

Please join me on my journey, I need you.

Posted by menuchashanefesh9 - 01 Aug 2024 18:24

I would like to introduce myself. I'm introducing myself because I would like to make friends to help me and each other in the Avoda of Kedusha and in part of that friendship (thank you amevakesh for pushing me to do this) I would like to share some thoughts that hopefully may be helpful to someone. I would like to start with my story and then to explain why I am only reaching out now for friendship.

Last summer discovered GYE. A few decades ago as a young adult I began struggling with a habit of viewing inappropriate material and other areas of Kedusha. These years were full of better periods- months of tremendous growth in Yeshiva with few falls, and very bad periods (mostly ben hazmanin when home and internet was unfortunately way too accessible). Baruch Hashem, overall I had very productive growth in many many areas of Avodos Hashem over the years but this was a challenge that hurt me and I was so desperate to kick it. As I grew more and more in my devolvement into a ben torah I really put a lot of the nisayon at bay (getting married and living a beautiful kollel life really helped). But the habit (or call it addiction) of watching pornography was something I still reverted to when feelings of sadness or emptiness were to creep up. I needed guidance on how to break free from this bad habit. Last June 29th I started Flight To Freedom. I admitted to myself that I had an issue and was going to invest real time and work into the program and really to break free. F2F was my therapist, my rebbe, and absolutely G-D-sent gift from shamayim (I'm so indebted to all those involved in the making of it!!!! If I ever get rich I'm going to support it bl"n). It validated me, gave me hope, and most of all gave me the tools to break free. And break free I did, BH! After a few weeks of trial and error on July 17th I started a streak which lasted for 373 days!! On July 17th when I hit a year free it was from the most gratifying accomplishments of my life. And then on day 374- 3 days ago I fell. Not hard, but I fell. It hurt. And then I fell again a bit harder yesterday. It hurt hard. It still hurts. Oy, how much I yearn to not be here back at the beginning of a new streak, but I would like to take this as an opportunity to reframe my journey a bit and perhaps this time we could do this together! I need your help!! I need friends to help me get back on my feet. and I need help in the reframing of the journey!

When I started last July I wrote under 'My Plan' that the top reason I want to break this habit is because "This is an area that is totally inconsistent with the rest of my development and growth". Meaning I viewed myself as an overall bentorah, perhaps even a chosuva learner to boot, with this tremendous flaw of being habitually a porn watcher. I viewed it as a side problem that had to be dealt with. For this reason I think I didn't want to get involved with the amazing GYE chevra. I didn't want to associate my life with this problem. I wanted to fix it and move on. Baruch Hashem I broke free, I un-addicted myself and the fruits of that began with a 373 day streak of Tahara. But through breaking free I learnt so much more about this challenge. I learnt that while perhaps my pornography watching was addiction oriented it also left a deep imprint on me. It was disallowing me to connect to a full ruchnius life, as I want to explain further.

Allow me to make a bold totally uncertified statement. Bnei Torah-- Mevaksei Hashem- people who are immersing their life in real Ruchnius struggle with areas of Kedusha as the central Nisayon in their life. The reason this is is because they are seekers of connection and ruchnius lends itself to that of the ultimate connection- one that our Neshama truly seeks- and our Neshama- our essence- is created in essence as a seeker of pleasure. Therefore as we continue to immerse ourselves deeply into Hashem's Torah and really attain levels of connection to Ruchnius, Yetzor Hara's main task is now to rid of this tremendous pleasure. The only thing in his arsenal that can combat a Chiddush in ger katan is that of extreme ????? ?????. That does not mean to say that it is of equal pleasure. In fact it pales in comparison quite miserably, but it has its superficial easy nature to attai that can allure us into falling deeply into that connection replacing feelings of connection to Ruchnius. And even more potently, it disconnects our Neshama's connection to Ruchnius through miraging our feelings of connection with something so fake- which gives a suffocating blow to our feelings of connection that our neshama really yearns for. Perhaps this is the ??? in the -???? that ?? ????? ????? ???? ????- the more one feels connection in ??????? the more the ???" has to present superficial feelings of connection through ????? ?? ?????Perhaps the addictive nature of these struggles root itself in the ??????- immersion that it is coming to replace of ?????? ??????. Perhaps this is precisely why ??? ????? struggle so much. ??? ????? should not be ashamed of this struggle, it is a testament to their tremendous desire to grow. Looking back at the year of ???? it is almost hard to capture how much this allowed me to grow. I was able to fully immerse myself in ???????. Tefilla afforded opportunity for real connection. I was able to fully CONNECT to my wife- another area of connection that watching phonography kills as it replaces a super deep relationship with quick superficial feeling of fake connection. It allowed me to connect so much deeper to everyone around me as my I now began to seek true connection. I began to understand people better as I actually was connecting with them. And the list I'm sure goes on and on if I were to stop to think of it.

