

Navigating the ocean of my life

Posted by amevakesh - 17 Apr 2024 10:21

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For the past 267 days, there have been sunny skies, calm winds, the boat's been steady, with nary a thought to the pirates that lurk beyond the horizon.

However, clouds are gathering, waves are getting choppy, and worst of all, a cry from the barrelman in the crow nest, "Pirates ahead"!!! I've been warned.

As they get closer, thoughts are swirling through my mind. I hear their evil whisperings in my head. "You thought you were off our radar, not so fast." Will they succeed in overtaking the ship I've put so much effort in constructing?

They're faster, sneakier, and more cunning than I, and I know that once they come too close, I'm doomed. But, I have an itch that needs to be scratched, a void that has to be filled, and I'm having a difficult time doing so.

But one thing I've learned here at GYE. There's safety in numbers. So I'm sending out a call to my fellow mates, can anyone help me out in how to overcome these Bein Hazmanim pirates?

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Re: Navigating the ocean of my life

Posted by BenHashemBH - 26 Mar 2025 12:16

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[amevakesh wrote on 26 Mar 2025 09:28:](#)

..... And like the dawn breaks the night, wisps of light are beginning to form on the horizon.

Thank you all!

@ Cleanmendy, one of the things keeping me going, is I'm looking forward to a certain hug! It's on you to make sure that we don't meet the first time in Shul in front of your relatives. **I** will not be able to control myself, and **you** will be left having to answer a few awkward questions. Been guilty in the past of hugging guys in front of their relatives. Especially guys I know from before.

Baruch Hashem!

ps I was feeling a little bad that I hugged you in front of your friends and left you hanging to answer a few awkward questions. Karma?

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Re: Navigating the ocean of my life  
Posted by Muttel - 26 Mar 2025 13:34

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[cleanmendy wrote on 25 Mar 2025 22:18:](#)

[amevakesh wrote on 25 Mar 2025 15:22:](#)

Having a rough time lately in my personal life. In the past I've refrained from posting when the going gets rough, but this time it's harder then it's been in a while. Filled with sad emotions, struggling to stay afloat, feel like I'm running on empty. But gotta try to remain positive. At least now, lust isn't in the cards, that would've made it so much harder. What's keeping me going is [Minhamayim's Vort](#) of ???? ???? ??????. Brought me to tears this morning when I was saying ???? ?????. Onward and forward, one step at a time.

Gadlus!!!

I was getting too sure of myself after 80 days, **But after almost two years clean straight to be vulnerable like that!**

Gadlus!!!

**We learn 2 things,**

**1. No one is invincible**

**2. You'll always be loved and respected here, no matter what goes on in your life.**

Vulnerability is precious beyond all..... @amevakesh, what an honor to have your refreshingly honest posts and tremendous ??!!

(and @cleanmendy, I'm looking forward to getting to know you well..)

With a heart overflowing with love,

Muttel

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Re: Navigating the ocean of my life  
Posted by cleanmendy - 27 Mar 2025 15:23

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Mazel tov on ???"?!!

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Re: Navigating the ocean of my life  
Posted by odyossefchai - 31 Mar 2025 11:32

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[cleanmendy wrote on 27 Mar 2025 15:23:](#)

Mazel tov on ???"?!!

Wow on 613

Amevakesh you were my early inspiration on here.

I cannot thank you enough for reaching out when I was down in the pits of despair.

May Hashem give you koach to withstand the tough times you are going through. (I wish I could help but I have my own fun bundle dragging me down)

All my love

Odyossefchai

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Re: Navigating the ocean of my life

Posted by amevakesh - 08 Apr 2025 14:58

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Heard a timely, beautiful idea at wedding that the ??? shared, that speaks to the struggle.

He started by asking, if ??? represents the YH, then why do we eat it all year? He answered, that Hashem created man with a YH because he wanted him to fight and struggle. Only then can he attain his full potential. Therefore we consume ??? during the rest of the year. Why then is Pesach different? At the time that we were born as a nation, we demonstrate that our true desire is to live without the YH, to be free to serve Him unhindered by the various temptations and distractions that the YH projects on to us. But, in the day to day living the YH is meant to be used as a tool that helps us in our '?????'. Hence the difference between Pesach and the rest of the year. Ad Kan Dvarav Hakdoshim.

