

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

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Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that ussually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 12 Nov 2013 22:12

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How to make a Stanley Cup:

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Re: Yaakov's Ladder

Posted by Pidaini - 15 Nov 2013 03:44

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Tomorrow.....a BIG day!!!!!!!!!!!!!!

You know why?

**Warning: Spoiler!**

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Re: Yaakov's Ladder

Posted by Pidaini - 15 Nov 2013 15:39

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So this is it.....

As of my click on the "still clean" button, I have matched my previous streak, and am now on the 153rd day clean, BH!!!

More thoughts to come after Shabbos.

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 15 Nov 2013 19:04

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This calls for a trophy!!!

**Warning: Spoiler!**

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Re: Yaakov's Ladder  
Posted by tehillimzugger - 17 Nov 2013 19:02

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GO TEAM STANLEY GO!!!

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Re: Yaakov's Ladder  
Posted by Pidaini - 18 Nov 2013 02:56

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So here's the latest (thank you to skep for bringing this out).

I was tired, and have been bombarded with lusty things for a few days. Was on a flight that only had a few main screens, and they were playing a video that was for sure rated "R", it was

impossible to look anywhere without seeing it.

Then came some general tensions, and today I was really seeing all the "right" things. anything I saw was triggering, and I was tired as well. Slipped a little (mamish a little), but nothing close to what I really wanted to do.

What i see differently than before, is how instead of trying to fight the thoughts, and make them disappear, I am trying to live through them. meaning trying to feel my way of what I am supposed to do, moment by moment, even though my body is shouting otherwise. I used to be so obsessed with getting the desire away from me and since that failed nothing else was worth anything. But now there is a different goal, to LIVE, and BH so far Hashem has helped me through chats, and live people, and Himself!!

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Re: Yaakov's Ladder

Posted by Pidaini - 24 Nov 2013 16:28

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I have a lot to write, a whole bunch of different things, but I need to do it slowly because.....

I was learning a sefer on chanukah that got me very spiritually excited in previous years, i was learning it really well, and even right at the beginning it was getting me excited already. Since I had realized though that a lot of falls come right after getting spritually high, I asked Dov his thoughts on the matter. He told me very eloquently, "go slower than you want to.....much slower..... even slower than that...ok, that slow.....maybe"

It's amazing, I have an urge to *feel* like I'm in the heavens, because it feels good. Not because that's where I am actually holding, but because that's where I wish I were holding, **that** is the way / want the Ribono Shel Olam to be served!!

So I'm taking it slowly, actually I stopped learning that particular sefer, I have things that Hashem wants me to work on before all kavanos of chanukah. This year I'll have in mind "who commanded us to ignite the candle of chanuka". WOW, simple, and awesome!!!

After realizeing that I understood a famous vort in a completely new light. Hashem took the Torah and asked all the nations if they want to accept it, so they all asked what is in it, and Hashem told them the hardest thing for each individual nation. The Kotzker asked, what did Hashem tell the Yidden before giving them the Torah to see if they were ready to really accept it? He answers that Hashem told them "???? ?? ??? ??????", set boundries to the mountain". Hashem knows that Klal Yisroels reatest taavah is to reach spiritually high madreigos, so that was their nisayon, DO NOT JUMP!!

I always thought of the vort as chizzuk or as the maalah of klal yisrael. But it is really very different, the vort is showing that we have to be careful not to leap higher just because we want to, we need to do what Hashem wants of us exactly where we are!!

That's the first thing, more to come B'ezras Hashem

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Re: Yaakov's Ladder

Posted by Pidaini - 25 Nov 2013 01:04

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Second thing that happened, was that I experienced a resentment Friday. I did something as an act of goodness, and the other person took it exactly the opposite. It hurt.

I was surrendering, and this is what that meant on Friday. What I saw my resentment as being was an action of protecting my dignity, I was right, the other person was wrong, and hurt my feelings. I shouldn't just let it pass without showing that my dignity was hurt and needs to be mended.

Surrendering meant surrendering of the need to protect my dignity, I will live just fine, and happily without taking that responsibility on my shoulders.

It was extremely releiving, a big weight off my heart. I am free to be happy without needing to worry about protecting my ego!!

