

Eagle In FlightPosted by 138eagle - 18 Jul 2024 19:05

A Mashal

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From time to time he would try to fly and he was able to fly better than the other chickens in the coop, but he did not really believe that he can fly like those other birds in the sky, so he never flew too high and never strayed too far from the coop.

One day an eagle landed near the coop. The eagle looked at the 'chicken' that looked different and spoke to him. He said, "What are you doing here? You aren't a chicken? You are an eagle! Go out, take flight and soar to the heavens!"

The 'chicken' looked at him with disbelief. "Me, and eagle?? You must be kidding. I am a chicken. And a strange chicken at that?"

The eagle looked at him wisely and told him. "My child, I was once in your place. I did not believe in my self also. However, you need to believe me. Look around and see that you are different. Then look at me carefully. You will see that you are more similar to me then to your 'family' around you.

The 'chicken' heard from the eagle that he was also once in a similar situation. Realizing that others around him have succeeded, he realized that the eagle was right.

The eagle spread his wings and took off. Once he was airborne, he looked and saw the eagle near him in the sky, and he looked around and saw other eagles near him.

He began to feel inner strengths that he never felt before. He felt like an eagle!

He flew and flew, higher and higher, further and further from the coop till he was free from the coop completely.

He was an eagle! He was flying!!

Hello All.

I have been on Guard Your Eyes for about 4 – 5 months now. I have been reading all the threads and following the challenges and triumphs of the chevra here with awe and admiration. I

think the time has come for me to open up and share my own story. I hope that it will help myself and others to continue to grow.

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crazy, and I am not a sicko was extremely redeeming and empowering. I felt the power inside of me to grow. I am now over 4 months clean. I am looking forward to a life of real ????? and real growth.

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Rabosai, I am here now. I cannot thank all of you enough for the chizuk you have all given me the past few months. I hope to continue to grow together.

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Re: Eagle In Flight

Posted by 138eagle - 12 Aug 2024 17:33

I had a hard day yesterday at home. A lot of things with a lot of pressure going on. I was feeling very upset and down on myself.

In the past this would have been a trigger for me. When I felt that I was lost, I would feel alone and would look for something to fill myself with. Especially, when feeling lost and lonely, I would feel especially drawn to fantasize and to act out as that was also a lonely place. However, now, just the knowledge that I am not alone in this battle already gives me the strength to not go to anywhere in my mind that is not a good place.

Thank You to all of you for being the most wonderful support group possible. Just by being there I know you have my back.

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Re: Eagle In Flight

Posted by Muttel - 12 Aug 2024 17:39

R' Eagle,

Your honest and straightforwardness is so refreshing! For me, GYE presents the ability to be open honest in these struggles, which thereby facilitates real introspection and healing.

You and all our dear brothers here should have a super meaningful fast and we should be zoche to ???? ????? ?????...

With a heart brimming with respect and brotherly love,

Muttel

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Re: Eagle In Flight

Posted by chaimoigen - 12 Aug 2024 20:20

Phenomenal stuff happening here.

Keep soaring, (and shvitzing), ever higher. You're an inspiration!

I've written a lot about talking to my kids.

When it comes to talking about Shmiras Haenayim I try not to give specific orders and instructions. Rather I discuss the importance of being careful and how a Ben Torah has to be aware and try to avoid what's not nice etc. Then I'm aware that I'm modelling behaviour wherever we go.

I know they're watching, and noticing how I walk and what I look at. That helps me be more careful, if I'm going to be honest.

I try not to make a big production out of it. Just acting normal and giving care to naturally avoid

peritzus, be careful, be proactive about which places to go, how to walk (not looking all over the place) and what to look at and what not to look at. How to talk to people. If I have to talk to people who aren't dressed optimally I make eye contact, be polite and kind and try to only look

That's how my father shlita did it, he's an Heiliger Yid. But not everyone knows about his Kedusha, he doesn't advertise. I still hope to one day grow to be a little like him.

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from the nose up

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Re: Eagle In Flight

Posted by m111 - 13 Aug 2024 14:07

I just read your introduction to this thread.

Your attitude is so wonderful.

You're inspiring, "yes we can...".

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Re: Eagle In Flight

Posted by freespirit - 20 Aug 2024 21:59

I don't think it's unusual to have these thoughts in yeshiva. There really is not much of an outlet. I was actually propositioned in the dorm shower by another bachur. There will always be those that resort to masturbation and homosexual experimentation. there is no other outlet.