I thought this was a beautiful idea, and I'd like to flesh it out a little. Sorry for the ?????, but there are a few points I'd like to bring out. For those that can't handle the ramblings of a middle aged, pot-bellied man, the takeaways, are in the final paragraph, please just skip to the end.

When Hashem created man, the ??? concludes with the words ??? ???. The word ??? isn't found regarding any other creation, and the ??? says that ??? is referring to the ???, and ??? is referring to the YH. How did ??? know that of all things ??? is referring to the YH? Furthermore, it sounds like the YH is the "???" of the ???, what's this all supposed to mean? Also, how is it possible to say that something ' created was ??? - "very" good, isn't everything that ' created absolute good? The word "very", implies that there are various

degrees to the goodness. Does this mean to say that some of 'Y's creation were only good, but man was very good?! Obviously not, so what then does the word **YH** come to teach us?

The **YH** **YH** is his **YH** explain this **YH** as follows. The **YH** is called a **YH** - wise, the **YH** is called a **YH** - a fool. If all 'Y would have created, would have been the **YH**, man would be more than capable of doing **YH**, and appropriately would have been described as **YH**, which as a creation of 'Y would be ultimate good. However, now that he created the **YH**, there now exists a force of resistance to the good that man wants to do. In order to do good, he now needs to overcome this resistance. The friction, struggle and eventual triumph of the wise over the fool, takes the **YH** that the person **does**, and sears it into the fabric of his essence, until that's what he **becomes**, hence the **YH** becomes **YH** - a part of him. Therefore, during the year, we eat the **YH** and **YH**, to reflect the constant battle, the ups and downs, the victories, and even occasional falls that all serve as a tool to incorporate the goodness in to ourselves.

However on **YH**, when **YH** **YH** was born as a nation, we only eat **YH**. Why? At the time of **YH** **YH** we were in **YH** **YH**, and 'Y pulled us out of all 49 levels at once. Ordinarily, it's impossible to ascend the spiritual ladder more than one rung at a time, but on that night, we were raised up to incredible levels that were way beyond our capabilities at that time. The word **YH** means to leap - we were given the ability to leap over the many levels, to one that regularly requires difficult and tedious work to attain.

Why did we merit this undeserved gift? The **YH** in **YH** says, **YH** **YH**. Rashi explains the **YH** to mean, that 'Y guides us like person guides his young child, **YH** **YH**. The **YH** illustrates this as follows. When a person is trying to teach their child how to walk, they do so, by standing the child on his feet, and then when he's steady, they suddenly let go. Picture the scene, and imagine what it feels like from the vantage point of the child. For the last 10 months or so, his entire existence has been on the floor. All he knows, is what the world looks like from the vantage point of a child crawling around like an animal. Around him he sees very tall people, towering over him in upright positions. One day he feels himself being lifted into an upright position. The heady feeling of wow, is exhilarating. He finds himself in an upright position, and now sees people face to face. Granted, they may still be taller than him, but it's a whole new experience, which leaves him feeling empowered and filled with confidence, ready to take on the world. At the height of his perceived power, a terrible calamity occurs. His parent, the one he loves and trusts, suddenly lets go of him. He's immediately thrust into unknown, confusing territory. He does know how to react, he feels his muscles straining unsuccessfully trying to support his weight, and ultimately falls down in an unflattering, painful heap.

Let's take a step back and ask the following question. What type of cruel trick is the parent playing on the child? To pick him up, only to let go and let him fall down?! The answer is obviously, that this is the way a child learns how to walk. The reason the parent pick up the

child, is to give him the feeling that he will one day be able to attain on his own. But without effort on the child's part, it'll never happen. So the parent lets go. At the moment, when the child is confused and struggling to maintain his balance, when the muscles in his legs are being pushed to their max, and ultimately giving way, ***that's precisely when the growth takes place***, when bit by bit, the walking slowly becomes a part of who he is. Says the ??? ??, that's how 'I always guides us, by picking us up, then letting go. The ??? ???? famously refers to this as the ??? ????? and ??? ??????. The purpose of the ??? ????? is to show us what we're capable of, but at that point it's only a gift, it's not us just yet. Then come the ??? ????? those "dark" days, when we're not "feeling" in the zone, when we bumble around in the dark, when we lust, and try desperately to claw our way through the night. That's when the real growth takes place, until ultimately, it becomes part of who we are.

