

Life of Division

Posted by berelfiner - 14 Jul 2015 20:30

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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 a time 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 - 09 Sep 2015 21:20

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**Yetzias Mitzrayim**

"???? ????? ?? ??? ????? ????? ????? ?? ??? ?????"

At first I thought it is incumbent upon me, to remember a chapter in ancient history.

Then I came to the realization, that I am part of that very nation, if not for Hashem's salvation, would be doomed to eternal slavery.

Then it hit me, that this just cannot be, that this true reality, should be bound to physicality.

Of my soul precious than gold, it has been told, into slavery it has been sold, in the body so bold.

At first I defined, that by leaving this bind, his mercy so kind, myself I shall find.

The truth – speaker states, that leaving the straits, is by letting myself dissipate, and into Him to integrate.

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Re: Life of Division

Posted by berelfiner - 18 Sep 2015 14:56

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First reminder that I'm still (a sick) human after Rosh Hashonoh.

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Re: Life of Division

Posted by berelfiner - 23 Sep 2015 20:02

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I will not be posting consistently in the future for tomorrow I'm having a change of enviroment with no regular access to the internet, but if I do use the internet I'll make sure to pop in to my internet home GYE.

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Re: Life of Division

Posted by berelfiner - 23 Oct 2015 17:44

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Hello everyone I'm back, fell twice just from memories, I gues abstaining from Internet use isn't the soloution other protective measures have to. be put in place.

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Re: Life of Division

Posted by eslaasos - 23 Oct 2015 19:36

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What are you protecting yourself from?

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Re: Life of Division

Posted by serenity - 23 Oct 2015 21:46

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That is called euphoric recall in SA parlance and is very common. Just entertaining those thoughts is a form of acting out. Avoiding the initial thought may not be possible, but not dwelling on them is. Some of the ways to not dwell on them is to surrender the thoughts to hashem, pray to Hashem for their removal, pray for the well being of the person you are thinking about and look at them as a human being and not a sex object. This is also the reason that, as you have pointed out, it's not enough to live a life of avoidance of lust. Positive sobriety is necessary for many of us. If I'm living life as a sober man, it's a lot easier to be obsessed with

lustful thoughts. The fantasies are just pas nisht.

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