

Thought I wouldn't need to ask for help
Posted by chaimoigen - 16 May 2023 03:44

It's hard to admit that I need to reach out.

I help others. A lot, B"H.

I struggled for years. And Hashem helped me. With unbelievable Siyata Dishmaya I have come light-years from where I once was.

I now inhabit a world of Torah and Kedusha and Avoda.

I am a healer and a rebbe. I have been blessed with deep understanding, I learn and teach a lot, and am Zocheh to guide and inspire. I'm still growing.

.....**Mostly.**

...except sometimes when I fall.

.....and then I feel sickened and then I work on myself and try to close the gaps in the fences and fill the gaps in my heart and make changes and find inspiration and do Teshuva and make commitments and truly grow from the mistakes and work to know myself better and realize where the emptiness needs filling. and I learn and daven and grow. I'm not a hypocrite. I really do grow. ... and then I feel confident.

And it lasts for a while. Sometimes a very long while. And BH I'm sure that the last fall was just an anomaly, and I know that who I really am isn't the one who fell [which is true], and that I don't have to be on guard so much [which is a terrible mistake - ???? ??? ????? ????? ?????? ??? ????? ???]

And it lasts.

.... UNTIL IT DOESN'T, DARNITTTTTTTTTT!

And then, then, oh OY Rebonoy Shel Olam, not again.... oh please not again! How, *how can I* be once again hearing the silent, harrowing scream from deep in my soul "AYEKA!!?"

It's about time that I am having the courage to admit that there is still a pattern.

I lurked here for about a month. I had a fall and decided to finally check this site out, not for others but for myself this time. 22 clean days. and now again a "minor" fall.

And I finally decided to reach out for help. To stop being stupid.

And I finally admit it. I need brothers. I need others . Because even though I am never alone, and even though I always whisper to the Rebono Shel Oilam, who always helps me, still - I need chavirim. I need help. I stand in front of you, brothers, humbly ready to admit that I still have a problem. I am thankful on the night of ??? ?????? that it's far, far from the problem I once had. I am thankful and proud of where I am. I do not define myself by my falls. BUT I WANT MORE. I NEED MORE. MY NESHOMA DESERVES MORE

I want to be 1000 days clean and more. I am so UNBELIEVABLY jealous of the heilige yiddin here who are clean for years. I NEED to be 100 percent clean. It's my hearts desire - a white-hot Ratzon Pnimi. But I need help from Hakadosh Boruch Hu and from you.

The deepest part in the center of my Neshoma is sickened by the realization that I may have been still fooling myself [I am not entirely sure if I have been, or if I'm just a work in progress].

I am deeply inspired by the raw honesty and desperate yearning in many posts here. I love that so much. I love honest , searching growing yidden. I want to be an anonymous yid among others who are growing together. I want to grow more, be more, find out what roads are still open to me.

Can you guys help me? Please?

I'm sitting in my office and crying at my computer.

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Re: Thought I wouldn't need to ask for help
Posted by Heeling - 24 Jul 2024 20:46

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Re: Thought I wouldn't need to ask for help
Posted by eerie - 25 Jul 2024 03:06

Wow.

Dearest CO, the emotions you brought up with those oh do powerful words!

My friend, we are davening, learning, begging, pleading, and we are always, but always, at your side.

Friend, these friends really love you and care for you and all of yours. May you only keep sharing great news!

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 26 Jul 2024 02:30

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Re: Thought I wouldn't need to ask for help
Posted by BenHashemBH - 26 Jul 2024 16:36

Reb Chaim,

I hope you are ok today and heading into a healing Shabbos.

Kol tov

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Re: Thought I wouldn't need to ask for help
Posted by iwannalivereal - 28 Jul 2024 23:13

Buried under a pile of seforim, face aglow

as he slowly turned around - a big smile broke over his face

tried to hide it, from the rest of the cong.

Was a great shmooz! Didn't know about this agenda to try to make
me cry, guessing it was some sort of challenge from red - dw i'll get
you back one day!!!

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Re: Thought I wouldn't need to ask for help
Posted by yiftach - 28 Jul 2024 23:26

Some heavy meeting today... Where am I?

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Re: Thought I wouldn't need to ask for help
Posted by redfaced - 28 Jul 2024 23:35

[yiftach wrote on 28 Jul 2024 23:26:](#)

Some heavy meeting today... Where am I?

Hopefully in bed

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 12 Sep 2024 17:40

Dear Chaverim,

I mentioned that I and my family have been going through a difficult Nisayon the past few months.

Many of you have been Davening for us. Although Tefillos are still needed and appreciated , I want you to know that we have experienced tremendous Siyata Dishmaya and things are on a good path, Boruch Hashem. Hodu LaHashem.

The friends who called and the ones I called. The ones who showed up. And the ones who cried torrents of tears for us- what words can I write? I simply can't. Choking up here. To have such a support system?!? Doesn't really exist elsewhere... and such guys? Ditto. I have no doubt that your Tefillos have had a tremendous impact. No words.

