

Zman MATAN Toroseinu

Posted by KiviYVY - 06 Jun 2011 19:43

I just posted this on [another thread](#):

If I'm all by myself how can I be hurting anyone? I'm hurting others BECAUSE I'm all by myself.

As we have said many times, lusting is a state of isolation. I'll add that subconsciously that has often been my justification for my indulgence. I wouldn't do this in public and ruin my standing among those I want to impress, but I'm alone and I have full control of my surroundings. It doesn't effect anyone. Hashem? I'll block Him out. Plus, He'll understand. I decide what He'll forgive.

My experience has been that the more isolated I make myself, the harder it is to shake afterwards. Did I hurt anyone with what I did alone? Perhaps when I was involved in my lusting I wasn't hurting anyone, assuming I wasn't supposed to be somewhere else or be doing something else. But when the lusting spree is over don't I carry that isolation around with me? Is it not occupying space in mind? Am I not shying away from others? Why does my wife notice something is wrong? She always seems to know when I've just emerged from a spree? "Are you feeling OK?" I'm still there. I'm radiating isolation. Can't just walk out of isolation.

Now that I think of it, it's not just a spree of acting out that puts me in that isolation. Any form of lusting, even not in a sexual way -- innocent surfing on the internet, raiding the junk food shelf, day dreaming -- how easy is that to shake? Perhaps, at times, its more subtle and perhaps it's more excusable because it's common even among "normal" people, but the fact remains that it's a self-serving spree and those around me can tell I'm either in the midst of it or recovering from it.

I hurt others alright, and it's the "all by myself" excuse which hurts them the most. I can't give to them my attention, presence, and certainly my active assistance is more reserved.

Reminding myself to live in giver mode is so powerful. It keeps me out of isolation even while I'm in my own mind, while I'm among other people, while working, learning, doing anything. My presence is there for them, my attention. When I'm learning Torah I'm giving Hashem my attention; isn't learning a conversation with Hashem about what matters to HIM? I've been trying to train myself to think of that whenever my mind wanders from the Gemara, and from my Chavrusa. This matters to Him. This is what my loving father, life sustainer, King of Kings who I have the opportunity to converse with wants to talk about! If I listen and give Him my attention it just might be really Geshmak (and I discover that it usually is...).

What an essential attitude! I could go on and on, but I have some giving to do...

I hope you have a wonderful Yom Tov!. It's Zman MATAN Toroseinu - the time of the GIVING of the Torah. What did He give to us? His mind, as it were. He gave us, and continues to give us ever year on Shavuos, His attention. In fact it's every day, perhaps in a lesser form - ??? ??? ????? ?????, Rashi Devarim 26:16.

This has been a real gift Duvid Chaim. Thanks for giving it to us!

All the Best, Kivi/YVY

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Re: Zman MATAN Toroseinu
Posted by Yosef Hatzadik - 06 Jun 2011 20:06

Steve shared a gevaldiger vort this morning on his Great 12 Step Call:

3 Days of Preparation were needed before Matan Torah. Why were they needed?

Common perception is that they were to help **us** purify ourselves.

This isn't correct!

We can purify ourselves within one day. There is no Tumah which lasts three days.

So what were we waiting for?

The women. In less than three days there may be women who aren't yet ready for Kabolah Hatorah.

The Torah is teaching us a MAJOR lesson!

We were not waiting for ourselves; it was three days of waiting for OTHERS!!!

WE prepared for Kabolah Hatorah by learning how to be perceptive to the needs of OTHERS!

This is a prerequisite to becoming the Nation of Hashem.

Hashem taught us how to be GIVERS!!!!

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Re: Zman MATAN Toroseinu
Posted by KiviYVY - 06 Jun 2011 20:12

That IS Gevaldig!

..but if I didn't realize you were talking about HaArev Shemesh and Plitas Shichvas Zerah I would think that it was SO typical for the women to take 3 days when the men only needed one! Could you imagine an entire nation of women getting ready for the greatest Chasuna in history? I'm surprised it only took them 3 days!! ;D

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Re: Zman MATAN Toroseinu
Posted by Yosef Hatzadik - 06 Jun 2011 21:29

When we are waiting for wives to get ready to go to a chasuna it may worthwhile to remember this lesson too.

Waiting patiently - without announcing to them that we are waiting (im)patiently ;D - is a PERFECT opportunity to work on our Giver/Taker transformation!

.....Sent to especially us by Hashem!!

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