seeing some bright light! Posted by altehmirrer - 27 Dec 2024 05:54

Hello chevrah! ah freilechin wonderful chanukah to all of us fighters!

I just docked in san fracisco, it was a long rocky trip from shanghai, hope to find some steady grounding over here!

Bikitzur i am an old timer/new timer, decided to come back and say hello!!

My journey (which is far from over l'choirah) is unique (like everyones!), and if i find it beneficial i will be posting more!

sorry but i need some sleep it's been quite a journey!! hatzlocha to all!!!!!!!!!!! looking forward to connecting and being honest and open with you all!!

Re: seeing some bright light! Posted by lamaazavtuni - 12 Feb 2025 01:08

Nu how we doing??

====

Re: seeing some bright light! Posted by abieham - 12 Feb 2025 02:27

Amazing!! What a nisyaon to pass! mamash like Yosef hatzadik.!,!How are you doing now?

====

Re: seeing some bright light! Posted by altehmirrer - 12 Feb 2025 06:30

## lamaazavtuni wrote on 12 Feb 2025 00:36:

The mashgiachs looking down at his talmid the ahltemirrer ..... stay strong he whispers, remember my shmoozin the yirah you got from it. Let it hold you in good stead.....

It's funny, my friends father told me that he once went into a barber shop owned by froyeh (altehmirrer) yid in chicago, and the barber said he's not moichel reb yeruchem because every time that he does an aveira he can't even enjoy it since he automatically pictures reb yeruchem in front of him giving a shmuz.....

mamish almost like yosef hatzadik, ruh d'mus..... only difference? yosef hatzadik ran without cheshboinos! and look how different they ended up.

\_\_\_\_\_

Re: seeing some bright light! Posted by altehmirrer - 12 Feb 2025 06:34

chaimoigen wrote on 12 Feb 2025 00:08:

Terrific!

====

Please make sure to go someplace now for a while where you are protected, and stay in touch with the Oilam...

Grabbing the moment of Gevura is best when a person uses it to be also Mikayeim ???? ???? ....

KOMT!!!

Thank you so much R chaim!

Re: seeing some bright light! Posted by altehmirrer - 12 Feb 2025 06:43

lamaazavtuni wrote on 12 Feb 2025 01:08:

Nu how we doing??

Bh things are doing alot better now and i'm in alot better head space...... i will discuss it reb \_\_\_\_\_\_ but i really think that this wasn't a fall for me for many reasons..... there was no p or m, and she's the one that initiated..... and i bh prob. spent tops 10 min. engaging with texts..... which is deff. not ok but still alot better then the past..... whatever hard to explain......, but over all i wasn't in the best head space for the whole day, even before this episode..... so i really shouldv'e tackled that right away..... i think i even know the reason y i was feeling down...... sorry for all the vagueness, but i'm tired and only posting what i find beneficial, either way doing alot better now! thank you you know who!

so for now i'm gonna say still going and at 55! (will update if needed, hopefully not!) hatzlocha from the mir!

Re: seeing some bright light! Posted by chaimoigen - 12 Feb 2025 20:28

This is excellent stuff.

it's probably worthwhile to analyse and seek to understand what was going on inside of you before the story: whatever it was that got you down and made you vulnerable, and in "the wrong head space". ...

Not to share with us, but in order to understand for **yourself**. Understanding where the vulnerability comes from- the need or sensitivity that can make part of us look to go seeking.... such a realization can be so valuable and important.

??? ???? ????? ?? ???

?.?.

\_\_\_\_

Re: seeing some bright light! Posted by altehmirrer - 12 Feb 2025 22:17

Just saying.... i thought i sent her flying..... she flew back...... i literally got a text 2 min. ago..... i am ignoring it, bh i am in a better place today...., wish there was a way to block texts...., but honestly if i would never have responded then it would of ended yesterday!! either way, i am doing good! and r' chaim u bring up basic great and important stuff again! parts of me wants to ignore that i was having a hard day...... but deep down i know that i have to confront it, got no other choice here.... hatzlocha! and p.s. the ?.?. was greatly appreciated!

====

Re: seeing some bright light! Posted by boardg - 13 Feb 2025 00:03

keep fighting. we're here for you

Re: seeing some bright light! Posted by proudyungerman - 13 Feb 2025 00:41

altehmirrer wrote on 12 Feb 2025 06:43:

lamaazavtuni wrote on 12 Feb 2025 01:08:

Nu how we doing??

Bh things are doing alot better now and i'm in alot better head space...... i will discuss it reb \_\_\_\_\_\_ but i really think that this wasn't a fall for me for many reasons..... there was no p or m, and she's the one that initiated..... and i bh prob. spent tops 10 min. engaging with texts..... which is deff. not ok but still alot better then the past..... whatever hard to explain......, but over all i wasn't in the best head space for the whole day, even before this episode..... so i really shouldv'e tackled that right away..... i think i even know the reason y i was feeling down...... sorry for all the vagueness, but i'm tired and only posting what i find beneficial, either way doing alot better now! **thank you you know who!** 

so for now i'm gonna say still going and at 55! (will update if needed, hopefully not!) hatzlocha from the mir!

