

## HELP-SOS

Posted by pinokio - 27 Jan 2011 17:35

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Shabbos is coming. This holy day unfortunately always throws me into depression. don't have time now to explain why, but point is its starting to set in my little brain right now.

I need support from any hands on deck at GYE. Im working on the inyun and am not gonna fix it overnight, but i just need a little friendship to keep me till motzai shabbos. Not embarrassed to say, and Im anyways gonna decide now that i wont let my feelings get out of control, hashems with me, and everything will be alright. ill be besimcha as best as i can. this isnt gonna be some amazing profound 100page thread, its just right now i need a little, yeah, you know already.

Ive gotta log off but will check later.

Help.

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Re: HELP-SOS

Posted by aryehtahor - 29 Apr 2011 14:14

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Keep your chin up, and remember that you must not consider yourself a rasha, whatever it is that you did.

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Re: HELP-SOS

Posted by pinokio - 29 Apr 2011 14:19

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yechida, thank you, 7up u2

i saw meor vashemesh in beraishis, says that God doesnt want people dealing with kabalah and god's ways when they are not suitable-it is like giving someone mussar when you dont keep it yourself (aryehtahor's mashal)

so he says the way to inner ratzon of Hashem is to be oseik in pshat and really demonstrate through that that u care about his will, and then mimaila God will show you the way to pnimiyus at the right juncture

this helps diffuse my confusion- that is, i now a bit of the "behind the scenes" in my life, so now that i can't learn with my old power or daven like the old days due to dying spiritual keilim and rid, i feel like i do not know how to be useful anymore to hashem

so i feel useless

in middos too iv'e slipped big with wife, due to the fourth step and my character defects,

so i feel useless to God and man

so Dov told me, and wife accentuated it in her own way, the following:

stop thinking the old way, just be a simple jew like they told you, open a sefer and just read it

just learn

just daven

just be like a guy who knows not much but simple parsha sheets and mishnayos in pirkei avos,

and just "b" as bards would teach us

so i realize the meor vishemesh is saying the same-tamim tiyyeh im Hashem elokecha

just keep it simple, avodos pshutos, like r nachman always said

forget if you know that your sefirah of tifferess looks green and sickly

forget all of that

just be

just keep the pashut pshat and god will let you in to his inner circle when you fit and look the part

you know, all this resonates with the simple old word they taught us in kindergarten here on gye

its called....

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**KOT!**

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Re: HELP-SOS

Posted by 7yipol - 30 Apr 2011 18:47

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Akiva became "Rabbei Akiva" by going to cheder at age 40.

Back to basics, so you can soar.

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Re: HELP-SOS

Posted by pinokio - 01 May 2011 06:27

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WOW....

saying kot in big blue letters is easier than doing it

well, i guess dov, i gotta just surrender this whole situation and all these feelings, dont i, and then i could jkot

God-i put my hands up- i surrender!

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Re: HELP-SOS

Posted by pinokio - 01 May 2011 10:37

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iuu

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Re: HELP-SOS

Posted by pinokio - 01 May 2011 10:50

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i work too hard, too much.

this caused my first big \_\_\_ last night since joining the program (how many times have people yelled at you 'get with the program!'? now it has a new meaning....)

i do too much at once, just like i used to do this in being a jew

or how i still do this when i learn and finish whole sefarim or mesechtos in 3-5 weeks

since i see partial success, it just leads me on into death

the mekubal rebbi of mine said last week i am like a dog chasing after my tail and keep going in circles-so even when i work on relaxing, or recovery, i do too much

by doing too much, i risk my life, sobriety, marriage

i am obsessed, compulsed

i want everything now, even the good things, like torah and recovery

and that's why now im even worse off than yesterday

since coming here and to SA i got tools, wisdom from the forum, and more

so of course im on a better foot

but im still being dangerous to myself and harming others

that's why my friends here often, too often receive sharp criticism from my posts

just like im too hard on myself, im too hard on others

so i gotta say "easy does it" from now on, with ego, sobriety, learning, repairing character defects

i see 3 minutes of success and i move to higher gears ,and then i stall and die, every time

i was told i came here to this lifetime to fix gvurah-i have too much on myself, and too much to others

so i start to read the white book today-so i'll only read it 15 minutes at a time

and i need to type a paper for my sponsor-so i'll do have of what i feel compelled to do

and i want to write emails and posts right when i get up, so i say "no avi-you can go to shul first and THEN start your day

do a little and feel little instead of doing alot and dying

now, i went backwards by moving forward-so i gotta move backwards to go forward

and i dont have to write more now

i can make a pile of a few fun sefarim and just learn each one for ten/five minutes at a time

i..

