're supposed to be; and if you're not, then you're a filthy sheygetz. But that's the Yetzer HaRa's way of looking at things.-Remember the Arizl in shaar hagilgulim, usually quoted in intro to shaarie k'dusha, that what simple people did in Ari's dor WAS SHAKUL TO MANY MITZVOT GEDOLOS IN THE TIME OF THE TANNAIM. In our dor, every ounce of your struggle is bechinas akeidas yitchak, "ki alecha haraghu kul hayom", see sichos haran near begining (pump it up w/ some R' Nachman!). The things we know most need the most review-M' Yisharim, intro.

I learnt how to bring my struggles to the RBS"O, and how to bring the RBS"O to my struggles.[-RBSO could also refer to the ramat beit shemesh organization]

I learnt that I was an addict-E, i too realized an interesting knaich that gye/sa offers-by using their own terms and techniques, they have provided us wackos with a way to refer to an describe otherwise nondescript parts of our struggles and symptoms, additionally this consolidates a tremendous amount of wisdom into little tools and terms, dok vitishkach, vihameivin yavin. By doing this we get additional self awareness, which in turn gets us to recovery more effectively and quicker.

([I got chizuk and hope from everyone here; especially those whose issues are more difficult and more complicated than my own.

I am in awe looking at your fierce battles, and your perseverance despite that it may seem to the uninitiated as 'too little, too slowly'. Hashem counts seconds, minutes, hours, blood, sweat,

tears -and not just days and 'winning streaks' a la Wall of Honor. Hashem counts each second of your/our battles -and he appreciates our efforts in both quality and quantity in the most exact way which we can't even comprehend!

-unbelievable

Tzaddik90

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Jan 2011 16:14

Thanks for the chizzuk world, and for the gitte verter Tzaddik.

I also had a hard time dealing with the paradox between the lechatchillah verter, and the le'achar ma'aseh verter.

But it's sort of like music. Sometimes a lively tune is appropriate, and sometimes you need some dinner music. The kuntz is being your own D.J. and knowing how to put together a good mix and when to play what -and that is quite a kuntz.

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Re: Ki Nafalti , Gam Kamti

Posted by Rising Up - 30 Jan 2011 21:57

ben Durdayah, you provide inspiration for us all. Your update titled "**Day 31**" is a true inspiration to myself as I'm sure it is to others. This post, is a statement that I as well as others that are just starting out can look at and say: " Hey, look at what the first leg of the journey encompasses, if this is it I can do it!!" It is truly a pleasure to stand by and watch as you help us all out while helping yourself grow. Thank You (and I mean it, so read that out loud)!!!!

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Re: Ki Nafalti , Gam Kamti
Posted by ben durdayah - 30 Jan 2011 22:58

[RisingUp wrote on 30 Jan 2011 21:57:](#)

It is truly a pleasure to stand by and watch as you help us all out while helping yourself grow.
Thank You (and I mean it, so read that out loud)!!!!

We're welcome.

(I can't read the thank you out loud -I don't want to wake up the kids!)

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Re: Ki Nafalti , Gam Kamti
Posted by ben durdayah - 31 Jan 2011 07:22

~~DAY 32~~ DAY 1

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Re: Ki Nafalti , Gam Kamti
Posted by Efshar Letaken - 31 Jan 2011 09:08

Yesh L'Farish, that you are going onto Day 32 with the spirit of Day One! Mit Di Filen Brenn!

Ee-Boiyis Aimoh, that Yes! Even thou it is Day 32, But its "The First Day Of The Rest Of Your Life!"

Tufaasti? Oi Loi Tufaasti?

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 31 Jan 2011 09:11

Yeish LeFaresh that I fell on my nose...

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Re: Ki Nafalti , Gam Kamti

Posted by Efshar Letaken - 31 Jan 2011 09:38

Ouch! That must Hoit!

But over here in GYE its what we do after the fall that counts!

If we get up and rock on then that alone is what we call progress.

Like bards says!

Fell Shmell!

As long as you get up and go on the war is still on! (Hashem fighting for us that is. Not our own

koichois)

I've heard a vort from Bards I think from Rav Geltseiler A"H that goes Mah'she'hu kazeH.

V'Huseir Soton Milfooneini U'Meiachreini!

We have 2 yetser Hora's.

One Before that tells us to do the Aveiro and the 2nd after the fact that tells us that we are Farfalen.

The 2nd one is what he really wants and that is to keep us down.

So we ask Hashem V'Hoseir Soton Milfoneinu and MeiAchreinu!

Its ok to fall if we learn from it what went wrong so that we know what to look out for.

But with a fuddem named Ki Nafalti Gam Kamti! I don't think I need to say anything at all.

Azoi gait ess.

Vus kem men tun?

At least cash in on the kirvaas Eloikim you will get from Hashem when you vain zich ois to him today!

But like Reb Dov says, we are not aloud to get to hooked up to this hug we get from Hashem because this to can be Maaseh Yetser! When we cry our Heart out to Hashem we feel great thereafter. And that can be a big no no.

The yetser says, go ahead! Vain zich ois! Feel good as to how close you feel to Hashem and then you all mine again.

What a tricky sneak!

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Re: Ki Nafalti , Gam Kamti
Posted by ben durdayah - 31 Jan 2011 09:42

Well I'll tell you, the timtum haleiv is pretty awful...

It was a hisgabrus not to do the abridged davening today, and I could barely say the words -but I knew that you gotta do what you gotta do.

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