

Better start now [a log]

Posted by long breaths long days - 02 Feb 2015 23:14

Hello friends!

I will be starting 90 days. I don't know about how well I've done in the past because I...don't know, but at any rate, working on this with cheshbonot, and public ones no less, seems like a wise step.

I think I can commit to an entry every two days, so I am going to follow a rav's rule of thumb for goals and half that that to, b'li neder, at least one entry per four days.

Notes on stepping in: The following are things that should get done in the near future, b'li neder: (1) filter for smartphone, (2) reporting software for all devices, (3) look into email reminders for the chart.

I am thankful to be here.

Chazak ve'ematz!

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Re: Better start now [a log]

Posted by TalmidChaim - 18 Jun 2015 12:47

Great work! Inspirational. Thank you!

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Re: Better start now [a log]

Posted by long breaths long days - 22 Jun 2015 08:49

bs"d

Status update for zayin (7+10+50). (Giving some sort of meaning to the numbers seems to help when my heart is weak. I don't understand why. Tomorrow, iy"h, I get to count "chacham" xD)

You know my username, "long breaths long days"? I've been reviewing Torah 60 in Likutei Moharan again...That's where it came from. Very interesting stuff. It's the explanation of what those stories in Sippurei Maasioth are about, what learning them achieves, and the danger involved.

G-d's using my situation to roar at me to return and focus on something closer to my essence...but I'm finding myself being an idiot and letting myself fall into illusions about what that essence is. And wasting time, and not making vessels for the things that need to happen to happen. Torah 60 teaches a gentle way back into the real world, through stories or through the song of the teruah.

So I'm trying to keep myself in the proximity of those stories, so that I'll be able to wake up when I'm ready. Apparently, I'm not, and the situation is morphing steadily from "normal" to "scary" as I ignore it. Oh, dear. xD

In a physical parallel, I was extremely tired last week and this. Often I started waking and couldn't rouse any effort at ALL towards moving...so I went back to sleep. It really seemed to mess things up.

Likewise, the stories are there, but the spiritual "power" is not. I have absolutely no idea what to do next. xD

Tati, wake me up!

May G-d sound the great shofar for the sake of our freedom, today. As apparently I'm sound asleep writing this...

L'shalom

LBLD

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Re: Better start now [a log]

Posted by long breaths long days - 28 Jun 2015 19:48

bs"d

Chugging along. Totally baffled by my world. Might make it; might not. G-d help us all.

L'shalom

LBLD

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Re: Better start now [a log]

Posted by serenity - 28 Jun 2015 22:55

Mazel Tov on reaching level 7! One day at a time!

Hatzlacha!

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Re: Better start now [a log]

Posted by long breaths long days - 29 Jun 2015 12:27

Thanks serenity! Had a fall, but that doesn't exactly make it time lost. I pretty much...erm...caught myself off-guard?

Anyhow, I think I know what the factors are that fed into it. Writing them for the diary was a bit surprising...(1) how many there were, not including the zero energy of last week, and (2) how stupid they were.

Next steps are...well..."stop doing what you started doing recently to waste time, and keep doing what you were doing before that." If it was working, it was working...right? I'm not sure of this.

L'shalom

LBLD

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Re: Better start now [a log]

Posted by serenity - 29 Jun 2015 17:18

Welcome back!

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Re: Better start now [a log]

Posted by long breaths long days - 05 Jul 2015 03:46

For so long I didn't understand pshat on Tehillim 16:2 -- even though I thought I did. I looked at the ta'amim today and the translation and realized "I didn't understand this!"

"G-d, you are the Lord -- my good isn't 'on you'."

For some reason I always read it "atah tovati" rather than "tovati bal 'alecha"...this way make
Thank you, Artscroll.

It's actually a relief to read this in tehillim...

Shavua Tov. May all Israel know true joy in the coming days.

more sense, though!

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Re: Better start now [a log]

Posted by long breaths long days - 09 Jul 2015 20:52

G-d doesn't owe us anything!

bs'd

Watch and learn.

Yesod, yesod, yesod. Stay out of isolation.

L'shalom

LBLD

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Re: Better start now [a log]

Posted by long breaths long days - 21 Jul 2015 21:26

bs"d

Challenges, challenges. On the scale of falls -- I debated counting this last one. But it is what it is.

I am sitting in the letter cheit right now -- it seems like there's no way up or out. I am usually too weak to reach out for help, and when I do, I'm usually too weak to say what needs to be said for someone to truthfully assess my situation.

I have no patience for those who want to go by appearances and tell me what the world does...I can't keep lying to myself that I can handle all this mixed interaction, as I've myself seen how it leads to falls.

And slows down and mucks up my studies, and makes me want to share ideas before they're ready to be shared, and makes me act brazen where I shouldn't, and makes me jump to act "in charge", and makes me lose track of the main goals and feel miserable.

I've seen this over and over again, in varying circumstances. I am doing better than ever -- in sitting alone in my apartment and reading. Even in reading/watching devarim betelim. When I go out into mixed interactions, for a mitzva or not, I start having problems (when I come back.)

At the same time...with no kli for new money, I am going to run out of money eventually. The question is -- how to use what I have, to change this mess.

I heard someone quote the rambam the other day about an immoral society, how a person should rather isolate himself than be part of it...he said that today that "isolation" means yeshiva.

Tov rash holech betumo.

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