

The Road to Lizhensk

Posted by Lizhensk - 18 Jun 2013 20:31

Hey guys, ive been on here a bit. i recently changed my name from pleasehelp9753, so if u dont

. But im not letting it get me down (even tho my wife is) . i so far have a total of 49 days since coming

By the way, side note: ive been working on my Shmiras Einayim, but even if i look, i dont feel any lust towards those women at all. In fact, that doesnt even turn me on, its just a teivah to look. And when i act out, thats all it is: a teivah to act out, does that make sense at all? (what im saying is that i think shmiras einayim on the street isnt my problem...)

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Anyway, so i fell yesterday, at day 17

trying to make it get me down-she means well

Re: The Road to Lizhensk
on GYE. This is gonna be the first count to 90 with all you crackheads helping me, so get at it!!!
Posted by Gevura Shebyesod - 02 Jul 2013 19:29

Oy Neveilah! Where's our Mashgiach?

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Re: The Road to Lizhensk
Posted by nitzotzeloki - 02 Jul 2013 20:07

why neveilah? he didnt get away from the shochet!

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Re: The Road to Lizhensk
Posted by Gevura Shebyesod - 03 Jul 2013 00:03

[gibbor120 wrote:](#)

You mean OM? I was reminded of him too. Anyone speak to him lately?

I'm in touch with him by email every now and then. I emailed him that the Oilam is asking for him (and we're hungry). Here's his reply:

Hello,

isn't this nice! Just last night I was sharing my mesquite arctic char recipe with a fellow struggler which, in turn, reminded me of my kitchen up in GYE. Please give my love to everyone there. In fact, you're welcome to repost my last night's dinner:

1. arctic char: sprinkle the fillet with sea salt, freshly ground tri-color peppercorns, and mesquite BBQ rub.

Place skin-side down on a well oiled pan in the oven pre-heated to 500 degrees. Roast at 500 for 5 min. Lower the oven temp to 250, keep the fish in the oven for seven to ten minutes longer. This technique will crisp up the skin and create a crust that will keep the fish moist.

2. Whole-wheat pasta with tomato-basil-mushroom sauce. Tomatoes and basil both came from my garden, but you can buy an organic variety in the store.

Stew diced tomatoes, mushrooms, garlic and onions until fully done. Salt generously. add coarsely chopped fresh basil and black pepper.

Cook pasta to desired doneness according to the directions on the package. Drain and mix with hot sauce.

3. Fresh garden salad: freshly picked lettuce, grape tomatoes, cucumbers, red onion. Mash avocado, a bit of olive oil, generous splash of apple cider or rice vinegar, salt, pepper to taste. Dress the salad with avo-mixture.

I gave up drinking, so no wine paring this time, sorry.

I'll be twenty-three months sober tomorrow, please G-d. Working part-time, looking for more. Wife and kids are doing well. Der Eibershter is very kind to me, indeed.

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Kol tuv,

Mottel

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Re: The Road to Lzhensk
Posted by gibbor120 - 03 Jul 2013 00:14

Thanks, send him our love. Maybe he can pop in to say hello.

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Re: The Road to Lzhensk
Posted by nitzotzeloki - 03 Jul 2013 00:44

i dont know this guy but can he make me supper?

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Re: The Road to Lzhensk
Posted by ZemirosShabbos - 03 Jul 2013 00:52

you can knock on the two-way-swinging-doors of his kitchen

guardyoureyes.com/forum/23-Just-Having-Fun/123994-OMottels-Kitchen

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Re: The Road to Lzhensk
Posted by Lzhensk - 03 Jul 2013 16:21

His food sounds way too gourmet for the rebbe's tisch...

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Re: The Road to Lizhensk
Posted by Lizhensk - 06 Jul 2013 23:00

Well, shabbos is interesting in general. On one hand, its easier (those who r married know what im talking about) and on the other hand shemiras einayim is so much harder with everyone dressed up.

But, i passed, not with flying colors, but i passed. So, im up to day 12.

ROCKING AND ROLLING!!!

thats the new lizhensk line, i told you to forget barditchev, didnt I?

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Re: The Road to Lizhensk
Posted by nitzotzeloki - 07 Jul 2013 11:58

for passing!

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Re: The Road to Lizhensk
Posted by cordnoy - 07 Jul 2013 17:03

Keep it up

I'm married and I find shabbos somewhat more difficult (might depend on muttar or assur).
There is much more down time.