I think this frames the struggle of ?????? ?????? into a central area of our growth. It is not a pain, a side nuisance. rather a key ploy of the ??? ??? in our pursuit of our real ?????? leaving a life full of connection to Hashem. I regret not bringing you guys for the ride the first time. I believe it was because of this mistake- I misunderstood this battle to be a side-battle, not a central battle in ???????. So dear friends, I ask of you to join me in this exciting, and central pursuit of combating the ??? ???'s pathetic attempt to replace true connection of ?????? with his world of ??????. Let's share our triumphs of real growth in ?????? and share our insights into the fake world it is showing us, and together we will all become true ?????? ?' ? through this battle of uncovering the mask of the ???" and connection all so deeply to true connection. I also humbly request all your help in getting back up and celebrating next year on August 1st another year of ???? , this time together!

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Re: Please join me on my journey, I need you.
Posted by iwannalivereal - 01 Aug 2024 18:43

Wow beautiful first post!

Glad you decided to officially join the family. Lots of b'nei torah here... Getting to know the guys definitely helped me more than anything else.

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Re: Please join me on my journey, I need you.
Posted by chosemyshem - 01 Aug 2024 18:45

[menuchashanefesh9 wrote on 01 Aug 2024 18:24:](#)

Allow me to make a bold totally uncertified statement. Bnei Torah-- Mevaksei Hashem- people who are immersing their life in real Ruchnius struggle with areas of Kedusha as the central Nisayon in their life. The reason this is is because they are seekers of connection and ruchnius lends itself to that of the ultimate connection- one that our Neshama truly seeks- and our Neshama- our essence- is created in essence as a seeker of pleasure.

I also humbly request all your help in getting back up and celebrating next year on August 1st another year of ?????, this time together!

Hey welcome!

Thanks for sharing, and be"h you'll continue the climb straight up the mountain. Amazing that you were able to put in a solid year - that's real progress and don't let a little stumble get in your way.

A powerful chizuk that might help you arrest any downward momentum is connecting to the chevra here. 10/10 recommend a good schmooze as a cure for a downward spiral.

Re: the kedusha struggles showing whatever spiritual whatnot. Hey, listen, if that's motivating for you and it works for you, gevaldig. If not, then also gevaldig. Since none of us are certified kabbalistic diagnostical prognostic metapsychologists, we'll never know for sure. It's a great chizzuk for some people. For other people, it's a nice ego boost that accomplishes exactly nothing. Regardless, it was a well-written and well thought out post, and yasher koach for sharing it!

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Re: Please join me on my journey, I need you.
Posted by amevakesh - 01 Aug 2024 23:04

In the words of the great ??? ?????? to the great ?' ?????? when he greeted him, "??? ?????? ??? ????????", Rebbe - because you were my guide, the one I was following this past year the one who I look up to (and still do), ???????? - ?????? ?? ????? because although I'm sorry and I feel your your pain for the reason that made you reach out, I'm so happy that we'll finally have the opportunity to get to know you. Although the main reason for the friends we have on this site are to help us break free, your post underscores another reason. Even after one is out of the clutches of the YH, he has it somewhat under control, it's inevitable that there are still things going on in his life, that are stressful. Those are generally the triggers that made him reach for his pacifier in the first place. Friends are an amazing remedy for that. The ability to call up a friend from GYE on a hard day and Kvetch, and let out your stresses to someone who really understands you is invaluable.

Regardless, I find it amazing that you have the ability to get right back up after losing such a wonderful streak. Not allowing yourself to wallow in feelings of despair, because you may have fallen, but you're definitely not back to where you were a year ago. Recognize your amazing achievement, you're on a far higher ?????? then a year ago, and that's a cause for celebration.

Bottom line, we are so happy to have you join our family, and we're looking forward to getting to know you. I'm sure that I will gain from you more that the other way around.

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Re: Please join me on my journey, I need you.
Posted by yiftach - 01 Aug 2024 23:24

Hey welcome!

WOW! Beautiful first post!