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Re: Eagle In Flight

Posted by amevakesh - 21 Aug 2024 14:12

Meeting you in the Eagle's nest was a privilege, I will cherish.

Hearing about your struggles and how you deal with them, challenges that would break a lesser man, was inspiring.

Knowing that you never sucked the forbidden pacifier of P&M despite it all, is astounding.

Watching to soar despite it all leaves me in awe of the greatness and heights that people can reach.

With admiration,

Amevakesh

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Posted by 138eagle - 21 Aug 2024 16:47

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Thank You for your warm words.

Knowing that I am together with friends like you has given me the strength to really fly!

Looking forward to continuing to fly higher together!!

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Re: Eagle In Flight

Posted by 138eagle - 21 Aug 2024 16:49

Hello all

I would like to share with all of you a wonderful experience that I had this past week.

In 2021 around ??? – March, which is when I had a really hard fall and that took me down the slide of my fantasizing and reading inappropriate things, and that took me till this last ????? of when I joined here. Around then, I bought one of the new jewish music albums. One particular hard day, I had it on in the car when my mind was all over the place. There was one song that whenever it turned on, there was an association of lust and fantasy with that song, and I felt my mind go back to that difficult place.

This past Friday, as we were getting ready for ??? at home, we turned on some music, and this song came on. And miracles of miracles!!! My mind stayed put!!! I felt so far from the dark difficulties of my previous life. I began to dance in my dining room!! (I do that from time to time anyway, my kids do think I am a bit too much...)!

Thank you all for helping me rewire my brain to be able to fly so high!!!

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[138eagle wrote on 18 Jul 2024 19:05:](#)

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Re: Eagle In Flight

Posted by BenHashemBH - 23 Aug 2024 13:01

[chulentandkugel wrote on 23 Aug 2024 12:53:](#)

Awesome!

Shalom and welcome!

Looks like this is your first day and post here. When you are ready, please feel free to introduce yourself. The oilam would love to get to know you.

Kol Tov

=====

Re: Eagle In Flight

Posted by 138eagle - 23 Aug 2024 13:41

[chulentandkugel wrote on 23 Aug 2024 12:53:](#)

Awesome! You haven't given us an update in a while. Are you still clean?

Hello Chulentandkugel

Welcome to the family.

Yes, with great ??? and much ??? ????? to ???" I am still clean after almost 6 months. It was not easy at times, but with the help, encouragement and support of the wonderful GYE family I have made it to here, and I am looking forward to the next 6 months and further.

I see you are new here. Stick around, get to know the Oilam, open up about yourself, be in touch with the chevra and you will fly with us!

=====

Re: Eagle In Flight

Posted by 138eagle - 23 Aug 2024 13:45

Hello Chevra

Here is the next update in my wonderful flight to the heavens.

The other day, I took the time to go and meet our Rebbe HHM ?????".

'twas a phenomenal experience! (thanks Muttel)

The hug and kiss that I got from him went deep into my Neshama and will remain with me for a very long time.

I ended up sitting and talking to him for much longer than I originally thought I would.

His warmth, insight and caring are unbelievable!!

This brings out his ability to push me (and all of us) to go far out of my comfort zone and to really care for myself and to do what needs to be done to really reach the freedom that I seek. He is able to see in me much more than I thought I can see in myself, and he is able to push me to do much more than I thought I was able to do.

His pushing me to work hard is really bringing me to fly to new heights!

The most recent work that he pushed me to do is to act in ways to love my wife fully for who **she truly is as a person**, and it is really making a difference in my life.

I came home and gave my wife a hug just for her being her and told her I love you in a way that was not meant to take anything further.

The 'Thank You' that I got from her was felt deep inside of me. I did something **for her** that made her feel good, and she appreciated it!

And the best part of it was that when I came home later from night seder, we spoke for a few minutes and then she went to sleep. A hug to my wife did not mean anything more than that!! Just loving her for who she really is, really felt great!!

Thank You Rebbe for helping me fly!!!

=====

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Warning: Spoiler!

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Re: Eagle In Flight

Posted by 138eagle - 23 Aug 2024 14:31

[BenHashemBH wrote on 23 Aug 2024 14:15:](#)

[BenHashemBH wrote on 23 Aug 2024 13:01:](#)

[chulentandkugel wrote on 23 Aug 2024 12:53:](#)

Awesome!

Shalom and welcome!

Looks like this is your first day and post here. When you are ready, please feel free to introduce yourself. The oilam would love to get to know you.

Kol Tov

Warning: Spoiler!

Now *you* look funny!

Maybe they should figure out how to delete all the related posts as well.....

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