And how can I thank you all for the lessons I've learned here?! These lessons have expressed themselves in other areas of Nisayon, in navigating Shalom Bayis during times of anguish, worry, grief and anxiety. I've learned so much. I'm a different person. I don't think I could have managed this situation without what I've learned here.

There are no adequate words of thanks. I'll whisper the words I can't write here in Tefilla to Hashem, for all of you, for all of us.

May Hashem bless GYE and you all.

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Re: Thought I wouldn't need to ask for help
Posted by Hashem Help Me - 12 Sep 2024 20:17

And may Hashem wipe away all of your tears - and all of ours....

The Skulener Rebbe zatzal that was recently niftar once teitched - *V'taher leebainu l'avdecha b'emes* as follows. Sometimes one has a heavy weight on their heart that causes so much grief that it is oh so difficult to serve Hashem properly. The anguish is so great that one cannot even get the words out to daven for the *yeshua*. Therefore, we ask Him - *V'taher leebainu* - clean off our hearts/remove the painful issue, *l'avdecha b'emes* - so now we can serve You with a healthy clean heart. May we all be *zoche* together with our *yedid nefesh* and *yedid ne'eman* R' Chaim to pain free hearts so we can serve Hashem....

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Re: Thought I wouldn't need to ask for help
Posted by chaimoigen - 17 Sep 2024 03:50

I approach the large building, and pause for a moment, to let a gaggle of happily gesticulating women enter ahead of me.

I have promised my daughter that I would go, cause Esmeralda is (b)otherwise engaged, and it's very important that a parent attend tonight, for various reasons.

So a long, boring evening looms ahead of me, in halls and classrooms teeming with many, many mothers... (sigh)...

I whisper "????? ??? ?????? ?? ????????", paste a polite smile on my face and enter.

In the past, in similar circumstances, I have managed to get through. Mostly unscathed.
But.... I would make the effort to keep my eyes to myself, among the chorus of excited voices and happy greetings and laughter and smiles.... yet the constant awareness would persist...

dancing devilish details dogging the peripherals of my vision like gnats.... Inadvertently noticing things that I would rather not (?!?).

I had concluded it's a fact of life: A human male in such circumstances will necessarily notice stuff, be affected by it all, efforts to the contrary notwithstanding...

But that was before the magic of almost 500 days of Tahara....

I entered, and a Ruach of serenity enveloped me. I kept to the side, took notes, made politely friendly eye contact when necessary. There was an envelope of quietude and surety, a feeling of internal beauty surrounding me, I can't explain it. I had no interest, I did not notice, I was a puffy white cloud in the brilliant blue sky, and I noticed that the lockers were different colors. I was a gentle spring breeze, as I waited so I wouldn't walk directly behind everyone, I was walking down a crowded hallway, and my heart was on a sun-dappled mountain top.

Thank you, Hakadosh Boruch Hu, for granting me a **taste of Tahara**. A taste of living in an unsullied, beautiful place. A taste of what a Yid can be, something higher.

I know it won't always be this way- You want me to keep growing, so there will be yet be challenges aplenty. The beast still lies in wait in my bloodstream, beside the door. He knows how to wear my face.

But tonight I celebrate the heady, intoxicating, sweet taste of a rarified Chaim

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I can think of no greater motivation than to feel and taste the flavor of what life can be, lived this way

...I wonder what a thousand tastes like....

You, my brothers, are invited to join me in my joy.

For I am tonight, an

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Re: Thought I wouldn't need to ask for help

Posted by Muttel - 17 Sep 2024 08:09

Ah, R' Chaim,

Who woulda thunk, but I actually know what you're talking about, and it is deliciously gratifying to see this wondrous success you experienced!

I'm wondering what's going on in the pamalya shel maala; I bet Hashem called together his malachim to show them the massive flame of kedusha rising.... Where the yetzer hora bowed his head and acknowledged nitzchuni.....

I'm joining you for a virtual leChaim and thank you for enhancing my day with such a joyful post!

Here's wishing all our brothers here that we all experience this taste of living the way we were intended to.....

With a heart overflowing with love,

Muttel

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Re: Thought I wouldn't need to ask for help
Posted by Heeling - 17 Sep 2024 15:09

Beautiful, CO!

Your an inspiration!

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Re: Thought I wouldn't need to ask for help
Posted by smokey - 17 Sep 2024 15:57

[chaimoigen wrote on 17 Sep 2024 03:50:](#)

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Wow super inspiring, touched my heart!

Thanks so much for sharing and I can't wait for you to get to 500!!!

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Re: Thought I wouldn't need to ask for help

Posted by thompson - 17 Sep 2024 16:23

[chaimoigen wrote on 17 Sep 2024 03:50:](#)

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You omitted the part where, for just a fleeting moment, you thought, "This would make an excellent post tomorrow."

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