Pesach (especially ??? ?????) is the time that 'I lifts us up, with an ????????? ??????, whether we are worthy or not, to a level where we're free of the YH. It's possible to tap in to the feeling of true ?????, where we're completely free from the whims, desires and lust of the YH. During this time, when it's ????? ?????, we must be completely free of any ????. Although we know, that as soon as Pesach is over, he's going to let go, for now, we soak in and try to capture the feelings of freedom, to remember when we're down, in dark times, what the purpose of the struggle and what it is we're striving toward. Then after Pesach, He lets go of us, to allow us to struggle and integrate these levels that He gives us for free, that for now are only ???, and incorporate it into our souls, by struggling throughout the year with our YH, (eating ???), and making it ??????. Once we make it part of ourselves, we've attained real ??????. True freedom, is not doing what we want, *rather it's the freedom to be who we are by aligning our wants with what we know to be true*. The free ???????? given to us on ???, are merely the springboard, to show us what we're capable of incorporating into ourselves when he lets go and we struggle.

Nowhere is this more relevant, than in the struggle against lust. Often we find ourselves wondering at the apparent schizophrenia within us. Sometimes we feel totally in control and we find ourselves coasting over the various challenges that are posed to us, only to be beset by urges the next day or week, that we find nearly impossible to overcome. We question our identity, who is the real me? Am I a clean individual or not? How can it be that just yesterday I had no problem with this, and today I can't manage. The answer is that yesterday 'I was lifting us up, sending us a loving message "You can do it, this is what it feels like, this can be you one day, but you're gonna have to struggle to earn it". When we find ourselves in the grip of a Nisayon, or even post fall, we must tell ourselves, this is all part of the plan, this is what's going to help make us into people who's freedom from lust is a part of their essence, and not only a gift. Let's welcome Pesach, by getting ready to capture the illuminating flash of freedom, in our never ending quest of making ourselves into true ????????

A wonderful and liberating ??? ?????? to all!

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Re: Navigating the ocean of my life

Posted by amevakesh - 24 Apr 2025 22:34

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Over the past year and a half, I've had the privilege of meeting many of the special people that are part of the Chevrah. There isn't a guy I've met, that hasn't inspired and impacted me, each in their own way. But this Bein Hazmanim I had a special treat. (The third time this happened) There's something very special, when someone you know from your "real life" turns out to be one of the Oilam. Perhaps it has to do with the Captain Kirk effect that Dov describes [here](#), where your real and secret world meet up. But it's an undeniably special thing. So when I found out, that someone who I knew in "real life" was one of the people who's posts I consistently enjoyed were one and the same, I was overjoyed and excited to spend time together over ????. It ended up being so much more than just a meeting. I was privileged to hear him sing songs that emanated from the depths of a purified soul, both, at a really Geshmake Kumzitz, and also when he gave me a true "???" by Davening for the Amud. Rarely have I heard someone Daven with a mix of passion and beauty like he did. Knowing his story, and watching his transformative journey, made it all that much more meaningful. Thank you Cleanmendy for a beautiful and inspirational Yontif, it meant so much to me, and I look forward to many more together.

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Re: Navigating the ocean of my life

Posted by vehkam - 25 Apr 2025 00:32

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[amevakesh wrote on 24 Apr 2025 22:34:](#)

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together.

Hmmm kumsitz...

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Re: Navigating the ocean of my life

Posted by amevakesh - 28 Apr 2025 16:37

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Had a thought over Yom Tov based on a ???? in ??? ??????. I'm only quoting the part of the  
???? which has to do with the basic idea.

????? ?????????, ?????? ?????? ?????? ????????? ?????? ?????? ?????? ?????? ??????, ??????  
?????? ?????????, - The ???? says if someone is married for 10 years without having children,  
he's allowed to divorce her.

????? ?????? ????????? ????????? ????????? ?????? ?????????? ?????????? ?????? ????????? ??? ?????????  
?????? ?????????, ??????? ?????? ?????? ?????????? ??? ????????? ????????? ?????????????????? ?????  
????????, - The was a story of a woman that came before ???". Having been married 10 years,  
they came before him to get divorced.

