

Eish Emes intro

Posted by Eish Emes - 03 Sep 2019 01:10

I just realized I've never wrote an introduction. I was somewhat active several years ago and then took a long break. I'm at a strange place in life and I think it would be good for me to retrace my story and figure out how I got to where am now. Hopefully as I do that it will help me to see what I need to now to stay in the right direction. I'm going to write small increments at a time. I have difficulty sometimes translating my thought to written word. I want to remind myself it does not have to be perfect, and grammar errors and typos are ok.

I'll start before I was even born. My parents were not Frum. My mother had a medical condition in which she was told it was impossible to get pregnant. My mother really wanted a child. My parents kept going from doctor to doctor and everyone of them told them it's impossible for my mother to get pregnant. My parents decided they won't give up and kept looking for new doctors to try and hearing the same thing every time. Leaving out the details they eventually found a surgeon who developed a new procedure that can fixe my mother's issue and would allow her to become pregnant . Sure enough she had the surgery and eventually got pregnant. When she gave birth she discovered the baby had a genetic condition and died soon after birth. Undeterred She eventually got pregnant a second time and gave birth to a healthy baby which was me. My parents did not get along and eventually got divorced. They did not win any awards for their parenting skills, but they taught me to always have hope and never give up. I'm here because of that middah and it's something that has always been a part of who I am.

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Re: Eish Emes intro

Posted by ainshumyeiush - 31 Oct 2023 16:51

Just a word of caution, do not try this on your own. I tried doing this (with weed, not the same i know but similar) by myself and it only made things worse. Please discuss it with a therapist/doctor/somebody. It might not be the right thing for you. Its a very individualized and personal decision and things can go wrong very easily

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Re: Eish Emes intro

Posted by ainshumyeiush - 31 Oct 2023 16:53

Im not trying to say that it cant/wont/didn't work. Just don't think its the cure-all and just jump in

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Re: Eish Emes intro

Posted by chancy - 31 Oct 2023 19:39

Of course not alone,

Only with an experienced guide that you can trust. There are many good ones in our community nowadays.

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Re: Eish Emes intro

Posted by jackthejew - 05 Nov 2023 04:27

[chancy wrote on 31 Oct 2023 19:39:](#)

Of course not alone,

Only with an experienced guide that you can trust. There are many **god** ones in our community nowadays.

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Re: Eish Emes intro

Posted by Eish Emes - 27 Dec 2023 00:41

I started writing this a while ago, but then got busy. Writing doesn't come easy for me, which is why I'm not active as much I would like to on here. I find talking much easier. Feel free to reach out to me to chat. I want to give an update and then explain where psychedelics fit in to my story in a separate post.

Since I wrote that last post I remained on a high for several more months. Then just before Pesach I was in a car accident. I was physically unharmed, but my car was totaled. It also impacted me psychologically, causing me to very anxious when driving and too scared to drive on the highway. At the beginning of the summer I was zoche to have a daughter. Along with the joy of the birth of a child comes a lot of stress. On top of that the my wife being a nidah a long time post-birth didn't help. I went through a few week period where I went back to lust. Ive been working very hard on shirmas anyim, but then started weakening. I ended up masturbating. I even ending up finding an old phone. Hashem was watching me and the phone was so old the worst stuff didn't work. I ended up throwing out the phone. Then Tisha B'av came and davened at a shul with a Rav I find inspiring and a beautiful davening. Reconnecting to that set me back on the right path. That whole experience definitely was a yerida zerech aliyah. It showed me how important it for me to connect to ruchinus. B"H since they I've been doing well in areas of kedusha.

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Re: Eish Emes intro

Posted by Hashem Help Me - 27 Dec 2023 06:40

Mazel Tov!! Much nachas. Nice to have a hero back here! You are an inspiration! Stay connected. You have a lot to share with the oilam.

