

My Book of Business

Posted by Shivisi\_Hashem - 19 Apr 2017 16:41

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Hi all ?????? ????? ?????,

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ?????? ?????? ?????, you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

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Re: My Book of Business

Posted by Shivisi\_Hashem - 05 Sep 2018 02:40

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Yes, here i am, and i made it, i deliverd to Hashem a beautiful day, my day went great, clean, holy, great feeling, and ill thank hashem loud, Thank You, with out your help im powerless, with out your support at GYE i wouldnt be here.... Thank you.... and ill try to give tou back much more full clean days... im proud about myself...

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Re: My Book of Business

Posted by Shivisi\_Hashem - 05 Sep 2018 16:13

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B"H i had a great clean night... and im hoping for the other night to come the same.

?Today is another day, and i will focus on TODAY only, i wont look back, what happened happened, and i cant change it, and i wont look forward, because it dosen't matter now what it will be tomorrow, so today, is the day, and i will give it back to Hashem hopefully the same way i got it, but a bit more cleaner and much more shiny, and i pray to Hashem he should stand on my side, and help me on every second, that i shouldnt fall in any shape or form..

?I find a nice short tefila, and ill share it with you all...

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Re: My Book of Business

Posted by Shivisi\_Hashem - 06 Sep 2018 18:48

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Thank You Hashem, i am clean, had a bit issue at night, just for a moment, in my dream, but i did stop in when it was in the really beginning stages, occurrence took probably 30 seconds only, and i did had the guts to stop it right there, which make me excited, that it came to a point where i can control myself while im sleeping, it was like "No No, dont do it, dont be a fool, you will regret it, dont do it" and i did stop. im really happy for myself.

and i need to thank hashem for that, its him and only him, he routed me to GYE, and because of GYE im where i am now, and he is watching me every second i shouldnt fall, even while im asleep...

Thank You Thank you!!!

**"Success is not final, failure is not fatal: it is the courage to continue that counts"**

One Day At A Time, dont look backwards and dont look forward, only what's happening now.... so you will succeed.. and remember to do lots of Tefilah.... it helps..

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can and we will do it! And Together**

**A clean and Day to all of you....**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 09 Sep 2018 15:29

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To all GYE chavirim,

Im BH clean, and i hope to stay clean my entire life... its the best thing ever, i love my real life, and not a double life, i have much more time to my wife and children, my heart is at them and not at porn garbage... its the best thing i could do for myself and to my family, thank you hashem and thank you all.... you are my support, and should you only do the same...

You and your family should have a healthy and sweet new year, you should have a clean year, an easy one, hashem should be always on your side, you should always be stronger then the Yatzer Hura, you should have Parnasa easy, lots of money, and we should hear the Shofer from Musiah in Jerusalem this year....

You should all have a ?????? ?????? ?????? ?????? ?? ???????

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Re: My Book of Business

Posted by Shivisi\_Hashem - 07 Oct 2018 18:57

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Hellow brothers...

I need your input, you help me all the way till today, and i need now your help... I had a vey awful ending yom tov, despite being clean for the longest time, in terms of my hands, eyes and thoughts, im putting in lots of effort not to look and not to think about stuff we are not allowed to, and after all, i had a wet dream simchas torah, i fully acted out in my sleep, i never ever had such a thing, it was the first time experience in my life, even back in my bed days, i never had such a thing, but now it happaned, i got up very disappointed, why it happaned, so i had a choice to be depressed and drop everything and go back down the hill, or to forget about it, and just look forward, and to go to shul to dance with the torah, and i did the last one, but i was thinking why it happaned? I mean, im clean for so long, so what happened now? After giving it a lot of thought i came to the conclusion that hashem wanted to teach me, that "i" am doing nothing to prevent anything like that, and has nothing to do because im watching on myself, its all about hashem, and he showed me, that even i put in all my effort to stay clean it wont help, i still need help from hashem, and only he can help me to stay clean...

So my million dollar question is, do i reset my count of clean days or not.... what would you do in such an instance.....

I had a very interesting story this choil hamoed, i went to upstate to visit my father in law, i had my entire family in the car, and i had a choice to take the BQE and not to pass manhattan, which is very bad to us as addicts/survivors, but its much more expensive due to the tolls and more millage, or i could go through manhattan which is less expensive but not healthy to my and my boys kosher eyes, so i ask Hashem, that i will take the more expensive way, but i would like to get back my money that same day, and ill get a clear hint from heaven that this is the right approach, and that hashem likes me.. guess what, as soon i got to my father in law, i opened the door of the house, my father in law took out \$200 and tells me, this is for you, for the travel expenses, gas and toll, plus change..... i almost cried for joy, that hashem showed me that he loves me.....

So... to all of you, dont forget to ask hashem to help you and all of us to stay clean, Tefilah helps, dont underestimate it... hashem is waiting for our tefilas

**"Success is not final, failure is not fatal: it is the courage to continue that counts"**

One Day At A Time, dont look backwards and dont look forward, only what's happening now.... so you will succeed.. and remember to do lots of Tefilah.... it helps..

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can and we will do it! And Together**

A clean and Day to all of you....

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Re: My Book of Business

Posted by Gevura Shebyesod - 07 Oct 2018 20:06

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Absolutely not a fall, you are not responsible for what your body does when you're asleep.

KOMT!!

