

Singularity's Journey

Posted by Singularity - 12 Jul 2016 09:18

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Well here I am, aaaagain! Actually this is the first time I've posted in this forum but I've decided to give it a 90-days go. Again. Oh boy.

BH married, 2 wonderful kids and a good job. Good learning and constantly striving for closeness to Hashem. Now have to kick this habit.

I'm in two minds. One one hand, it's good to track progress and discuss your falls and high moments. It gives chizuk for the long haul ahead. However is there not also an idea that the less attention you give something, the less of a problem it is? Any ideas?

Well here I am on day 1. The bulk of Shavuot to Rosh Hashonah is about passed. We're in Bamidbar - a desolate stretch of Torah (from Beha'aloscha at least) where we as a nation fell gravely and were beaten time and time again, due to Ta'avah and Kavod. All put to an end by Pinchas's sole act of zealousness, the seal to all the impure outflow. And I feel it reflects in the time of year. Nothing's happening! No Chagim. Worse, 17th of Tammuz, 9th of Av. It's the Yetzer Hara's playing ground and I always get knocked down strongest here. It's a *metzi'us*. So I wish to be a phoenix rising from the ashes of a downtrodden nation. And let's all be that together iyH.

Elul will be a lot easier I feel. It's the desolate months of Tammuz and Av that pose the real challenge. But let's see how it goes. Day 1!

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Re: Singularity's Journey

Posted by Shlomo24 - 19 Apr 2017 21:14

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Re: Singularity's Journey

Posted by MayanHamisgaber - 19 Apr 2017 21:33

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Yeah I only found out sunday but I tried every 1/2 hr ....

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Re: Singularity's Journey

Posted by cordnoy - 19 Apr 2017 22:12

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[MayanHamisgaber wrote on 19 Apr 2017 21:33:](#)

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Sorry.

Wasn'tl there an email?

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Re: Singularity's Journey

Posted by Shlomo24 - 19 Apr 2017 22:51

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There was.

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Re: Singularity's Journey

Posted by Singularity - 20 Apr 2017 08:17

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Thanks, Shlomo

Inspired by this, I will make a commitment b"n to try and keep my glasses off at all times where I'm not at my computer or with my wife at home. Or other safe places like shul etc.

I battle with it, *ah but it's just a walk up from shul on a quiet road, ah, it's just the kiddush, ah, ah ah, ooh.*

So I should just make it an absolute rule. It would help a lot.

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Re: Singularity's Journey

Posted by Shlomo24 - 20 Apr 2017 13:28

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Re: Singularity's Journey

Posted by MayanHamisgaber - 20 Apr 2017 14:40

Also I'm trying an SA meeting tonight

[cordnoy wrote on 19 Apr 2017 22:12:](#)

[MayanHamisgaber wrote on 19 Apr 2017 21:33:](#)

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Sorry.

Wasn't there an email?

NP there was an email but I wasn't by the comp. so didn't see it till sunday....

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Re: Singularity's Journey

Posted by Singularity - 25 Apr 2017 13:29

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Baruch Hashem, I have managed to surrender a little better these last two days.

I went for a run after 2 weeks of sick-*keit*.

I am in a night kollel! That pays! BH!!!-- It's part of the "God Grant me the ... courage to change the things I can...."

And morning learning was not fluid at all. And I gotta learn somthin'

Keeping pace. Trying to be grateful and assume my role in the world, calmly, a father, husband, son.

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Re: Singularity's Journey

Posted by Singularity - 02 May 2017 09:12

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A few points:

Friday night, after ping pong with the kids (switching beds, putting to sleep) all night, I felt I reached an even deeper level of surrender, that *this* is my *tachlis* right now. It brought a lot of serenity and the next day was wonderful.

Someone complimented me on my learning Saturday night and my first reaction was NOT to be overly-humble, but to say "BH He gave me a good mind, and I've put in lots and lots of effort, too". The honest humility is a non-trigger, and I like it.

At the SAA meeting last night, I resolved the word "should" is toxic to me. I try live in the reality of the now, and try consider any situation not as good or bad, but simply what is actually transpiring. Then I hope I can be unbiased in going into real issues.

My addict lives in what *should* be right now. What I *should* be doing and how things *should* turn out. There is no *should*. There is just *is*.

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Re: Singularity's Journey

Posted by GrowStrong - 02 May 2017 09:19

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You *should* have success remembering this.

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Re: Singularity's Journey

Posted by Hashem Help Me - 02 May 2017 11:27

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[Singularity wrote on 02 May 2017 09:12:](#)

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Thanks for the share. Beautiful thought. A real goal for all of humanity. Imagine the stress free world we would live in if everyone attained that. Many of our gedolei Yisroel were real examples of that. Their awesome yishuv ha'daas was very much due to their deep belief that Hashem wanted them to focus only on what He wanted from them at that particular moment. By the ones i was zoche to meet, it was as if time stopped when speaking with them. It was as if they had nothing else on their minds at that moment.

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Re: Singularity's Journey

Posted by Shlomo24 - 02 May 2017 13:19

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I love the point about should. I have friends who are obsessed with not saying the word. Their saying is "we avoid should statements." Me being me, I go to the opposite and deliberately say the word should around them. Or I'll point out where the literature says the word should.

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Posted by GrowStrong - 02 May 2017 13:33

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Funny...

128 times

This should suggest a useful program for any one concerned with a drinking problem

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Re: Singularity's Journey

Posted by Workingguy - 03 May 2017 02:25

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[GrowStrong wrote on 02 May 2017 13:33:](#)

[Shlomo24 wrote on 02 May 2017 13:19:](#)

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Should can be a tyrannical word- because we have so many shoulds and it makes us feel bad. But should we get rid of should so we should not feel bad? Aren't there things that we should do? Shouldn't we say that we should?

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