

Giving it a go one day at a time

Posted by ysftw - 08 Apr 2015 15:20

---

Onto day 1, very excited. Looking forward!

=====

=====

Re: Giving it a go one day at a time

Posted by ysftw - 30 Apr 2015 13:05

---

Anyway today going well, just making sure to be using my time well. Seems to be an effective method

=====

=====

Re: Giving it a go one day at a time

Posted by ysftw - 01 May 2015 15:09

---

shabbat shalom everyone!

Shmirat eynayim, talmud torah and hard work seem to be going well.

Stay strong people

=====

=====

Re: Giving it a go one day at a time

Posted by ysftw - 02 May 2015 21:12

---

Amazing dt in mincha maariv today.

Feeling great.

I also had a chiddush. ..being bored is bittul torah, overthinking life is bittul torah.

Relevant because boredom is a big trigger for me!

=====

====

Re: Giving it a go one day at a time

Posted by Palti-Yossef - 02 May 2015 21:33

---

Happy to hear you had a good Chabbes with such a great feeling of Kedusha.

It reminds me something I read during Chabbes : Why Nadav veAvihou died ?

Because their desire to approach Hachem and to link with Him was so powerfull and passionate that their Neshamas just left their body. Them what was their 'aveira ?

In fact what Hachem Wants from us is to do something right there in this world, and they let go the desire of their souls instead of pursuing Hachem's Will.

The question is, we know that every single story related in the Torah gives an education for every single Jew. But the vast vast majority of 'am Israel is far from this level of Kedusha of Nadav veAvihou, so what's the message for people like us ?

In fact, even if we don't feel this passionate desire to join the Divinity each second like they had, we all live some moments of great Kedusha and proximity with Hachem, like during Chabbes or 'hagim. So during these moments, we have to remember what is our real goal here, and when we are carried by this feeling of Kedusha we don't have to search for extasy or inspiration for it selves but for the return and the way we will use them when we'll be back to our daily life. Then we'll be able to make these feelings alive and do the Will of the Borei 'Olam.

I had a very precious Chabbes too, and I tend to be very very sad after usually.

Thank you for your post which permitted me to share with you and to strengthen myself !

Waiting for other good news !

=====  
=====

Re: Giving it a go one day at a time

Posted by yiraishamaim - 03 May 2015 01:32

---

Thank you for that post.

We get inspired and have these emotional highs. They are wonderful but we must remember the practical side of yidishkeit.

As a wise man once said "We should have our head in the heavens but our feet on the ground."

Gut Voch!

=====  
=====

Re: Giving it a go one day at a time  
Posted by ysftw - 03 May 2015 18:07

---

Thank you both for sharing your kind and grounding thoughts.

Chizzuk comes from know that we are together striving to serve hashem, my personal desires get put in perspective in this way as secondary.

Am yisrael chai.

Today is going well...really try to use every moment for hashem, which so far also seems to be a good tactic altho, I often struggle around this time.

So I'm preparing for things to become more challenging in the next few days.

Thanks to everyone for all the support

=====  
=====

Re: Giving it a go one day at a time  
Posted by Palti-Yossef - 03 May 2015 20:19

---

Glad you're doing well,

what are you plans to face the next (h"v) challenging situations ?

Support is and will be there !

=====

Re: Giving it a go one day at a time  
Posted by ysftw - 04 May 2015 23:57

---

[Palti-Yossef wrote:](#)

Glad you're doing well,

what are you plans to face the next (h"v) challenging situations ?

Support is and will be there !

It's a good kasha

Falling is almost always accompanied by a lack of general drive, boredom, laziness, and avoiding the stuff that needs to be done.

I'm going to work on every week INCREASING my productivity, because if not I decrease and start the cycle all over again. and i feel a bit that way today.

I sometimes just need to get a grip and up my game.

Anyway another day clean.

Pretty sure that's a week now.

good stuff.

=====

====

Re: Giving it a go one day at a time  
Posted by ysftw - 05 May 2015 15:10

---

Alright, I don't know what it is with motivational lows. It's a real problem I have that I do so well.  
And then I bum around.

And that's what's happening now.

Which makes me vulnerable to falling.

This is a major issue for me...and needs to be solved.

Still going strong.

Thanks to u all out there.

Of I figure it out ill let you all know

=====

====

Re: Giving it a go one day at a time  
Posted by serenity - 05 May 2015 16:37

---

Sometimes things get uncomfortable for us, we can get through it though! Just for today!

=====

====

Re: Giving it a go one day at a time  
Posted by Palti-Yossef - 05 May 2015 18:15

---

[ysftw wrote:](#)

Alright, I don't know what it is with motivational lows. It's a real problem I have that I do so well.  
And then I bum around.

And that's what's happening now.

Which makes me vulnerable to falling.

This is a major issue for me...and needs to be solved.

Still going strong.

Thanks to u all out there.

Of I figure it out ill let you all know

Oh I know these periods so badly..

What helps me in these is to stop myself few seconds, stop everything I was doing and just relativise and talk to HKB"H.

Anw we still here for support don't hesitate !!

Waiting for good news

=====

Re: Giving it a go one day at a time

Posted by ysftw - 06 May 2015 22:03

---

Both pieces of advice worked well. 1 just perseverance (for a day). And 2 speaking to hashem, asking for help.

Oh and 3, sleep.

And 4 eating healthier food makes me less impulsive.

Anyway I'm starting to work harder know and that's really good.

Just finished my perek of shas too so thats nice.

Hashem is really looking out for me, yet I know I'm still vulnerable.

But I've completed 8 days now. Which is amazing!

I want to push on, very excited for tomorrow

Hope everyone out there is doing welll

=====

Re: Giving it a go one day at a time  
Posted by ysftw - 07 May 2015 12:33

---

Still clean!

Very tired,

not worked particularly well today, but going to change that around from now

=====

Re: Giving it a go one day at a time  
Posted by ysftw - 09 May 2015 22:09

---

Motzach

Still going strong

Can't believe the yetzer is letting me off like this

Probably regrouping

So ill prepare for the next battle

My new aim is to use more of the time I save effectively

Gut voch to all

=====