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Re: Yaakov's Ladder

Posted by tehillimzugger - 25 Nov 2013 02:07

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[Pidaini wrote:](#)

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Can I borrow the sefer if you're not using it anyway?

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Re: Yaakov's Ladder

Posted by gibbor120 - 28 Nov 2013 01:10

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[Pidaini wrote:](#)

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A couple of things. Wanting to be holy... is also fantasizing. It's escaping the reality of who we really are.

I think that's what dov means by "get off the 18 wheeler and onto a tricycle".

I can't remember if perfectionism is one of your problems, and if you read or listened to any Dr Sorotzkin, but it helped me a lot. It helped me to let go of my unreasonable expectations of myself, and to accept myself as I am.

One thing Dr Sorotzkin says (and I can't remember which gadol he quoted) is a person can't be great until he is happy being pashut. He also distinguishes between a healthy desire to be great and perfectionism.

If a person with a healthy desire to be great fails or isn't as successful as he wished - it does not crush him. A perfectionist is not happy with less than perfect (so he is almost always unhappy). A normal person is happy when he's learning. A perfectionist is happy to be learning because it means he isn't doing anything wrong (G-d can't have any complaints against me).

A perfectoinist is basically driven by fear of doing something wrong (sur mera). A normal person is driven by a desire to do right (asei tov).

Thanks for letting me rant a bit. If it doesn't apply to you, maybe it will help someone else.

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Nov 2013 02:28

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[gibbs wrote:](#)

Wanting to be holy... is also fantasizing. It's escaping the reality of who we really are.

Exxactly the point I was experiencing, gibbs!!

Exactly!!

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Re: Yaakov's Ladder

Posted by chesky - 28 Nov 2013 02:49

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[Pidaini wrote:](#)

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Shkoyach for this.

Interesting that after the pasuk says "???? ?? ??? it says ???????"



Rav Wolbe Zt"l says based on this that the definition of kedusha is ????? ?? ??????.

I think that this ties in nicely with what you wrote.

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Re: Yaakov's Ladder

Posted by Pidaini - 06 Dec 2013 13:14

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Whoah!! The fantasy world really has a pull.....ouch....like a strong pull.

It used to be that my living a double life was in general, at one time I would be "tzaddik" another time I would be Mr. Lust. But the last two days I have been Mr. Real and Mr. Fantasy both at the same time!!!

Due to a certain situation which arose this week, I have been very nervous, and lost as to what I am supposed to do and not do. As the situation is extremely iffy, with nobody being able to tell me exactly what to do, I was really in a state. So of course, fantasy tends to offer it's help. Last night I spent like four hours in fantasy land, on a mobile game, where the theme was lust. Then went searching for provocative pictures and found them.

I was so deep into fantasy, and it was 2:00 am. Can't really call anyone, cause then my wife would start asking questions. text, chat, what are they going to tell me that I don't know? i needed to talk, to get real.....hmmm.....(another picture).....OH!!!! WHERE HAVE YOU BEEN?!

Yes, He was waiting for me (and is still). I let it out, I told Him that I know that He runs my world, my life, with the utmost care and love, yet I cannot see it, and am having difficulty staying in that life. I am running to a world which I see to be instantly gratifying, instead of staying with you and seeing how you will extract me from the mess I am currently in (both the situation that brought me to run to fantasy land and the mess that I am currently in, which I am still running to more does that make sense?)

A moment later, fantasy returns, I asked Hashem again, "I know I am supposed to be living with you, and trusting in you, so I ask you to please help me stay REAL" and He did, and when a thought came back, I repeated, this happened a few times, and I fell asleep BH!!!

Hashem is real!! Talking is Real!! Talking to Hashem is the realest of the real (carlebach?)!!!

I am still in a lusty state, still CHOSE (thanks to DC) to look for pictures a few minutes ago. But I know what I can do, I know that Hashem is there, waiting for me!!!

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Re: Yaakov's Ladder

Posted by tehylimzugger - 08 Dec 2013 13:25

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Hey Yaakov! I'm glad I decided to stop by Your-Three-Story-Shul for Mincha Shabbos afternoon. The forty five minute walk was worth being mechazek a friend [especially since I had time to chazer Matisyahu lyrics and even say some tehillim on that long walk].

**Warning: Spoiler!**

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