First, let's drink a l'chaim! A full year+!!!! WOW! (Ok, we'll wait a bit to celebrate). But you can use that year of purity as a spring board to many more years of kedusha.

You know how it feels, and you desire that feeling of control and purity. It makes the battle so much more meaningful and is so empowering.

There's a big crew of bnei Torah here. Reach out to them! It'll change ur life forever!

All the bestest,

Yiftach'l

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Re: Please join me on my journey, I need you.
Posted by proudyungerman - 02 Aug 2024 05:26

Tayiere Yid!

Welcome to the most loving, caring, supportive family!

WE ARE HERE FOR YOU!

What Gevura to get right back up!

Very much looking forward to getting to know you!

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Re: Please join me on my journey, I need you.
Posted by Muttel - 02 Aug 2024 05:57

What an amazing first post, one that resonates deeply with me! I struggled for years as a bochur and began a streak free of porn/masturbation that lasted 12 years... until it ended...

I struggled the last 3 1/2 years and joined GYE almost 3 months ago. It's been euphoric! The chevra of bnei torah here is super supportive and know that everyone will have your back!

Im a bit jealous of Amevakesh and would love to get to know you too!

Heres hoping we can connect,

Muttel

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Re: Please join me on my journey, I need you.
Posted by menuchashanefesh9 - 02 Aug 2024 17:20

Thank you so much for all of your super kind responses. I feel the love, care, and respect very much. BH, I look forward to getting to know all of you and will try Bl'n to reach out next week. But this was a tremendous start for me as I start my next trek. I feel much more comfortable in my next step doing this together.

One quick thought before Shabbos- I would've thought that a fall after a whole year would be all the more painful then any other fall. But to be honest, it isn't. I'm not sure why? I would've thought that the more Taharah I experienced the more this would hurt.. I'm not sure, I would love to hear from the oilam. I have a thought.. the year of Taharah was so sweet. so real, and accomplishing, I really really associate with it deeply as a truly personal accomplishment. On the other hand the fall was so not sweet, so out of character (after a year of work) that perhaps I

view it as an isolated incident that doesn't define me. R' Shlomo Hoffman elaborates on pitfall of sin is dwelling on the sin itself. The focus on it blows it up and disallows a person to move on. Sin is horrible, but it can be limited to an isolated action, it does not need to define oneself in any way. I hope the ??? ??? doesn't get the better of me and start obsessing over the fall and allows me to continue to associate myself with the cleanness of the year. Your positive support really helped me with this. Thank you and a wonderful Shabbos!!

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Re: Please join me on my journey, I need you.
Posted by eerie - 02 Aug 2024 19:47

Welcome, dear friend! Loads of hatzlacha, and looking forward to getting to know you!

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Re: Please join me on my journey, I need you.
Posted by amevakesh - 04 Aug 2024 05:45

[menuchashanefesh9 wrote on 01 Aug 2024 18:24:](#)

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myself in ????????. Tefilla afforded opportunity for real connection. I was able to fully CONNECT to my wife- another area of connection that watching phonography kills as it replaces a super deep relationship with quick superficial feeling of fake connection. It allowed me to connect so much deeper to everyone around me as my I now began to seek true connection. I began to understand people better as I actually was connecting with them. And the list I'm sure goes on and on if I were to stop to think of it.

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Bold - yes, uncertified - not at all. The famous '?? in ??' ??? that talks about when the ??? ????? ????? Davened for the YH of ????? ????? to be eliminated, at first their ????? were answered, but then they found that no chicken was laying eggs, so they were ????? to bring it back. The world wouldn't continue to procreate, so they had to recall the ????? ??????. The '???? ?? says that the reason ????? ????? had to be brought back was because without ????? then "????? ?????? ?? ??". My ????? explained it as follows. We tend to think of the ????? of ????? ????? in terms of ??? ??? - don't look, because if you do, you will taint your ??? and you won't be able to serve '?' as well. This is definitely true, but the reality is much deeper then that.

The ??? of guarding our eyes was written in the ??? of ??????. There seems to be a connection between the ??? of ????? and the ??? of ??? ?????, and they both seem to be a very fundamental ??? and though it we are told ?????? ?? ?? ??????. What's the secret?