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Re: HELP-SOS

Posted by pinokio - 01 May 2011 10:53

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so im worse off today then yesterday in \_\_\_\_\_, so what?

im farther today than yesterday in the way that im finally going to live differently and move out if  
the fast mach 6 lane

and mount a plastic bimba,

and race down rehov yechezkel friday night on the big hill

and watch out that durdaya's beard doesn't get stuck in the wheels

or that my bimba doesnt skid in the pools of blood of all the people i hurt with my anger and  
speed, as well as 3million gallons of my own blood

see, even now, im doing it again, dont you see?

i think for me i gotta do one thing; almost nothing

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Re: HELP-SOS

Posted by ben durdayah - 01 May 2011 12:06

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Hashem Yishmor Veyatzil...

A bimbah down Rechov Yechezkel is **MUCH** faster than mach 6.

Avi, you haven't become suicidal have you?

Because there are much prettier ways to go than racing a bimbah down Rechov Yechezkel.

On the other hand, Friday night you might get so much traction from the carpet of sunflower seed shells that you won't get tooo far too soon.

In any case -I'll make sure to keep my beard rolled up if I'm in the neighborhood.

Thanks for the head's-up,

E

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Re: HELP-SOS

Posted by yechidah - 01 May 2011 12:45

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for now, Reb Yid, put away most of your seforim and (perhaps Shabbos can be an exception but with moderation), pick 2 seforim maximum to learn from slowly and calmly. you need to slow down the racing in your head. I promise you, you will not lose anything. It is a change, but it's needed for your overall health. In simple english, you need to "dumb down" (be mevatel even your "spiritual" drive to do His will), and be A SIMPLE Yid. When you pray, FORGET COMPLETELY the souls and avos and auras and ruchos and sefiros and partzufim have to NOT be in your mind at all (dont worry, it all will fall into place later). Rather, when you pray, it is your soul talking directly to HIM, with the SIMPLE meaning of the words, said sincerely and fully.

paradoxically, this idea in your head, that your neshama is musrash in sod is now being used against you by the samach-mem. Paradoxically, that needs to go out the window, even if it is true!! Its pure simple pshat now, for an extended period of time, and emunah peshutah, because otherwise you will not heal. Trust me on this one. I've lived through the paradox of the complexities in my mind and heart, as big of a gift as it is, can actually destroy you unless you force yourself back to the simple and the emunah peshuta.

please listen

or atleast contemplate what I am trying to tell you here

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Re: HELP-SOS

Posted by pinokio - 01 May 2011 13:32

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yechida, have no fear.

listen to others here? i always do. its just that i dont always get what they really mean, and then i keep hurting myself with speed and high expectations.

yechida, i ask you as a friend to reflect me some of your reflections about what this means, to dumb down-the more i can put my finger on it, the more i can do it

what is it



also in the realm of learning, can you elaborate

in recovery i must say, i began the white book today and saw there how they tell us that there's withdrawal and difficult shifts in lifestyle THAT TAKE TIME

so i 99% \_\_\_\_ last night, and then reALIZED even the greats in SA or gye or my sponsor had failed a few YEARS before getting it right in the program, in life

yechida, dont worry

i put the partzufim away for now

but it is my whole life in which this is manifested

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Re: HELP-SOS

Posted by geshertzarmeod - 01 May 2011 15:36

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tzaddik Im glad youre listening to yechida. He's saying what i was trying to say, but he obviously has a better handle on it than i do.

forgive me if i didnt say it right.

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Re: HELP-SOS

Posted by pinokio - 01 May 2011 16:14

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gesher i think its because his handle was red while your's was white (din and chessed and ein hadinim nimtakin elah bishorsham) just playin

okay.

so based on Dov, i understand to "just get the heck out of Hashem's way" and then he can help you

im surrendering today, may 1st, the greatest stressor in my life. right here and now. and quickly cuz i gotta run to mincha.

not lust.

im surrendering instead my....learning. and unrealistic compulsive goals to become a talmid chacham.

im surrendering all of my sefarim. all of my books. my little wooden shtender.

in particular, what i was learning now;

my tanya chelek beis,

maggid dvarav liyakov of the maggid

my shulchan aruch o'c chelek aleph

my gm brachos and the rash and rabbeinu yonah

my medrash tanchuma

all my plans.

all my learning. all of it.

except;

an english chumash (ita all i can handle right now)

my white book

and even these two i need to do slowly or i'll die

or i'll die

God, if it is your will, please help me think the way you want me to think, and to take it easy the way that you want, and to be simple and healthy

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Re: HELP-SOS

Posted by 7yipol - 01 May 2011 17:07

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Listen to the gadol Yechida.

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Re: HELP-SOS

Posted by aryehtahor - 01 May 2011 18:49

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And pass some of that enthusiasm to hit the sfarim over in my direction. I need it.

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