

**I Want to Help Others**Posted by gye365s - 09 May 2024 20:38

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Shalom GYE.

I've been unsure about this (I created this account 5 months ago and only posting now). Having nisyonos as a bochur didn't bother me as much. After marriage I tried to change many times and it would be a repeating pattern of falling a few times, then being ok for a few months. From one Yom Kippur to the next I'd start off aiming for a clean year and score my success based on falling x times - hopefully less than the prior year. My children are BH growing older and that was part of my motivation to clean up shop and finally push that final bit to stay completely clean. With help from Hashem I made a lot of monumental changes to my life. That was about 17 months ago and I've stayed true to my commitments. While my struggle was (is?) something that I went through alone, there are folks here that are also struggling and brave enough to try and get help / support. The yetzer hara doesn't retire, and I need to remain strong to maintain what I've accomplished. I also want to help others if I can, to share thoughts and encouragement. My hope is to give, and through giving also receive chizzuk. My Hashem help us all to continue to grow and to recognize and appreciate the koach of every fighting moment, no matter how small.

All the best!

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=====**Re: I Want to Help Others**Posted by gye365s - 16 May 2024 20:28

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Ch5. What if the yetzer hara seems too strong in a particular area and it feels like we can't beat him?

The yetzer hara stands behind every challenge. That is his job. Sometimes we stumble in the same thing time and again. The natural response may be to feel depressed, but that is counterproductive. The yetzarim that a person has the most trouble dealing with are his most powerful G-d-given tools for developing his potential and achieving shleimus (Tzidkas HaTzaddik, siman 181). Hashem implanted this desire in you purposefully so that you can transform it into a force for good. The area in which a person's yetzer hara is most aggressive is the one in which he has the potential to achieve the greatest purity (ibid, siman 49). Repentance from fear may encourage a person refrain from sin. Repentance from love turns our

past sin into merits, because we took the yetzer hara's weapon and fulfilled Hashem's will.

The Steipler Gaon often commented that even if a person succumbs to the yetzer hara many times, whenever he does withstand it he brings upon himself and all supernatural worlds a great and holy light. He even restores holy sparks that fell to the sitra achra during creation of evil, to the realm of kedusha.

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Re: I Want to Help Others

Posted by gye365s - 23 May 2024 17:34

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It would be disingenuous of me to try and connect with others and not be real myself.

Was dealing with some negative thoughts and down feelings this morning. Perhaps ironically, it relates to unmet expectations. I think even worse because I expected the expectation to be a bad idea (doh). Nothing out of the ordinary, and I am and will be fine - just need to process. Even though we heal from it, the pain and hurt are real.

Fighters get knocked down. Winners stand back up.

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Re: I Want to Help Others

Posted by gye365s - 27 May 2024 02:53

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Heard a special vort for Lag BaOmer from the Zohar HaKadosh.

We have the song: Rabbi Akiva says, just like the mikveh purifies the tamei, so does Hashem purify Yisroel.

A mikveh has no limited capacity to purify tumah. As much as needed, it works perfectly every time.

Same thing with Yisrael. No matter how many times we need to be purified, we can always count on Hashem to be there for us.

I hope the oilam had a beautiful Lag BaOmer. Kol tov.

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Re: I Want to Help Others

Posted by gye365s - 31 May 2024 13:30

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Wanted to share a dvar Torah I heard this morning.

There was a rich man offering a lot of money for someone to answer his question.

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How can Dovid HaMelech say this – clearly there are tzadikim who's children lack sustenance?!

A gadol answered him: What does ??????? mean? That the tzadik and his children won't be forsaken. It doesn't guarantee that they will have bread – it guarantees that any lack of bread is hashgacha from Hashem. When we have bitachon, all our challenges are from Hashem and they serve His higher purpose. Only when we CV forsake our bitachon and think our suffering us just our bad fortune, then takeh Hashem can midah k'negen midah remove His hashgacha and then the suffering really is our own.

My righteous brothers we are here because we believe. Our challenges are part of Hashems plan, and He is always with us, no matter where we might be.

A gutten Shabbos to all!

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Re: I Want to Help Others

Posted by Muttel - 31 May 2024 13:54

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That's a beautiful thought.

It's difficult to absorb and feel, but every fall is a plan from the RBS"O Once it's happened, we need to look back and say "it was orchestrated by Hashem - though we'll get punished for making a bad choice/decision - and I need to now go through the Teshuva process". The

computer we viewed porn on could've lost internet connection, someone could've walked in, etc.

Believe it or not, R' Chatzkel says this! (not the part about someone walking in before I turn porn )

So, as long as we remain committed, then everything is ?????? ???, as gye365s says.

Thank you gye365s!

on

Muttel

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Re: I Want to Help Others

Posted by BenHashemBH - 10 Jun 2024 12:30

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You could give some people a drop of water and they'd still appreciate you. You could give other people an entire ocean and they'd still take you for granted.

Don't take yourself for granted! Hashem appreciates every drop!

