

Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Dec 2010 08:14

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:( 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 ben durdayah - 27 Jul 2011 09:12

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[tzaddik09/Special Weapons And Tactics wrote on 27 Jul 2011 08:56:](#)

by me, i found that my program started working when i did a taanis hefsek for one whole week, and sat in charulim with ants crawling up the nose and i had giluy eliyahu and the reya mehimna teach me.

see if this works for you. much hatzlacha :o

about the barbecued pigeons, maybe we can get a little mongol going on the bus on friday? it is shechitas eichman, raabanut bermuda. i know all the ppl in r fruends place would eat it, are you any better than them? sheesh.

Did you notice that that was post #666?

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 28 Jul 2011 17:05

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our fine feathered chevronian kryptonite friend is awfly quiet today, all is well?

remeber,superman wasnt built in a day. ([i]i think i mixed up two diff saying...

be bikesh and look for your weekly subscription to the tzaddik09 interior decorating class coming soon to an inbox near you.

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 28 Jul 2011 22:06

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TTTO "Happy Birthday to You"

**I am 1000 posts old now,**

**I am 1000 posts old now,**

**I am 1000 posts old no-ow,**

**I am 1000 posts old now!**

**I am 30 days clean now,**

**I am 30 days clean now,**

**I am 30 days clean no-ow,**

**I am 30 days clean now!**

If that sounds like a little bit clean for someone with so many posts on the forum (I do feel a little stupid, but I'm trying and making progress).

I have had 207 cumulative totally clean days since coming on the forum 213 days ago.

That means that I fell on 6/213 days. In percentages that's about 2.8% of the days over half a

But one thing that I have gained over this past half a year is a wealth of knowledge -self knowledge and new concepts -that I hope will lead me on the path to permanent sobriety and a strong, real connection to Hashem.

And the most precious thing that I have gained here is all of you fellow GYEs who are reading this.

Good Night Friends,

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Re: Ki Nafalti , Gam Kamti

Posted by Shteeble - 28 Jul 2011 22:31

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trust me.

that's progress.

good nite

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Re: Ki Nafalti , Gam Kamti

Posted by Yosef Hatzadik - 28 Jul 2011 22:33

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We like you too.... :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\* :-\*

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Re: Ki Nafalti , Gam Kamti

Posted by mnman415 - 28 Jul 2011 23:29

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awesome!

KOT

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 29 Jul 2011 15:22

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EBD, ata hachi tov

vegam Progressive

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keep on being your great self and sharing it with us, please

p.s. whatever you do, don't think about ~~purple pandas yellow yaks blue belugas indigo iguanas~~

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 01 Aug 2011 08:38

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ebd,

1000 posts, 30 days clean. shkoyach!

now, of course we dont need to wait to 2000 posts to get 60 days clean of course. or else that would mean that to be at least 85 years clean (the remainder of someboy's age that i know out of 120 years) one would need around 3,102,5000 posts. and that just seems to me to be a long way to sobriety.

either way, i knew you could do it. your letz antagonist secret doctor toast admirer is now gonna be serious for a second;

durdaya, you are a great guy. you are also very talented, smart and open minded.

you're going on the road to freedom and success. keep on going pal. keep on putting distance between you and this big moma of a fascist klipah as much as you can. leave him in the dust, starving to death and writhing in the hot sun. Let God deal him mighty blows of blood and death, let the Almighty crush his internal organs and twist his spleen like it is silly putty. withdraw baby, keep riding, put the pedal to the metal, scream at the top of your lungs, say kapitel 91 (shir shel pigaim, yipol mitzeedcha eleph, see kavanos rashash on pasuk, a real klippah flamer), gun your engine, and let your scraggly beard fly in the wind as you rip down the highway.

don't give up. don't slow down. don't ever regress. do it for yourself, do it for your cute little kids, do it for your dedicated vibe frau, do it for the gye's that get lots of chizuk from seeing your progress. and do it for this nation. the more we rise, the more we pull everyone up with us. you just yanked 873 people out of communist russia, shlepped 444 chilonim into an arachim seminar, gave koach to 298 gye's to fall only once a week, 100 yeshiva guys to not watch lewd vidoes in tverya over bein hazmanim, 50 mir guys to learn second seder over the whole month of av, 15 litvish rabbeim to start learning shomer emunim hakadmon, 8 tzaddikim to get more ruach hakodesh, and you helped mashiach polish his sword for the big bad yom hadin, when he's gonna come out and whoop dem goyim into hades. kal hakavod. now daven to be zoche to be mamshich and to be zoche to more rachamim and siyata dishmaya. vilo yimnah tov liholchim bitamim.

your friend, avi

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 01 Aug 2011 08:52

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You are in such good form today Avi.

Thanks.

I needed that.

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 01 Aug 2011 09:18

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[ben durdayah wrote on 01 Aug 2011 08:52:](#)

You are in such **good form** today Avi.

thanks, i buff up by shlepping my kids up the stairs to my 4th flour apt. and my wife is working so i havent eaten anything for three weeks. and i cant even have cheulent now that it is the nine days. thanks to God for telma shefa cornflakes, or else i would be finished. *(these are my keys to getting a good form, im thinkin of opening an avreich gym. each guy must grap an oz vihadar baba basra and also shlep a suitcase of frozen chickens back and forth across the gym.)*

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 01 Aug 2011 09:23

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[tzaddik09/Special Weapons And Tactics wrote on 01 Aug 2011 09:18:](#)

*(these are my keys to getting a good form, im thinkin of opening an avreich gym. each guy must grap an oz vihadar baba basra and also shlep a suitcase of frozen chickens back and forth across the gym.)*

Been there done that.

Normal Erev Pesach/Sukkos kind of deal.

But I wasn't talking about your physical form (have you dropped below 275 lbs. yet? Although you are 6'1", you're still a bit hefty by any standards...), I meant your spiritual form.

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Re: Ki Nafalti , Gam Kamti  
Posted by bardichev - 01 Aug 2011 16:05

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benedle

im verrrrry proud of you

come lets have a alchol free 9 days lichaim!!!!!!

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Re: Ki Nafalti , Gam Kamti  
Posted by Shteeble - 01 Aug 2011 16:22

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lechaim

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 01 Aug 2011 17:12

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[bardichev wrote on 01 Aug 2011 16:05:](#)

benedle

im verrrrry proud of you

come lets have a alchol free 9 days lichaim!!!!!!

Vuss heist alcohol free? M'kenn trinken Woodford in the 9 teg!

(For the Yiddishly challenged: *What do you mean alcohol free? One may drink Woodford in the 9 days!*)

And BTW -Today is day 34

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