In reality the ????? of ????? ????? is more connected to the ??? ??? of ?????. The word ????? means to peer (as in ??? ?? ?????). We are taught that when we look at our ??? we are supposed to remind ourselves of the ??? ????? because ????? ???, ?? ????? ?????, ??? ????? ????? a tenuous connection at best, tenuous - if you look at it from a physical perspective. The lesson of the ????? is don't just look at what you see with your external eyes, look deeply in to the heart of the ????? and see what they really represent. Therefore the ??? told us specifically in the ??? of ????? to guard our eyes. When one is lax is his ????? ?????, in essence what he's doing is, he's reducing a ??? ????? to its most external form. He doesn't see the totality of the person, only its external trappings. ????? teaches us to look deeper.

This concept is applicable to all of '????? ?', but nowhere is it more manifest then in ????? ??????. The '?? in ??' ??? says on the ??? of ?????? ????? that's it's referring to ????? ????? that ??? ?????? ??? ??? ?? ?? ?????? ??? ??????. As any serious student of ????? can attest to, when you

learn a '??, at first the '?? seems to be saying one thing, upon further analysis it seems to be saying something else. Then he looks in to the ??????? and he discovers that he hasn't yet scratched the surface of the '?'. There are endless layers of depth in every word of ?????.

How does one not fall in to the "trap" of settling for what seems to be a nice ??? in the '??? What propels him to challenge himself to look deeper and uncover a deeper reality of truth? It's the knowledge that we don't settle for something external. To train us in not looking at externalities, '?' set up the '???? in a way that we will have many "opportunities" to practice not falling for the glitter of the external world. That's where ????? comes in, we desire something because of its external beauty, and we train ourselves to say no, don't fall for the external, because the inside is far more beautiful. Take the time and have the patience to discover the real beauty and depth of '?'s world and the people in it. In essence ????? ????? is a powerful, positive tool that we were given to help us in pursuit of uncovering the depth and beauty of Yiddeshkeit. The YH knows this, and the people he's most afraid of, are the people that spend their days and nights utilizing this tool. No wonder he throws his entire arsenal at them. He does anything he can to neutralize him from discovering the real pleasure there is in life, so he tries his best to sweeten the external to distract him from discovering the real treasure that lays beneath the surface. At the ??? ????? supposedly once said, "??? ??? ??? ??? ??? ????????, ??? ??? ????? ??????, ????? ? ????? ?' ??? ?? ??". Obviously, he only meant it in comparison to learning, the others don't come close.

Had '?' completely eradicated ????? ??, we wouldn't have the ability to hone our skills in pushing ourselves to look past the surface of any given ????? be it learning or any area in '????? ?. On a basic level that might be what the '???? ?? means when it says ?????? ?????? ??? ??.

My dear friend, you wrote that you don't feel the way you would expect to after losing such a long streak. I believe (and I know I could be wrong here), that it's because the ???? that the past year of ???? made on you hasn't been lost at all. You've changed your ???? from someone that used to get swept up with externals, to someone that's ???? in uncovering the deeper meaning of the '??? ?. Nothing, not a slip or even a fall can take that away from you, especially if you get right back up and pick up from where you left off.

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Re: Please join me on my journey, I need you.
Posted by menuchashanefesh9 - 05 Aug 2024 18:21

Dear ??????,

You did it again. Deep, meaningful and kind messages like yours are really special and give me a lot of Chizuk. I really appreciate you taking my words seriously, and taking the time to add to them so beautifully. I completely agree with what you said that one who works on ????? ????? in definition becomes less fixated on externals. I think that the eitzem lure of externals becomes less when one is focused something deeper.

But the ??? ??? never gives up... and will cause all sorts of bad moods and stress just to make you forget the beauty of real depth and try to get you to connect to his stupid external thrill masking itself as something real that can give you gratifying connection to. And for that friendship is so important.. its instant connection with someone who knows and understands your real depth, and allows you to connect on a deeper plain that of ???? and the like. Thank you for your friendship!

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Re: Please join me on my journey, I need you.
Posted by upanddown - 05 Aug 2024 22:40

Dear menuchashanefesh9,

Great posts and great courage.

Yes it hurts alot to fall after being clean for a year (it happened to me as well!). But don't think to yourself "I'm back at square one". Its simply not true. You have gained tremendous tools and have proven to yourself that you can do it! And you'll go far iyH!

And yes, the YH definitely has more interest in attacking the Bnei Torah. As the Baalei Mussar famously say: The ??? ? ? ? ? didn't have a fight with Avrohom who was ???? ???? , nor did he fight ???? who was ???? ?????... But ???? who was ???? ????? he couldn't tolerate! The Bnei Torah are his biggest enemies. Because ????? ????? has the power to eradicate the YH as the ???? says, ?? ??? ???? ????? ? ? ???? ???? ?????... so no wonder he feels an "existential threat" and is therfore trying to get at you...

