

Me2's journal

Posted by Yankel - 09 Feb 2009 18:47

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Today 15 shevat makes it 2 weeks

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Re: Me2's journal

Posted by battleworn - 19 Mar 2009 13:21

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Truly amazing!

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Re: Me2's journal

Posted by the.guard - 21 Mar 2009 22:31

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What happened after 49 days? Did you make it to Level 5 - 50 days? Keep us updated... Your chart is at 49 still...

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Re: Me2's journal

Posted by Yankel - 23 Mar 2009 13:17

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Today is 56 days- I apologize for not keeping you updated. I dont really have time to post daily so I set aside Mondays to post(weekly). B'H things are going well. Every day is a new record for me at this point. Shmiras Ehneim is not as difficult as not thinking impure thoughts but I am hoping this to will pass.

Hatzlochah !

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Re: Me2's journal

Posted by the.guard - 23 Mar 2009 14:32

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I want to hear a chorus now. "Me too!, Me 2!, Me 2!"

You are a true inspiration... Kol Hakavod on your progress, and especially impressive on the Shmiras Ainayim! The thoughts take time, unfortunately... But the fact they stick around is what really helps us grow in the long term. Because we need to keep fighting. Like Be-Holy posted yesterday:

*Then it came to me, that contradiction within us is the sand that grinds away in the clam, to make a beautiful pearl. meaning that if we never feel down and are ALWAYS up we never really are being pushed to grow, and those feelings shouldn't be used to get us down but rather to make us aware of our present state of being and where we need to continue to work on.*

See [this page](#) for some ideas to help with the thoughts...

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Re: Me2's journal

Posted by battleworn - 24 Mar 2009 14:44

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I would highly recommend Chizuk email #430

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Re: Me2's journal

Posted by the.guard - 24 Mar 2009 17:01

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Good point Battleworn! I should add that link to the page I suggested ...

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Re: Me2's journal

Posted by the.guard - 28 Mar 2009 23:29

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Chart updated to 61, please confirm.

Keep strong, me2. We all want to shout along with you: "Me too!"

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