

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

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 Machshovo Tova - 25 Nov 2014 03:00

Well this week is the Parsha of Yaakov's Ladder.

Hatzlacha

MT

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 25 Nov 2014 03:05

Yaakov was sleeping...

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Re: Yaakov's Ladder

Posted by Machshovo Tova - 25 Nov 2014 03:09

[Gevura Shebyesod wrote:](#)

Yaakov was sleeping...

There's a vort which explains the difference between Yaakov's sleep and that of Paroh.

Yaakov woke up and acknowledged Hashem's presence. Paroh turned over and went back to sleep.

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Nov 2014 12:09

[Machshovo Tova wrote:](#)

Well this week is the Parsha of Yaakov's Ladder.

Hatzlacha

MT

"V'Hinei malachei Elokim olim v'yordim bo"

We're all in essence "Malachei Elokim" messengers of Hashem, and on Yaakov's Ladder, we go up and down.

I was clean from last week Friday, until last night. On the other hand, I was quite deeply enveloped in watching movies (I see that on the "movies and you" thread, there are over 100 new replies!!).

Just goes
to show that moods do not change reality (it can change how seriously we take reality, but it can't change reality itself).

I have been thinking about starting OINK again, but I still have these pessimistic notions about it.

As Dov writes "Nothing changes as long as everything stays the same", but am I ready to make the change that needs to be made (even if I would know what it is...is it getting rid of internet? is it joining SA? Is it working the 12 steps b'mesirus nefesh (even without SA)? Is it an overhaul in my learning schedule?)?

Whatever the case is, it's not the end of the world, or even my world. There is plenty of good in my life, and I need to continue with those things regardless of this one aspect.

I am in an upbeat mood, yet I feel totally disconnected and I just can't figure out why!!

Have a great Shabbos Y'all!!

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Re: Yaakov's Ladder

Posted by Watson - 28 Nov 2014 13:22

Hello my dear friend, it's nice to hear from you.

I can relate to feeling disconnected because of watching videos and movies. Truth is, I don't really enjoy watching stuff that much, but when I start I can't seem to stop. (Sound familiar? Yes porn I'm talking about you!)

Earlier this week I found a way round the filter on my tablet and acted out (see my thread for more details), so my tablet had to go, and with it a lot of games, podcasts and other nonsense. It was very scary. The following idea made me feel better:

[Watson wrote:](#)

Michelangelo was once asked how he could possibly create such wonderful statues from nothing but a block of marble. He replied "you see a block of marble and wonder how I make it into a lion. I see a lion trapped in a block of marble, all I need to do is chip away anything that's not lion."

Similarly I think Hashem can see a tzaddik in a block of earth, blood and sinews. All He needs to do is remove anything that's not tzaddik.

Moshcheini acharecho norutzo.

KOT and KIT

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Re: Yaakov's Ladder

Posted by dms1234 - 29 Nov 2014 00:46

Pidaini

I have been thinking about starting OINK again, but I still have these pessimistic notions about it.

I am in! Better starting rounding up those piglets!

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Re: Yaakov's Ladder

Posted by nitzotzeloki - 29 Nov 2014 01:09

doesnt look like im coming back to israel till after my wedding but when i do im in

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Re: Yaakov's Ladder

Posted by unanumun - 29 Nov 2014 01:27

A nice thought I heard on the parsha. Decided to post it here because it is appropriate as per the name of the thread./

Why was yakov's dream about a ladder and not other ways of going up and down? like steps, or a hill.

The answer i heard on a shiur from rabbi wallerstein (I think) is that only on a ladder, while going down you are still looking up.

Life is full of ups and downs ????? ??????? but it is always important to keep looking up. even when we are falling down.

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Re: Yaakov's Ladder

Posted by dmmm11219 - 30 Nov 2014 19:51

Strong Chizik Words for Us

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Re: Yaakov's Ladder

Posted by Pidaini - 03 Dec 2014 00:43

After meeting with cordnoy and dd today, I got this strong push to get back into the everything I was doing before this fallout, GYE, OINK, calls with friends, etc.

I just don't know if it's a good thing or not. As I was telling cordnoy, the real thing that got to me this last time was the disappointment. I was so happy with last zman, I was really doing well, Thanks everyone for the replies, and thank yous!! and then I ended up where I ended up.

The question that I really want to answer (not that it necessarily needs to be answered, but I want to answer it) is, what went wrong? and if nothing went wrong, then why would I do the same thing again if....[actually, writing this up now, I'm thinking that there is a simple answer to that question. Disappointment means that there was expectation, so all that I needed to do was to let go of my expectations and I wouldn't have been so disappointed!!]

That brings in One Day at a Time, just living for the now, nothing more.

That's enough for now, don't want to overdose....

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Re: Yaakov's Ladder

Posted by Bigmoish - 03 Dec 2014 00:57

[Pidaini wrote:](#)

After meeting with cordnoy and dd today,

cordnoy is a real person?

"Nobody can see the great Oz, not nobody, not no how!"

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Re: Yaakov's Ladder

Posted by unanumun - 03 Dec 2014 01:11

[Bigmoish wrote:](#)

cordnoy is a real person?

"Nobody can see the great Oz, not nobody, not no how!"

That is an intresting thought.

In oz the wizard was a simple man hiding behind the curtain.

In this case, is the real cordnoy the curtain or the real man behind the curtain?

Which is the curtain and which is the man? hmmmmm.....

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Re: Yaakov's Ladder

Posted by dd - 03 Dec 2014 04:19

Just for your guys question his not a man actually he is the MAN!!!

Yankel we really need you back and i'm so happy your thinking of joining in on us again!!!
Expectations might be bad but isolation is horrible!!!

It was really fun to meet up with you guys today, Was a real breath of fresh air with real people!!!!

KOMT!!!!

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Re: Yaakov's Ladder

Posted by cordnoy - 03 Dec 2014 06:55

[dd wrote:](#)

Just for your guys question his not a man actually he is the MAN!!!

Yankel we really need you back and i'm so happy your thinking of joining in on us again!!!
Expectations might be bad but isolation is horrible!!!

It was really fun to meet up with you guys today, Was a real breath of fresh air with real people!!!!

KOMT!!!!

Agree!

And next time my wife asks me, "why can't you be a MAN?" I will tell her the above. That is - unless she catches me dressin' like a woman.

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