It might also depend in what type of neighborhood you live in.

I, for instance, have more issues with the non-jews than the dressed up jewish woman.

I still trucking along at day 20.

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Re: The Road to Lizhensk
Posted by Lizhensk - 14 Jul 2013 00:12

hi guys, havent posted in a while. Well, life has been great BARUCH HASHEM.

ive been keeping busy with puzzles (im in middle of 2 right now), so that has been helpful (thanx skept for the idea). Im right now up to day 18 and am feeling great about it. I dont post often on the 90 day, because after speaking to a few experienced GYE'ers i learned that to concentrate on the 90 day chart to heal, will never work (thanx skeptical, dov and Ben Durdaya).

My wife actually let me go to OYNK, OOYNK OINK or whatever u wanna call it meetings, so that was a tremendous chizzuk. I learned a few things there, and hopefully wont need to put them into practice, but i am ready to.

ROCKIN AND ROLLIN!!!

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Re: The Road to Lizhensk
Posted by belzeruv - 17 Jul 2013 20:21

hello Hello! heiliger lizhenske rebbe! nice 2 meet u!

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Re: The Road to Lizhensk

Posted by Lizhensk - 24 Jul 2013 13:42

Another day, another test.

That is the life for everyone on this planet. Hashem puts us here to become better people and the only way to become better is for us to pass the tests and the situations that we are put into. My mother-in-law was reading a story in the Ami of last week regarding the the little boy whose whole family had just been murdered by the nazis. (its one of the last stories). When she finished, she asked me how I would've acted if I was that kapo, (for anyone who doesn't know the story, the kapo admits in the story that he should've told the boy to run when the nazis called for him, but he didn't)

I answered that I don't like answering hypothetical questions. Especially, the ones asking what i would have done etc. Hashem in his infinite wisdom did not put me in such a position for a reason. People sometimes ask themselves, if they would've gone through the holocaust, would they have stayed frum. To them I answer, it doesn't make a difference, we are here to make OUR neshamos better in OUR situations. We shouldn't worry about what would've, could've and should've happened.

We (meaning all of us on GYE, and all of us struggling with these issues) are here and have these tests to improve ourselves. If we wouldn't have these issues, there would be no point for our neshamos to be here on Earth. Everyone has their issue that they have to work on. For some its gaavah, for some its sinas chinam, and yes, for a lot, its Shemiras Einayim.

I fell on Monday. Due to the surrounding situations that I was in I fell. The frustrations that were surrounding me were a build-up from the previous 4 days. I let my frustrations get the best of me. I know, that this is my tachlis in life. I can go back to every fall throughout my life and blame it on another situation that was frustrating me, and i bet everybody else on this forum can do the same. I must learn how to control my frustrations. The YH gives us frustrations to confuse us. I must not let him.

I originally was very embarrassed about my fall, evident in the fact that I didn't want to post about it. Today when I came on, I saw a post from Skeptical (If any wacko on here by any chance does not know skeptical, and has not spoken to him, u better start now if you ever want to heal)About his fall. I learned that in order to grow, i must post about my fall to learn for the future.

And now, I turn to all the Tzaddikim on GYE with a question. How do I not let my frustrations get the best of me?

True to my word, I never really concentrated on my count, but now as I fell, I realized I have a new record. Heres a L'chaim to my next count, that will iy"h be my last count Ad Meiah V'esrim.

No Woodford allowed in the Lizhensker Shteeble. It doesn't have a good Hechser. For more information, ask the official Mashgiach of the Lizhensker Shteeble, Tehillimzugger. We only drink Glenlivet XXV.

ROCKIN' AND ROLLIN'

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Re: The Road to Lizhensk
Posted by gibbor120 - 26 Jul 2013 00:03

[Lizhensk wrote:](#)

How do I not let my frustrations get the best of me?

I think you answered your own question.

[Lizhensk wrote:](#)

Hashem in his infinite wisdom did not put me in such a position for no reason.

Realize that everything is from Hashem. He loves you and gave you that situation.

Frustration is when things don't go "my" way. We have a father in heaven who runs everything.

GYE - Guard Your Eyes

Generated: 3 July, 2025, 13:13

Things always go "His" way. If we accept his way, there is no room for frustration. I know it's ESTD (Easier Said Than Done). It is simple to understand but hard to do.

It's what the 12 steps are about, humility, acceptance of G-d's will. The more you focus on this, the less frustrated you will be.

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