

Shalom aleichem!

Posted by metalking - 25 Mar 2014 21:33

I've been around the site a little bit. I've been getting the chizuk emails for awhile now and have learnt alot from them. I actually discovered it awhile back but was doing pretty well just following the Breslev approach to life of Rabbi Arush and Rabbi Brody to strengthen one's Emuna in order to succeed in life. I truly believe that following their advice of an hour of hitbodedut a day can help cure even this@!

So why am I here? Because I've been failing at doing the hour of hitbodedut. and so I've been getting into cycles of 1 week clean, then 1-2 days of lots of shmutz and acting out. Lately, i've noticed the big emotion I'm feeling right before acting out is loneliness and disconnected. Too much time spent during the day by myself. Hashem gave me lots of free time to learn but I just can't seem to always sit and do so. Nor can I find someone to learn with. and as much as the Garden of Peace has helped my relationship with my wife, I still feel disconnected from her and others. After yesterday's acting out, Feeling so badly about it finally gave me the push to do hitbodedut for an hour committed to it, in a park walking by myself, the prescribed method. In the past, I would just talk to Hashem when it was convenient, like during my commute to and from work.

So I currently rate myself at level 4. I've decided to download the K9 filter as soon as I can get my wife to do the password/email part; no reason not to have a good fence. Will look into a filter for my phone as well. I read up about the Taphsic method. Its really intriguing and i'm interested in trying but I'm concerned about what distractions would work for me in the double condition method. I dont think the tzedaka or learning options would work for me. It'd be nice to connect better with someone. sometimes I feel as if im fighting not just this fight but the emunah fight by myself. I intellectually know Hashem is here with me but its hard not having even one good friend who I know really believes in this stuff and wants to work on it too. So this makes me finally see the necessity of the groups, the phone conferences, the chizuk calls. Its the connecting to others.

OK, im sure right after I submit this, I'll think of 20 other things to type but for now, that it. HI EVERYONE! oh, and its Metal King, not Me talking. Used to be a big fan of metal music.

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Re: Shalom aleichem!

Posted by Metal King - 18 Nov 2014 05:51

Update: So based on my reading of the white book and recovery continues, I've been trying to identify when I'm falling into the addictive process of thinking (SA pg 48) and then analyzing my attitudes until I discover my deep underlying resentment and surrendering it to G-d. (Recovery continues stories on pg 11 & 69)

Here's an example: I had some breakfast one day and a large cup of coffee and went to work early. Later, i arrived in time for Shacharit but by then the coffee had worked it's way thru me and i ended up running to the bathroom. By the time i got out 10 min later, i barely rushed and got my talis and tefillin on to make krias shema with them. All of a sudden, my thoughts are flying: "what's the point of them davening so fast? I'm such a better Jew because i like to daven with more kavana. Listen to the rabbi praying random psukim out loud, what a faker, he flies thru it all anyway." All of a sudden, i stop and realize, I'm scorning all of them. I resent them for davening so fast.

Why? What's really going on? I tried to surrender the scornfulness and resentment but it wouldn't go away. So i asked myself, what am i really upset about? And Hashem put the answer in my head.

I did the wrong. I ate breakfast before davening. And i knew I'm not supposed to according to Halacha. And i resented halacha and Hashem for those rules. I wanted to do it MY way. Eat breakfast, then daven. So when MY way didn't work out, I created a resentment against the minyan. And scorned them. This kind of thinking is what usually angers me and stops my talking to Hashem. Next thing, i know, I'll be fighting with clients and lusting after women walking by in the streets.

But BH, not this time. I had to surrender my will to Hashem's will. As soon as I apologized to Him and surrendered my will to do things my way and to do them His way, all my negative thoughts to the minyan and anger i was feeling disappeared!

This strategy has been working more and more, recognizing negative attitudes like resentment and anger, following them back to their true source of my rebellion and surrendering that to G-d's will.

And BH the weeks have definitely been smoother and sweeter.

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Re: Shalom aleichem!

Posted by cordnoy - 24 Nov 2014 08:51

There once was a fellow named Me Talkin'

Who on the forums would be stalkin'

Who can he inspire?

Perhaps strive higher....

Ultimately, God's in control is his slin'

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Re: Shalom aleichem!

Posted by Metal King - 24 Nov 2014 08:57

[cordnoy wrote:](#)

There once was a fellow named Me Talkin'

Why are you putting a limerick for Me Talkin' on Metal King's thread?

I'm so confused...

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Re: Shalom aleichem!

Posted by cordnoy - 24 Nov 2014 09:03

There also was a guy named Metal King

Whose parable he'd always bring

A tricycle to steer

But God's always near

Preventin' the addict from sting

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