

Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 09 Feb 2015 11:39

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I wanted to begin with telling my story and introduce myself, but I fell yesterday and I think it would be better to focus on the present for the moment because I'm afraid that telling my past will make me going down now..

I give you the main informations of me to have better advices : I'm 20, french (sorry for the english), struggling since 11 years old, real ba'al techouva for 2 years, Shomer Neguia for 1 year, I'm on my first lecture of the GYE book, I read 'Hizouk every day and I study a little of 'Humach, Moussar and Tehilim every day. Since my last fall of yesterday (18 days, my best on chart) i made a "neder" with the TaPHSiC method for 1 month and I also promise to write to my brothers on forum so here I am. I want a change, from now..

Just wanted to ask you some questions about the attitude to have with the 90D Challenge because I don't understand some very important points :

1)The point I understand the least is to leave the battle to HKB"H. I explain : I'm for exemple sitting in front of my desk working and I feel this desire to enter in luxury, even without internet and all this stuffs. Nothing is done but the desire is here and take more and more space. What have I got to do in this very specific moment ? I tried (not well I'm sure) to speak to Hachem many times like "please Father just save me, I can't face it, give me strength, I love You and I don't want to do this" but without results. I'm sure that I've missed something to succeed with this point so I wanted your advices. I've not begin the 2nd part of the book maybe the answer is there but I also wanted advices of fighters from forum.

2) I have problems with facing the 2 opposite feelings in me when I'm struggling. Some days, I'm like the happiest person on the world, 100% connected with Hachem, speaking with him like a son, feeling Him above me, wanting to pray long Shmona Esré, say Brakhot with Kavana before eating etc... And after days or even hours, I'm like the totally opposite, when desire comes I'm fighting but in these moment when I need Him the most I don't feel He is with me anymore.. It make me very sad because I say to myself : "In fact you are good when you have no problems but when He send you a nisayon you can't even show your love to Him so your love is not real in fact".

I think my 2 questions are kind of related, or maybe I'm wrong. I really need help to see more clearly the situation, I'm in those periods when you have 1000 things in mind but you're not able

to analyze anything..

Thank you very much, just writting here gave me a lot of happiness, really.

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 16 Feb 2015 23:47

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You all gave me one more day of keducha, may Hakadosh Baroukh-Hou Gives you your Sakhar in this world and in the Other one.

Have good night, hope I will have other good news to tell you !

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 01 Mar 2015 22:53

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Hi everyone, I'm back with good news !

Thanks to Hachem and all of you I have succeeded to stay clean during 3 entire weeks, which is a real miracle. I once stayed clean for a longer period (49d) but it would be crazy to compare these 2 periods; bH I feel a new mind and approach of life thanks to you and your help !

Also wanting to share something with you : I noticed that I tend to be more sad at the end of Shabbes; always hard to go back from a universe of kedoucha with tefilot, chiourim, seoudot with community to your little simple life. So yesterday I was very sad, especially because I spent Shabbes with my cousin who is the only member of my family who is chomer Shabbes as well and it was very good to be together to live a real Shabbes not alone. When I returned home I pray Hachem that maybe my will is to spend good moments of kedoucha in family, to learn and study lot of Torah... but His will is maybe different and all He Wants for me is good so I have to accept these fact with simh'a and continue to work at my own level.

Unfortunately today morning sadness was still here but Hachem in His great mercy gave me some help : my father convinced me to go buy some fruits with him which had a very good

effect and after I tried to help my little sister about some problem she had before going to my michna chiour..!

Tonight I can't express my happiness. Some weeks ago I would have act several times in this sad period but today bH I didn't. It's like I understand a little more all the advices I read like "giving to others instead of being selfish" or "living in the solution and not in the addiction". I know that it is only the beginning but I wanted to thanks you all for your help, I already feel something is going to change. bH I'll try to stay active in the forum because I know these moments of confidence can lead to a fall 'has vechalom and I have to stay aware !

Anyway thank you one more time, hope to be back with even more good news and simh'a !

Purim Sameah' !

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Re: Beginning the real 'Avodat Hachem !  
Posted by wants2succeed - 02 Mar 2015 02:42

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Amazing! Thanks for sharing it gives us (at least me!) chizuk! KUTGW!!

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Re: Beginning the real 'Avodat Hachem !  
Posted by yiraishamaim - 02 Mar 2015 04:32

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Thanks for sharing Palti - beautiful

we appreciate you as well

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Re: Beginning the real 'Avodat Hachem !  
Posted by serenity - 02 Mar 2015 04:33

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Thanks for sharing the good news!

Hatzlacha!

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 10 Mar 2015 23:59

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Hi all,

always have a lot of things to tell you but unfortunately I don't find the time to. Anyway, tonight is my 30th day clean and I wanted to share it with you and thank you all one more time. I don't have much time and nevertheless so much things happened these days; but the thing I really would share with you is the feeling I felt with Hachem few minutes ago. Thanks to you and what I read here on forum I took the resolution to talk to Hachem with my own words for 7 minutes before going to bed. Can't even describe with words this sensation, like all this life would be worth just for these few minutes. I'm sure you understand me and I wish I were better in English to tell you more and share more with you on all this stuff.

Anyway, the purpose of this message was to thank you one more time and to share good news with my good friends !

I'll try to post more often, even if my messages are shorter ! But even if I don't post, always here at least one time a day to check current strike of friends, to read some new h'izuk of you on other threads etc..

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Re: Beginning the real 'Avodat Hachem !  
Posted by Hashivalisesonyishecho - 11 Mar 2015 00:19

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Thank you Palti-Yossef for sharing that with us. I also don't have much time these days but I am grateful to part of this group, even silently. Your update gives me chizuk. Keep it up.

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Re: Beginning the real 'Avodat Hachem !  
Posted by serenity - 11 Mar 2015 03:58

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Keep it up!

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Re: Beginning the real 'Avodat Hachem !  
Posted by GYEmember - 11 Mar 2015 04:14

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Wow! Truly wonderful!

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 25 Mar 2015 11:43

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Hi all,

always a pleasure to post here even if I should more, and bH I didn't have any fall even if the desire is obviously growing more and more these days..! In a way I prefer this kind of periods than the other ones, where I tend to be too much confident and accumulate slips..

Anyway, for 1 week I don't receive the 'hizuk mail anymore and this makes me very nervous, I tried to register again and again, and on my 2 mail address but still doesn't work.. Is someone knowing this problem and how to solve it ? I feel very vulnerable without them so it would be a great help !

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Re: Beginning the real 'Avodat Hachem !  
Posted by Gevura Shebyesod - 25 Mar 2015 14:03

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Did you check your spam filter or junk mail folder?

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 25 Mar 2015 21:24

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Yes I checked all.. For the moment it's good I've got a lot of non-read h'izuk mail, BN I'll write a mail to the site to ask them what can I do.

In fact I was wondering : is it a finish number of 'hizuk mail and when you have receive all of them you don't have anymore mail ? Because I was register to 'hizuk mail lot before becoming active here, maybe 1 or 2 years ago, so that's why I was asking this question to you !

Anyway thanks for the attention GSBY !!

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 25 Mar 2015 21:53

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Thank you 94x2 for the answer, I wouldn't say I'm happy you don't receive them as well even if it's good to don't feel alone in this issue..! Hoping for a soon fix of that then b"H !

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Re: Beginning the real 'Avodat Hachem !  
Posted by SamJoe - 25 Mar 2015 22:09

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Another way could be through opening another emailing account and sign up with the new one and have all the e-mails forwarded to your old email address

Thanks for posting

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