Be careful!!

He is extremely dangerous, especially near cemeteries!!

\_\_\_\_

Re: seeing some bright light! Posted by youknowwho - 13 Feb 2025 02:32

proudyungerman wrote on 13 Feb 2025 00:41:

altehmirrer wrote on 12 Feb 2025 06:43:

lamaazavtuni wrote on 12 Feb 2025 01:08:

Nu how we doing??

Bh things are doing alot better now and i'm in alot better head space...... i will discuss it reb \_\_\_\_\_\_ but i really think that this wasn't a fall for me for many reasons..... there was no p or m, and she's the one that initiated..... and i bh prob. spent tops 10 min. engaging with texts..... which is deff. not ok but still alot better then the past..... whatever hard to explain......, but over all i wasn't in the best head space for the whole day, even before this episode..... so i really shouldv'e tackled that right away..... i think i even know the reason y i was feeling down...... sorry for all the vagueness, but i'm tired and only posting what i find beneficial, either way doing alot better now! **thank you you know who!** 

so for now i'm gonna say still going and at 55! (will update if needed, hopefully not!) hatzlocha from the mir!

Be careful!!

====

He is extremely dangerous, especially near cemeteries!!

\_\_\_\_\_

Re: seeing some bright light! Posted by redfaced - 13 Feb 2025 03:21 youknowwho wrote on 13 Feb 2025 02:32:

proudyungerman wrote on 13 Feb 2025 00:41:

altehmirrer wrote on 12 Feb 2025 06:43:

lamaazavtuni wrote on 12 Feb 2025 01:08:

Nu how we doing??

Bh things are doing alot better now and i'm in alot better head space...... i will discuss it reb \_\_\_\_\_\_ but i really think that this wasn't a fall for me for many reasons..... there was no p or m, and she's the one that initiated..... and i bh prob. spent tops 10 min. engaging with texts..... which is deff. not ok but still alot better then the past..... whatever hard to explain......, but over all i wasn't in the best head space for the whole day, even before this episode..... so i really shouldv'e tackled that right away..... i think i even know the reason y i was feeling down...... sorry for all the vagueness, but i'm tired and only posting what i find beneficial, either way doing alot better now! **thank you you know who!** 

so for now i'm gonna say still going and at 55! (will update if needed, hopefully not!) hatzlocha from the mir!

Be careful!!

He is extremely dangerous, especially near cemeteries!!

-----

Re: seeing some bright light! Posted by proudyungerman - 13 Feb 2025 04:36

youknowwho wrote on 13 Feb 2025 02:32:

proudyungerman wrote on 13 Feb 2025 00:41:

altehmirrer wrote on 12 Feb 2025 06:43:

lamaazavtuni wrote on 12 Feb 2025 01:08:

Nu how we doing??

Bh things are doing alot better now and i'm in alot better head space...... i will discuss it reb

\_\_\_\_\_ but i really think that this wasn't a fall for me for many reasons..... there was no p or m, and she's the one that initiated..... and i bh prob. spent tops 10 min. engaging with texts..... which is deff. not ok but still alot better then the past..... whatever hard to explain......, but over all i wasn't in the best head space for the whole day, even before this episode..... so i really shouldv'e tackled that right away..... i think i even know the reason y i was feeling down....... sorry for all the vagueness, but i'm tired and only posting what i find beneficial, either way doing alot better now! **thank you you know who!** 

so for now i'm gonna say still going and at 55! (will update if needed, hopefully not!) hatzlocha from the mir!

Be careful!!

He is extremely dangerous, especially near cemeteries!!

"For English, Press One" - BEEP!!!

(Maybe this will awaken the Legendary "Monstuh Truck"...maybe we will even merit a peek at it...)

====

Re: seeing some bright light! Posted by altehmirrer - 13 Feb 2025 04:39

It's quite interesting...... just amusing..... i last posted about my day yesterday...... and how bh i came to a better place....., and next thing i know i'm told i'm in the beis hakvaros.... in a different world of zohars and stuff, had to double check that this was my thread..... even red posted!

Either way i actually even took CO's advice (and the advice of my dear chaver) and ol kol ponim made it a point that hopefully from now on when i am in a bad head space... which could happen to anyone some days... i should let my dear chaver know about that asap....., hopefully that can help, and i hope to be on the look out to see how common this happens....

Hatzlocha from the mir! day 56!

\_\_\_\_\_\_

\_\_\_\_

Re: seeing some bright light! Posted by altehmirrer - 13 Feb 2025 04:46

proudyungerman wrote on 13 Feb 2025 00:41:

He is extremely dangerous, especially near cemeteries!!

Seems like the hashpaah from @Thegrave! either way neh he's the sweetest guy in the world! and he's even proud of it!

\_\_\_\_\_

====