Looking forward to hearing updates on your progress...

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UpAndDown

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Re: Please join me on my journey, I need you.
Posted by menuchashanefesh9 - 07 Aug 2024 02:08

Thank you all for your chizuk!

Just a quick update (for accountability purposes, and because I feel how much you guys care).

BH we are up to day 5 of what I'm tempted to call "going for the forever streak 2.0"- but in spirit of all your words of encouragement about how I'm not starting over I'm going to call it "year 2 streak- this time going for forever".

I found the last five days to be days of both immense stress. Stress about whether I'm able to do this again, am I really just going to have that one or two falls and get right back to where I was before the darned fall, or am I going to actually fall apart now. Stressful... But on the other hand I enjoying the "early days" of a streak again, where I have to work through these struggles, where I have to push myself more, it is exhilarating. I'm also find myself really yearning for ????- sensing that ???? is what I really want. So in short its been an emotional few days but doing well BH. Thank you for all your help. Looking forward to checking in before Shabbos- post one week of ????. AHH nothing like going into Shabbos with a clean week under the belt.

For now thanks for all your help, and we'll speak soon!!

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Re: Please join me on my journey, I need you.
Posted by Muttel - 07 Aug 2024 08:34

Can I humbly suggest you focus on just one day at a time? What we're looking for is to rewire our brains and to understand what drives us to act out.... The streak is of secondary importance....

I didn't look through you whole thread now, but have you been in touch with HHM or others here? The human connection and accountability to a real person worked wonders for me, and then the streak will come on it's own.....

Muttel

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Re: Please join me on my journey, I need you.
Posted by menuchashanefesh9 - 20 Aug 2024 18:27

I want to to update my dear friends a bit on my past few weeks...

THANK YOU HASHEM FOR HELPING ME FALL TWO WEEK AGO!!!!

Now this may sound off... but let me explain.

From the age of 12 until today (more than two decades) I struggled with lust. My struggles did not bury me, but they weighed on me.... heavily. I am an open guy, have forged deep meaningful relationships with friends, Rebbeim, and Talmidim, but this part of me I kept secret... and this secret-- a normal, common, not even too crazy, inner struggle stayed inside me all these years. This secret weighing down on me did two things. It forced me to fight this fight myself, suppressed from proper tools to fight it, effectively prolonging my endless battle with it and without any ability to truly beat it. But moreover, it made me carry the burden alone. And boy did it hurt. It hurt because I had to do it alone, but it also hurt because I was beating myself up way too hard without proper context of what this struggle was all about.

And then Hashem was kind enough to put me in a situation that I had no choice but to reach out. I had literally just completed a year streak, a year of tremendous fight, endurance, and sweet freedom. I thought I had this damned thing beat!! I now know I did, but I didn't. I was no longer dependent on it, I was a free man, but I was still alone. And this is exactly where the

Yetzor Hora wanted me, because as long as lusting is your own personal struggle- he will blow it up out of proportion, making it seem like an impossible unbeatable monster, and also cruelly make you carry the guilt alone. So when the Yetzor Hora got me good after a great clean run I was utterly terrified- this monster needed to be defeated once and for all. But how???!! So I reached out to you Heiliga Chevra, Malachim (in a human form), and boy did it change my life...

Reaching out was the next hardest thing I ever did (besides for breaking free for the past year)... actually ten times harder. Which showed me that this was the Yetzor Hora's most demised tactic. I trembled as the phone rang, I even cried as it dialed, and I cried some more quietly a bit as the the Tzadik lovingly applauded me for calling and my amazing courage in the fight. And then after the initial first short call I waited with more excitement (and a little nervousness) for later that night (tisha b'av night, no less) to continue our conversation. I do not have enough words to describe what type of kindness and Middos he displayed each and every minute of these calls. Utter perfection in the ??? of ?????? ???.

I then reached out to another, this time the head honcho, MR. HHM himself, and boy was that the next most important move of my life.. His name in my contact list is now saved as Hashem HELPED ME!! What a Chessed from Hashem every minute of that conversation. And now as I hope continue to forge relationship with fellow Yiddin, each so special, so helpful, I feel as if I am now equipped in a way never before.

So to those who I have spoken to, THANK YOU, for those who I hope to speak to- I can't wait, and to that damned Yetzor Hora I tell you-- now I got you where I want you!!

Thank you Hashem for helping me fall!

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