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Re: Eish Emes intro

Posted by Eish Emes - 07 Jan 2024 15:21

I wanted to discuss the role psychedelics fit in my recovery. I want to add a bit of warning, but I believe the benefits far out way the risk so I don't want to be overly cautious. It important to be aware of the risk and limitations so you can take the necessary steps to mitigate them. I did several years of research before I even considered trying it. It took me a long time to find a guide and took me many months before I actually went ahead and starting working with him. A good mashul is psychedelics are a very strong light in a dark forest. Theres a danger if you look at the light the wrong way it can blind you so you need an experienced person to guide you how properly use the light without getting harm. Once you get pass that the bright light shows the path you need to take to get out of the forest. If you just focus on how beautiful the light is without paying attention to the path you totally missed the point. If you attention, but don't follow that path you also missed the point. Just because you see there's a path out of forest doesn't mean it's easy and you won't encounter thorns and other difficulties along the way or make a wrong turn somewhere. Integration is very important and psychedelics is not a short cut.

I want to explain what brought me to psychedelics and the role in my recovery. I had over a decade of working on recovery. I had a deep understanding of how my childhood impacted my SSA and addiction. Even still that did not stop me. In fact some of my worst acting out happened after I had this understanding. I picked up many tools that I over the years that helped my deal with thought and feelings that caused me to act out. I was working with a therapist I was happy with and generally helped me stop the worst forms of acting out. But despite that every so often I would slip with masturbation and sometimes porn. For close to 30 years I used porn for escape and comfort and at the weakest moments I couldn't get out of it no matter how hard I tried. I felt it was so ingrained in my brain. My intention was to get out of that pattern.

B"H it was very helpful. I feel like it reset my brain. It also brought everything together from the decade of work. Prior to the mushroom experience all my focus and energy was to not act out, shirmas enyamim was such a far out goal. B"H that's now my main avodah. It also put together many of the psychological ideas I've been working in the past decade.

Another interesting effect is how ruchniyos has become so important to me. I little background... I grew modern/yeshvish, but developed an interest in Chasdius early on. During high school I was mesmerized by a book with stories of the Baal Shem Tov. After high school when I went to Eretz Yisroel to learn some of my biggest highlights was going to tishim and Chasdish davening. But I went to a litvish yeshivas and other than an occasionally learning a Chasdish Sefer or shuir it really wasn't a main part of life. The process really began months before the mushroom experience... On my commute to work I decided to stop listening to the news instead listen to the shiruim of Rabbi Moshe Weinberger's Yosef Hazadik Chabruah. Then I got a chabrusa on pinymus Hatorah. Then I started on Shabbos learning more chassidus. Then I had the mushroom experience and it just intensified this process. I can't tell how many times I learn to a Torah or hear a shuir and it brought me tears. I wonder why I didn't hear these ideas years ago, but of course this is the rotzon Hashem it should be like this. As I shared I had a yirdia during the summer. Looking back It was because for various reasons I became lacks learning these things. Now I realize to not fall into the path of addiction and lust I must stay connected to ruchinyus everyday. It's not optional it's a must. In another post I'll just seforim and mashpim that helped me.

In summation the mushrooms did 2 things. 1. Reset my brain and stop patterns I got stuck in. 2. Brought to the front stuff that was already there.

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Re: Eish Emes intro

Posted by chancy - 08 Jan 2024 18:37

Bloody amazing!

Im happy for you, and I wish you all the best. May you continue to Shteig away in all areas.

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Re: Eish Emes intro

Posted by Eish Emes - 15 Jan 2024 17:01

I wanted to share shirum and seforim that mamash changed my life and outlook specially with my sexual struggles and addiction.

The starting point for me was Rabbi Moshe Weinberger's Yosef HaTzdaik chabrua <https://www.yutorah.org/lectures/850562> . It changed my whole perspective. Of course his other shirum are amazing too.

Another living changing sefor is Nesivos Shalom. In particular on Sefer shemos. He talk about shirmas habris and his peshat in Galus Mitzrayim is addiction. There's also a pamphlet just on shavobim that is also amazing. I haven't checked it out but there's English translation of Nesivos Shalom.

Both of these brought me to tears many times and I wish I heard them when I was struggling in my teens and 20s.

A really like R' Joey Rosenfeld. A good place to start is his series "The inner world of addiction" <https://www.joeyrosenfeld.com/the-inner-world-of-addiction-watch> (also available on Spotify and other podcasts apps). But you can't go wrong with anything of his.

A more recent discovery is the world of Rabbi Yitzchok Meir Morgenstern. I'm currently learn his Sefer Byom Darchekha Avodah Lmaseh. The section of Teyiva is quite amazing. I love his weekly Divrei Torah.

There are more divrei Torah that have been helpful, but these are the lkur.

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