

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 boardg - 19 Jan 2025 01:56

hey. it's been a while how are you doing?

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Re: Please join me on my journey, I need you.
Posted by menuchashanefesh9 - Yesterday 22:17

Hi to all my beloved members of the GYE community, It's been a while since I posted and I am way overdue... but I just want to share at least this for now. BH this week my counter hit a year. In fact I just noticed that I started this thread on 8/1/2024.

I have tremendous gratitude to Hashem for helping get here and **particularly for the path in which He took me** to get here. Last summer I was living a life of freedom, achieved through the help of GYE and all the amazing tools I learnt from the site, both from the F2F program and tremendous wisdom shared via the Forum. But when I fell flat on my face- quite hard- I was shattered. I felt like I was back at square one- my streak of 373 days clean gone and as if my work had gone down the tube.

Out of utter fear of never being able to achieve my goal I did what to me seemed like the hardest thing I ever had to do: reach out for help. Tisha B'Av night I sat in my car- terrified beyond-- and dialed ??????'s number-someone whose own journey I had been following from afar and it had resonated with me. The rest is history as they say...HHM was my second call.. Muttel my third.. A few weeks later Eerie was my fourth.... and a few weeks later PY was my fifth.... and together they all, and many more, helped get me to where I am today.

??? ????? to express my love and ????? ????? I feel to all my friends here. I daven for you all always and absolutely feel connected in such a deep way.

There's a ????? I heard years ago (I think a ?????? ????????) that says that ?' ??? was supposed to be the original date for ??? ?????? (and ?? ????? to be ?"?" and ??? ????? ????? to be a long joyous ??????). Instead after the ??? ?????? ?????????? ??????? on ?"?" ?????? plan B had to be implemented. Those days were transformed into days of tremendous sorrow and a month full of fear , ?????. But after we experience the growth of these times can we now experience a ?"?", ?"?"? ??????? . The destination is similar, but the path looks very different.

Last Tisha B"Av I was broken-- I felt like i was hopeless.. This year I see that it was just the path

Hashem had in mind to allow me to get to where I really needed to be: in a place of freedom surrounded by friends like no other!! Thank you Hashem for designing an amazing Plan B. May Klal Yisroel be ????? this year to reach our final destination, and may Tisha B'Av become a day of ????? ?????- the holiest of days- a ??? ????? as it was always intended to be.

I sign off with tremendous gratitude to everyone here and Hashem Yisborach for helping me achieve what once was only a helpless ?????, a life of ????? ????

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