????? ??????? ?????????? ?????? ?????????????????? ??? ?????? ?????????? ?????????????, ???? ????  
?????? ?????????????? ?????? ????????? ?????????? ??????????. - He told them, just as you married,  
amidst food and drink, so too you should only part amidst food and drink. The ??? ????  
explains, that since they were getting divorced ??? ???? is was a ???? which requires a ?????  
just like ???? and a ?????.

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????????, ??????? ?????????????????? ?????????? ?????????? ?????? ??? ?????? ?????? ??? ?????? ??????  
??? ?????????, ??????? ????????? ?????????? ?????????, - At the ?????, she got him very drunk,  
When he was in good spirits, he said to her: 'My daughter, see any good item that I have in the  
house, take it, and go to your father's house.

??? ????????? ???? , ????????? ????????? ????????? ????????????????? ????????????????? ?????????, ???? ,



?????? ??????? ????? ?????? ?????????????? ?????? ??????. - What did she do? After he fell asleep, she motioned to her servants and maidservants and said to them: 'Carry him in his bed and take him to my father's house.'

???????? ?????????? ????????? ?????????????? ?????? ?????? ??????????, ?????? ??? ?????? ??????? ?????? ??????, ????????? ?????? ?????? ??????, ?????? ??? ??? ??? ??????? ?????????, - At midnight he awakened from his slumber after his wine had abated. He said to her: 'My daughter, where am I?' She said to him: 'In my father's house.' He said to her: 'What am I doing in your father's house?'

????????? ?????? ?????? ?????? ?????????? ??? ?????????, ??? ?????? ?????? ?????? ?????????? ?????? ??????? ??????? ?????????? ??????????. ???? ?????? ?????? ??? ?????????? ??????? ????????. - She said to him: 'Is this not what you said to me in the evening: See any good item that I have in the house, take it, and go to your father's house? There is no item in this world better for me than you.'

??????? ?????? ?????? ?????? ?????????? ??? ?????????? ?????????? ?????????????? ?????????? ??????????????, -They went to ???" and he stood and prayed for them and they had a child,

The ???? concludes, ?????????????? ??? ?????????? ?????????? ??? ?????????? ?????????? ??? ?????????????? ?????????????? ?????????? - Just as ?' remembers the barren, so too ??????? remember the barren.

Apparently, the child that was born, was a direct result of ???"?'s prayers, not a reward for the act she did. What's also clear, is that they had very good Shalom Bayis. Why then, didn't ?' ?????? Daven for them when they came to him the first time?

Perhaps the answer is as follows. When two people tie the knot, there are many benefits that come along with it, spiritually, materialistically, and physically. One of the most obvious benefits, is the ability to start a family. There's the aspect of financial security that comes along for the wife. In a good marriage both the husband's and wife's sexual needs are met. They have a home together that they build, something that wouldn't be possible outside the framework of marriage.

Since these benefits and needs are an integral part of the marriage, in extreme cases that they don't materialize, the ???? gives us the option of exiting the marriage by seeking divorce.

Since one of the primary reason we enter marriage is to have children, if one is married for more then 10 years, the ???? was that they should get divorces Thus, when they came before ????", he appraised them of the ????.

However, in reality, marriage is not merely a means to an end, rather it's an end onto itself. When the women selected her husband as the item she desired more then anything else, despite the fact that she couldn't have children with him, she demonstrated that she understood the secret of marriage. She understood that the main ????? to marriage exists in a loving marriage, even without all of the other benefits.

When ????" saw this, he agreed, and held that such a marriage can't possibly be severed, so he felt compelled to pray that they be blessed with children.

Often there are challenges in a marriage, sometimes even difficult one's. Though the ???? gives us the right to exit, we must realize that the ?????'s perspective is that it's worth investing any effort to avoid this drastic step. Sometimes, it can't be avoided, and the right thing to do is to dissolve it. But ultimately, the ????? of marriage are not the benefits, it's the marriage itself.

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Re: Navigating the ocean of my life  
Posted by amevakesh - 29 May 2025 18:38

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Been slipping closer to the place that brought me here in the first place. Recreational online usage is gradually increasing, and i don't like what it's doing to me. I haven't typed or searched for something that's inappropriate.....yet. But when it pops up on the side, I need to contend with urges of temptation that well up inside of me. I'm posturing way too much on so called "parve" sites that just bring lust in to my system. I hate that when I'm in recreation mode, I feel that there's something that's stronger then me at play that I let inside of me. Do I have excuses? Probably, but great players make great plays, not great excuses. The curiosity that comes from browsing is something that I'm inviting in to my system. It doesn't have to be this way. So together with 3 friends that pledged to do this with me, as a preparation for ????? ?????, I'm committing to absolutely no recreational usage whatsoever until after YomTov! Anyone that wants to take part of this, please PM or call me.

