

Preventing freefall

Posted by commando612 - 25 Mar 2010 15:01

This has probably been discussed in past postings, but I don't know where so I'll start a new thread.

Sometimes a fall can lead to freefall. Freefall is worse than falling. It's falling fast, out of control. Like falling 3 nights in a row after a long upwards climb.

Every fighter needs to learn how to fall. Over the years I learned how to prevent a freefall, and here are my tips. Obviously what works for me may not work for you, so make sure never to fall in the first place. ;D

1) After a fall it's very natural to be super emotional, either sad, depressed, or angry. With all those emotions (and changed brain chemicals resulting from the fall), that's the worse time to think about your fall or what caused your fall. Just chill out and try to get through your day without self-criticism. In a few days you can analyze the fall, be self-critical, and make any additional changes/safeguards in your life. But not now. For the same reason, don't have any critical discussions with a friend/spouse/date, or make any important life decisions. After one or two nights of good sleep you'll be back to your usual self.

2) If you're feeling remorse, spend a little time on heartfelt Tshuva. And mikva and the Tikkun Haklali, if you do that. But don't spend the whole day on Tshuva, it will drag you down emotionally even more than you already are. You'll have time for complete Tshuva another day.

3) Because you just fell, you're at your most vulnerable stage. The Yetzer Horah will try to make you fall again immediately, convincing you that your fight is hopeless, or to "get in one last cookie before the diet starts again". Tell him that you'll listen to him tomorrow, but not today. (When tomorrow arrives you'll be feeling better and stronger. And even if you do fall tomorrow it's still 100 times better than falling today). The Gemorah says, "If I ate Garlic and have a bad smell, should I eat more Garlic and smell longer?". And a vort from Shlomo Carlebach: "K'doshim Tehiyu - you shall be Holy" also means to eat just one hamburger instead of two hamburgers. You're still a holy brother.

4) Congratulate yourself on your past successes. And learning how to fall may be an even more

valuable skill than not falling, so today you're also making progress.

5) If you're in freefall already, don't forget to open your parachute. And pick up those sparks to bring back to the holy side.

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Re: Preventing freefall
Posted by eyes - 22 Apr 2010 01:27

Here is what we must understand: Every generation has been put here to meet a certain challenge, make a certain sacrifice. Recent generations have faced the ultimate challenge of having to die, b'kiddush Hashem, for being born into a holy people. Our challenge is hardly so difficult -- but a challenge it is, and one that we must rise to. That challenge, of course, is to watch, observe, but not ever get pulled into, impuritiy. When an image from the "other side" appears --and an image only it is (it comes from a very dark source, only the "face" of which appears appealing) -- the sacrifice we, in this impurity-drenched culture, are called upon to make, is to observe the impure-snake-"other side"-source from which the images arises, and simply observe it, but not ever be drawn into it. And hence, CONQUER, but, really effortlessly, the evil. We will have then made the sacrifice requested of us. All we need do, then, is to understand that what appears as a temptation is, in reality, no more than a challenge to see whether we are willing and able to make the sacrifice Hashem asks of us.

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Re: Preventing freefall
Posted by the.guard - 05 May 2010 17:54

That's a very nice thought, eyes. Thanks.

Just curious by what you mean "observe" it... I think observing may pull us in. It's too dangerous. Instead we need to look away!!

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