

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...).

=====

====

Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 29 Apr 2011 14:35

---

all this location-disclosure was really not the point. all i said is that we should *meet* at the Haas Promenade at Armon Hanatziv next to Talpiot and bike from there to Neve Yakov and back. not to imply that anyone lives in Talpiot or Neve Yakov. oh well...

if that doesn't work we can just walk around the Old City walls, or how about going to Meron and hiking up to Kisei Eliyahu and making a kumzitz there? bring your banjo and harmonica (and pliers, in case you get stuck on the sabra bushes in nachal megido on the way up)

the joys of the Land...

=====  
=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Apr 2011 19:01

---

Actually Zemmy, I only play electric kazoo...

Tzaddik/Avi, you can't imagine what an impact our conversation had on my Shabbos. my heilige rebbitzen also noticed the difference, and I shared the ideas that we discussed with her.

Since our conversation I have tried focusing on those things that get me riled up, worried, depressed etc. and have been reminding myself that my real problem is that I have tried to keep myself in the driver's seat rather than letting Hashem drive...

And even when something managed to get me momentarily annoyed, I used it as a reminder of my illness -my disconnection from Hashem, and my self-deification, and this was a very powerful tool to help me realize that I am indeed ill and that my cure will be realizing that the world does not revolve around me. This is helping me try to "Let go and let G-d". I could go on and on with examples, but it would take me too long. Similarly, I could bring down many Torah thoughts that reflect this idea, but ditto.

So I'll just sign off for now,

E

=====  
=====

Re: Ki Nafalti , Gam Kamti

Posted by mbalegria - 01 May 2011 03:34

---

KI BESIMCHA SEITZI-U!!!

SHE MAY BE A PROBLEM BUT SHE ISN'T "YOUR" PROBLEM!!

Winning means STAYING IN THE GAME!!! ??????????

YOU WANT TO SEE WHAT??? NO YOU DON'T!!!!

DON'T LOOK..DON'T ACT...DON'T CRY...

=====  
=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 01 May 2011 06:35

---

mr mba-algeria

are u.....what i think.....can it be...i knew it the whole time....or....

ben,

i was afraid you wernt' mikabeil, wasnt sure what u heard/vayishma yisro/and what not, and the coffee even spilled on my shirt

and seeing you post is so good, because it means your knowing the illness and doing something about it, whether its step zero or 12-and i need to do that everyday, or else i forget and just backwards again

thats why i post so much, in kamus-it is my learning right now, it is my mitzvah overess, it will pass if i dont do it now

im sick

my name is avi and im a sexaholic

i admit to you and all my friends that i am powerless to lust and it has made my life unmanagable

my mo involves compulsive posting on this thread and drinking ice coffee,

it works if you work it so work it your'e worth it

the white book with footnotes from r' aryeh kaplan, awesome, a must buy

serenity prayer with kavanos r shabsi, out of stock, try manny's

yes, all the stuff i see in these books is all from the besht, about bitul and more

i am batul so i better go

=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 01 May 2011 10:55

---

raeeti shhayeeta biatar bishaa tesha umashehu, uvikal zoat lo katavta post kan

ani mikaveh shetichtov hayom

achshav ani rotzeh lakachat haliberty lichtov kamah shtuyot biivrit bli seichel bihamatara libalbeil zemirosshapos, vihu shebiemett tzrichim livatzveah ett haeeruah bisimon tzunaty, im harbeh barzel, ulihafnim ett hawhite book ad shezeh yotzeh min ha-aff

trying to make jokes AND do recovery, these things seem to exclude each other without the right perfection

=====

Re: Ki Nafalti , Gam Kamti  
Posted by pinokio - 01 May 2011 10:55

---

iuee

=====

Re: Ki Nafalti , Gam Kamti  
Posted by ben durdayah - 01 May 2011 12:01

---

[tzaddik90/Special Weapons And Tactics wrote on 01 May 2011 10:55:](#)

iuee

huh?

And now for my post:

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

Batayl retzoincha mipnei retzoinoi...

(My new mantra)

Easier said than done...

I'm starting to understand what the lehavdil Notzrim lehavdil refer (or used to refer to as) **willfulness**, and why they considered it the father of all iniquity. You become so full of your own will that you become blinded to anything else.

Mammesh a gevald.

The only way to let go of all your shtusim and teirutzim is minute by minute...

I could ramble on and on about this.

No time.

Gotta switch the osiyois from ??? to ???.

That's where it's at.

Not to fill myself up with yedias haTorah or to slingshot a davening bekavannah through Abiy"a ad kisei hakavod with intense ~~frustration~~ concentration. Not to bombard him with my requests that He do **my will** ka'viyachol so that I can do His, because that's an outright lie -I always wanted **Him** to do **my** will because I would rather not be bothered with His will -r"l. My problem is not caring enough, not appreciating enough, not listening enough, not seeing enough that **He** has other ideas for me, even if I don't know what exactly what they really are or what the point of all this is, and where He's taking me next. I replaced **Him** with **me** r"l.

Instead, try to be batul be'sha'as halimud to the spirituality inherent in the words I see and say and become a kli and tzinor through which they pass... making me a conduit and receptacle for G-d Himself, coming into my life and cleansing me.

Acknowledging His control of the truck, and trying to accept the destination(s) to which he transports me. Does this resonate with anybody and everybody?

Enough for now,

E

=====  
=====



Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 01 May 2011 13:35

---

SOMEBODY HERE SPEAKS MY LANGUAGE, for cryin out loud where have you been for the last month and a half!!! tovim shnayim min haechad, and the fellowship of bitul and honesty is now in motion HALLELUJAH

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 01 May 2011 13:37

---

KI BISIMCHA USURRENDER SEITZEIU

YOU ARE A PROBLEM BUT ITS NOT YOUR PROBLEM

(if bards would join SA)

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 01 May 2011 15:39

---

Gevaldiggggg!

P.S. That's your language because you taught me that language... duh!

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 02 May 2011 06:49

---

iuee

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 02 May 2011 14:07

---

IUEEiuee

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 02 May 2011 14:09

---

EE-I-EE-I-O

=====

=====

Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 02 May 2011 14:34

---

a mohdzitzer niggun., right?

but seriously\_\_\_\_\_ and \_\_\_\_

=====

=====