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Posted by mifatfait - 04 May 2012 07:50

I want to share an idea that has been helping me a bit.

The idea of ?????? ????? ????? in general is well known, that a fall can raise us to new heights not possible beforehand. When we learn from our mistakes they are the best tool to help us grow.

I think in this struggle the idea has a special meaning to us addicts.

One of the most basic (if not the most) parts of recovery is admitting powerlessness to the addiction, when I'm left with only my own resources I'm bound sooner or later to succumb. Humility, humbleness, etc.

After a fall is the best time to internalize the message - so much effort I concentrate into staying afloat, it's perhaps the most important focus of my avodah, and yet fall and fall again and again. Hey, I'm pretty hopless, I desperately need Hashem's help. Hashem, help me!

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Re: ?????? ???? ?????

Posted by Emuniyahu - 06 May 2012 10:21

Thank you for writing this MB. I only got this advice recently, but it seems really important, and I've been trying to wrap my head around it, and hoping it will get into my heart.

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Re: ?????? ???? ?????

Posted by Kevin Pond - 09 May 2012 08:20

I agree with you, mefatfet. When one is nich'shal - in some convoluted way- it's a great chance to improve on your Anavah.

Kevin

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