

Life of Division

Posted by berelfiner - 14 Jul 2015 20:30

Hi I've been involved with this since the age of 13 on the internet and a couple years earlier from magazines and catalogs, but it hasn't disturbed my general view of my self as someone who's involved in learning and davening.

I'm not saying that it hasn't disturbed my spiritual progress, obviously it has, it hasn't changed my outlook of myself.

The cause for this is that all these years I've been learning chassidus and lately thinking about certain points of what I've learnt a lot, which brought me to the recognition of two major points:

1. The divide that I'm composed of two souls and being involved in other and even contrary things doesn't restrain me from relating to the truth.
2. It's not my fight, it's not all dependent on my abilities, Hashem has placed within me the power to overcome anything.

Actually regarding this second point there's a vort from the Baal Shem Tov (Kesser Shem Tov', pg. 7).

In the sugya of Matan Torah in Mesichta Shabbos there (amongst many others) two mamarei Chazal !. The Yidden said Naaseh V'Nishman 2. ??? ????? ?? ?????- the Eibishter held the mountain above the Yidden thereby forcing them to accept the Torah.

The question arises if they have already accepted the Torah why was it necessary for Hashem to force them?

The Baal Shem Tov explains that if the Yidden would have only accepted the Torah themselves then the keeping of Torah and Mitzvos would be dependent on their abilities and if in certain situations they wouldn't have the ability to keep them they would be considered "Onus" - forced whom "Rachmono Patrei" - Hashem exempts him. Therefore Hashem forced them to accept the Torah, thereby ensuring that the fulfillment of Torah and Mitzvos is NOT dependent on the Yidden's own ability to overcome disturbances and even in a situation that they wouldn't be able to overcome the challenge alone just being aware of the fact that Hashem is "forcing" them to persevere gives them the power to do so.

Actually contemplating on this idea many times is what gave me the final push to turn to GYE for practical tools to withstand the major temptations of modern computer usage.

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Re: Life of Division

Posted by berelfiner - 31 Jul 2015 02:08

Warning: Spoiler!

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Re: Life of Division
Posted by berelfiner - 31 Jul 2015 02:11

Wasting too much time, I'm gone.

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Re: Life of Division
Posted by berelfiner - 31 Jul 2015 07:52

I'm back, B"H nothing happened during my sleep,I guess thinking about Hashem before sleeping helps immensely.

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Re: Life of Division
Posted by berelfiner - 31 Jul 2015 11:14

I'm gonna be alone with the computer this afternoon, I can't manage this myself, I'm giving it up to Hashem.

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Re: Life of Division

Posted by berelfiner - 01 Aug 2015 17:59

B"H, nothing happened on Friday cleanliness wise, I stayed away from the computer most of the time, and even when I was on I stayed on GYE. Although I did read a book that doesn't fit with my hashkofoh but 90 day count wise and lust wise I'm clean.

BORUCH HASHEM.

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Re: Life of Division

Posted by berelfiner - 02 Aug 2015 03:44

HONESTY. HONESTY. HONESTY.

That's the way to go.

But I have a real dilemma, I slipped and watched something today, but it wasn't p***, it was just a mixed clip with woman singing in the background, didn't lead to Z"L, but I feel, that unless stopped, it's the beginning of a slippery slope back into hardcore stuff, am I to classify this as a FALL or a SLIP?

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Re: Life of Division

Posted by berelfiner - 02 Aug 2015 09:42

I got some good advice from a friend to classify it as a slip, which ;means I have to learn bli hefsek with my phone turned off for 1/2 hour today, I have to prepare a shiur but I don't want to use that because I would've been doing it anyway, so I'll be finding another half hour to fulfill my small knas.

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Re: Life of Division

Posted by berelfiner - 02 Aug 2015 10:24

That's the past taken care of, however in order to take care of the future I have to examine the past to discover what led me to slip.

After much examination and self introspection (exaggeration!) I uncovered the cause of my slip it being, not getting enough sleep Thursday night, which led me to start a series of books on Friday, which then led me to continuing the series the WHOLE Motze Shabbos (till Eight in the morning), all this reading done online, which led me to googling images of the characters in the book. Anoshim. Noshim V'Taf. Which brought me to the clip

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Re: Life of Division

Posted by berelfiner - 03 Aug 2015 14:46

I feel like I'm speaking to myself!

But that reminds me of my famous saying:

"THE FIRST SIGN OF MADNESS, IS SPEAKING TO YOURSELF.

THE SECOND SIGN IS...

Warning: Spoiler!

Jokes aside I can see the views gong up, so i know there are a few silent listeners.

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Re: Life of Division

Posted by berelfiner - 03 Aug 2015 14:50

Well, B'Ezras Hashem, I'm holding at 21 days, that means three whole weeks clean, (with only 2 slips.)

Anyway I think I have to up my small knas, I learnt 1/2 hour yesterday bli hefsek and I enjoyed it so much I went on an extra 10 minutes than I broke, so I guess I'm upping my small knas to 45 minutes.

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Re: Life of Division

Posted by ZemirosShabbos - 03 Aug 2015 16:01

silent listener #54261 here saying hi

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Re: Life of Division

Posted by berelfiner - 05 Aug 2015 17:37

I'm back at Day 23, not been around past few days 'cause I've not been on the internet at all.

A doctor or professor once asked the Pnei Menachem, "What'a wrong with Kol Isho? I hear it very often and I'm not aroused at all, It must just be some archaic belief!"

The Pnei Menachem answered "There's the Bedouin who can walk barefoot on rough ground, spiky stones etc with no issue, but the modern gentleman can only wear shoes otherwise he'll get cut etc, and who's considered archaic?!"

I was thinking what about us who are "modern gentleman" and we've not only walked on barefoot on rough ground etc we've walked barefoot on blades and spikes, and we're barely healing how sensitive we must be to anything rough. ???"

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Re: Life of Division

Posted by berelfiner - 05 Aug 2015 21:01

I just finished skimming through "The Big Book" and decided to join a conference call going through it.

I've given up on myself long ago, for all I care I could be down in the dumps, but I've given myself up to Hashem's will and he made it very clear what He wants from me, and I'm doing my best to stand by his expectations.

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Re: Life of Division

Posted by cordnoy - 05 Aug 2015 21:08

We did step 8 and 9 today from the big book and white book.

Continuin' step 9 tomorrow.

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