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Editing this post to include a Shavuos dvar Torah I had previously posted

**Warning: Spoiler!**

The Lubavitcher Rebbi says that the Jews were sleeping because they felt that was the best way to prepare spiritually, with their neshamos ascended. This was a misunderstanding. The Torah was given to make us spiritual beings, it is for us to refine our physical nature. Learning on Shavuos fixes the mistake by combining the spiritual and physical to prepare for Matan Torah.

I learned similarly in sefer haTanya. We don't exist to try and become pure Or Elokim, that is for the Malachim and Hashem would have no need to create Man additionally. Our purpose isn't to be light, it is to channel light and illuminate the darkness. The spiritual refining the physical and elevating it (the challenge the meraglim felt they could not handle).

It ended with some intended motivation that went something like this: We aren't meant to be Malachim. Our tachlis is that we are sometimes knee-deep in it and we are fighting to get out and clean ourselves off. We are bringing Kedusha into this world with every effort we make.

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Re: I Want to Help Others

Posted by BenHashemBH - 11 Jun 2024 15:38

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The Lubavitcher Rebbi says that Klal Yisroel were sleeping because they felt that was the best way to prepare spiritually, with their neshamos ascended. This was a misunderstanding. The Torah was not given to make us spiritual beings, it is for us to refine our physical nature. Learning on Shavuos fixes the mistake by combining the spiritual and physical to prepare for Matan Torah.

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Rabbosi, we aren't supposed to be Malachim. They cannot have a Torah, because they are too connected to Elokus. Only we can have the Torah and through it a special Yichud in the presence of the Or Elyon.

If there is no struggle then there is no need for the entire bria. We are tasked with the sacred mission of shining our light in the presence of darkness. We bring kedusha into this world with every effort we make. Hashem is giving us His Torah and we aren't sleeping, we are deeply involved in the tachlis of our very existence.

Wishing everyone and beautiful, meaningful, and uplifting Shavuot!

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Re: I Want to Help Others

Posted by BenHashemBH - 17 Jun 2024 14:11

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Last night there was a lot of buildup from my wife – details not important. As it were, exhaustion and a headache make quick work of good intentions and everything dissolved in about 5 minutes. I'd usually have a small black cloud hovering over me for a few hours the next morning . . . but not today. Those down feelings about what wasn't have been replaced with appreciation for what was (and IYH will be at some point). I feel healing taking place, planting its seed deep in the roots of where I buried my (self-inflicted) pain, sorrow, and pity.

Thank you [ChaimOigen](#), [Heeling](#), and many others for sharing your growth in this area that is certainly helping me to develop a positive and proper mindset in this inyan.

Kol Tov.

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Re: I Want to Help Others

Posted by kohelp613 - 18 Jun 2024 05:24

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[gye365s wrote on 10 May 2024 00:24:](#)

I continuously have pride in my past and present accomplishments, regardless of any times tripping up.

critical

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Re: I Want to Help Others

Posted by kohelp613 - 18 Jun 2024 05:25

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The Steipler Gaon often commented that even if a person succumbs to the yetzer hara many times, whenever he does withstand it he brings upon himself and all supernatural worlds a great and holy light. He even restores holy sparks that fell to the sitra achra during creation of evil, to the realm of kedusha.

massively important to know

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Re: I Want to Help Others

Posted by kohelp613 - 18 Jun 2024 05:26

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mamash - excellent point!! a real hasagah

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Re: I Want to Help Others

Posted by kohelp613 - 18 Jun 2024 05:27

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A gutten Shabbos to all!

1 billion percent - on the money. you are on a roll

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Thank you [ChaimOigen](#), [Heeling](#), and many others for sharing your growth in this area that is certainly helping me to develop a positive and proper mindset in this inyan.

ive also been there so many times. its really rough. the trick is to update time consciousness. the following is the eitzah from Rebbe Nachman - move past limited consciousness about 'how long' it's been and "how often I need it": Take the pressure off the pedal and with time and communication you will find that frequency that you both agree on and feels good, lyH - like you said, the key is bitachon in Hashem's hasgacha - do we BELIEVE that Hashem designed the husband and a wife AS A COUPLE TO MUTUALLY WANT intimacy at a certain frequency? With that bitachon, the frequency and the quality will be found and cherished, bez'H:

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 ??? ???, ?? ?????? ??? ??????? ???. In reality, to the intellect which is on a higher plane than ours,  
 that which we consider to be an actual seventy years is also a quarter-hour or less. Just as we  
 see that it is possible for seventy years to elapse in a dream, and afterwards our intellect knows

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[BenHashemBH wrote on 10 Jun 2024 12:30:](#)

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you are obviously a deep Yid and I'd love to connect with you.

Probably the deepest teaching I have found is in the name of the B'esht that the guf of Yisrael holds town and ties all the olamos together - Yisrael = in gematria yesh + yhi ohr; or - yes + av sag mah ban; or - yesh hashem bamakom hazeh also equal Israel.

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