Interestingly enough, my slipping is mainly limited to online usage. On the streets, we're doing ok. Had a victory that I'm grateful for the other day. I was on line (a real one) at the bank, when I noticed that one of the tellers was quite attractive. My Mazel had it, I ended up getting her as my teller. I made up my mind not to look at her at all, not even to take a first glance from up close to find out if she's really pretty. I left the bank on a high. If my online usage can match my on line behavior, I'll be in a pretty good place. One day.

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Re: Navigating the ocean of my life

Posted by amevakesh - 24 Jun 2025 14:17

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Since Friday, been slipping and sliding. Tired and worn out. First time in 2 years that I almost don't care. Haven't fallen yet, and still in the back of my mind I really don't want to, but I'm actively fantasizing, and even searching for things that I haven't done in a while. I've been trying so hard for so long, and my personal situation isn't getting any easier. Every Hishtadlus I've made to improve my situation, has backfired spectacularly in my face. The odds of me being in my current Matzav and everything working out so miserably are so slim, it's clear to be that this where Hashem wants me to be. But it's so so hard. I feel stuck and tired, and the long term fatigue of my situation is really getting to me. Trying to figure out what I'm supposed to be doing. ??? ?? ?????? ??? ?? ??????. Tatte Helf!

I **know** that it all for my benefit, but it **feels** like Hashem's laughing at me.

I **know** He's a ????, but right now I'm not **feeling** it.

I **know** that if I had the gift of clarity, I wouldn't want it any other way, but I **feel** like I'm in the dark, so lost and confused.

I **know** that I shouldn't be complaining, I have so much blessing in my life, but I **feel** like I can't continue like this.

I **know** [Minhamayim's vort](#), but it **feels** very distant right now.

I **know** I should be reaching out, but **feel** too tired to do so, so for now, this post will have to do.

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Re: Navigating the ocean of my life

Posted by Muttel - 24 Jun 2025 15:56

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Feeling your pain bro, this hurts.....

Interestingly, I was in a place eerily similar 2 weeks ago culminating in what I described here ([guardyoureyes.com/forum/19-Introduce-Yourself/413043-My-ENTIRE-story?limit=15&start=285#437161](https://guardyoureyes.com/forum/19-Introduce-Yourself/413043-My-ENTIRE-story?limit=15&start=285#437161)).

Happy to share what's put me in a better place since then - though who knows if it'll work for you....

With a ton of brotherly love,

Muttel

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Re: Navigating the ocean of my life  
Posted by mggsbms - 24 Jun 2025 17:29

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[amevakesh wrote on 24 Jun 2025 14:17:](#)

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My heart cries along with you, I can feel your pain and its brutal, I have no answers just tears, I hope and pray you find salvation.

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Re: Navigating the ocean of my life

Posted by iwantlife - 24 Jun 2025 17:55

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Ay my dear friend Amevakesh, expert navigator of oceans! This post brought actual tears to my eyes. I'm feeling and praying for you. I'm lucky to be your friend, and I'm always available if you muster the strength. I have no wisdom for you regarding your matziv, certainly you don't need that from me. I will just say (from painful personal experience) that slipping and sliding is a self-fulfilling prophesy which itself **amplifies** and **magnifies** said feelings of "who cares?!" **well beyond** what you truly feel, so the sooner you pull out of the dive the better..

With love and respect,

iwantlife

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Re: Navigating the ocean of my life

Posted by chancyhk - 24 Jun 2025 20:18

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Oi Rabbi!

I have a quick short term solution for you.

Add me as a webchaver and all of these recreational surfing will stop cold!

I have one setup with one of the greatest here on GYE and it completely changed my relationship with the internet.

It took me awhile to change my mindset but it works!

Please dont let the YH get to you! You are one of our greatest and we need you to show strength like a LION!

Sometimes it helped me to go to a place where nobody will hear me scream and just yell with all ive got at the YH!

It frees a lot of negative energy. And your brain and body will feel the anger you have at this addiction. Try it.

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