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Hashem loves you, and so do we  
Re: My Book of Business

Posted by Hashem Help Me - 08 Oct 2018 11:28

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An uninvited wet dream is a cause for celebration. When one was not lusting heavily during the day and then out of the blue has a wet dream, it is completely not his fault. It means your subconscious has realized that you have firmly shown that you will iyh not act out consciously. So the subconscious - known to us as the nefesh ha-b'hamis - gets its release only when he is in charge - when you are asleep. So of course you do not reset your count. You make a l'chaim and keep on going. Hatzlocha.

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Re: My Book of Business

Posted by cordnoy - 08 Oct 2018 13:00

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[Hashem Help Me wrote on 08 Oct 2018 11:28:](#)

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You've said this several times and I'd like to believe it. It's nice and had a positive spin.

Dol you have a source for this?

Additionally, how is it compatible with the words of ourl sages that one who sees keri y"k night should be worried thel entire year (about death)?

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Re: My Book of Business

Posted by moish u.k. - 08 Oct 2018 17:58

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[cordnoy wrote on 08 Oct 2018 13:00:](#)

[Hashem Help Me wrote on 08 Oct 2018 11:28:](#)

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The "cause for celebration" I believe was said in the context of not having willingly masturbated for a while, and as a result of that the body reacting at night instead.

I dont know how to square it with the Chaza"l that you mentioned, but I'm sure that Hashem is rejoicing with him.

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Re: My Book of Business

Posted by mikestruggling - 08 Oct 2018 19:07

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[cordnoy wrote on 08 Oct 2018 13:00:](#)

[Hashem Help Me wrote on 08 Oct 2018 11:28:](#)

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ttthis is the last amud in Yuma ayin sham

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(qquick search on the sefaria app)

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Re: My Book of Business

Posted by Hashem Help Me - 09 Oct 2018 02:54

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[cordnoy wrote on 08 Oct 2018 13:00:](#)

[Hashem Help Me wrote on 08 Oct 2018 11:28:](#)

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I heard this concept from a very respected frum psychologist who is highly endorsed by rabbonim and roshei yeshiva. In general one who "wakes up wet" without having lusted during the day should not become tzubrochen. The gmara brings reasons why one may ejaculate while



sleeping which are totally unrelated to lust. Examples given - after traveling a long distance, recuperating from an illness, or eating certain foods. Those of us who unfortunately have an accompanying sexual dream along with the emission, well then it depends. If that happens because of active reading or viewing of inappropriate material, or imagining of erotic scenes during the day, we are held responsible for what takes place while we sleep that night - as is clear in halacha. However one who avoids inappropriate reading, viewing, or imagining during the day, yet still has a wet dream with sexual content, obviously is simply dredging up residual imagery from the past. This is an act completely done by the subconscious, and one is not responsible for it. In general, it becomes less and less frequent as we BH drift further away from the sights and sounds of the filth we saw.

Regarding seeing keri on Yom Kippur, look at the last gemara in Yuma daf 88 and at all the meforshim - First of all there are opinions in the gemara that it is a good sign, and even those who disagree, say that if one survives the year than retroactively it was a good sign. Secondly, it is obvious that this "Yom Kippur seeing of keri" that we are dealing with is not lust related, for the gemara earlier in the mesecha lists all the eitzos they did and actions/foods that were avoided to help prevent the Kohen Gadol from seeing keri. As an aside, there happens to be a very interesting Korban Nesanel (under the Rosh in back of the gemara) with advice what to do if one accidentally experiences this occurrence. Chas veshalom, one may not minimize the very unpleasant experience of becoming tamei on the most holy of days. Any ehrliche yid who it happens to would be shaken to the core, and yes, halacha brings the opinion from the gemara of "yidag kol hashana".

In closing, with the exception of Yaakov Avinu who said of himself that until age 84 when he married, he never saw keri, and Elisha who the Shunamis declared a kadosh for not staining his sheet with keri, and other "gor heilige mentschen" throughout the generations, most ehrliche yidden on occasion innocently experience this most unpleasant happening. The medical world is of the opinion that it occurs naturally approximately once every 90 days for those who did not bring it on themselves via stimulation, be it marital relations or masturbation. And for those of us who due to our pasts may sometimes "see" some unpleasant dreams accompanying it, realize that it's to be expected due to the images seared into our subconscious psyche that iyh with time and being involved with kedusha will heal. In the meantime, enjoy a dip in the mikva, daven to Hashem to help you remain kadosh v'tahor, drink a l'chaim and have a great day.

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Re: My Book of Business

Posted by Workingguy - 16 Oct 2018 14:14

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[Hashem Help Me wrote on 09 Oct 2018 02:54:](#)

[cordnoy wrote on 08 Oct 2018 13:00:](#)

[Hashem Help Me wrote on 08 Oct 2018 11:28:](#)

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Maybe this is what you're trying to say; not sure because I didn't follow exactly. It did happen to me once as a bochur, and Dr. Sorotzkin told me that the Steioler used to have a line out the door on Motzei Yom Kippur of people who had it and were terrified.

The Steipler explained that the Gemara is talking about people who don't usually have this issue at all, and now suddenly do. For people who do because their Shmiras Einayim needs work, he held there was nothing to worry about.

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Re: My Book of Business  
Posted by mzl - 16 Oct 2018 15:03

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"Hashem Help Me" post=336070 date=1539053669 catid=4

[cordnoy wrote on 08 Oct 2018 13:00:](#)

[Hashem Help Me wrote on 08 Oct 2018 11:28:](#)

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Thank you: you made me miss Dov.

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