

being kind to myself

Posted by anequivalentpath - 25 Sep 2017 10:15

Hi,

After a nice week, I had a fall after the 3-day holiday. These are always hard for me...I don't deal well with crowds, and I've learned to avoid eating with strangers because I end up being too self-conscious. As a result I inevitably need to turn down invitations, and (a lot of the good) people are persistent, and it tends to be a trigger for me.

Amazingly I didn't act out over the holiday itself, but the morning of the fast I let myself slip all the way into the victimhood mindset.

b''h every day I am getting better and better at certain things (feeling normal in public, smiling for no reason) and I think there are concrete reasons

Wishing you well

AEP

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Re: being kind to myself

Posted by lionking - 29 Apr 2018 06:44

Sorry I have know idea who Rav Berland is except that he is something in Breslav, and what the story is, I don't follow the news, especially the so called jewish ones. The concept you quoted from him makes sense.

I was referring to the second part about the Gr"a and Neveiah. There is a word from Tzadikim, I forgot who, ?? ????? ??????? ?? ????? ?? ??? ?? ????? ?????? ??????. Do not try to go up Malos, and jump to higher levels, it only causes the fall to be deeper. The climb up needs to be gradual.

to have hope for myself...today at least

Hatzlocha Rabba

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Re: being kind to myself

Posted by anequivalentpath - 29 Apr 2018 09:54

Thanks, that's an interesting source for the idea.

I wonder about this. People do such amazing things together...in yeshiva it's common and not even surprising to see a person learn for hours at a time, because that's their environment and the people around them are also focused on the same thing...the same people trying to do the same thing alone could ch"v destroy themselves.

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Re: being kind to myself

Posted by anequivalentpath - 01 May 2018 18:09

Well, I did it...hid away all food drink and muktzeh and especially technology [except the stopwatch], cleaned the table and swept the floor, then sat down for six hours and a few extra minutes. (I figured if it's something to do specifically with having learned for exactly six hours, better to have a mini nevuah while I'm still learning).

It was interesting, the first four hours I was getting up and sitting down (book in hand), feeling sleepy feeling thirsty, even some intrusive lust. The last hour and a half was...calm, happy, almost had a neilah feel. Which is hilarious because it was only six hours.

I think the six hour mark was around Isaiah 40:17 (no, I didn't *just* read Isaiah with the Artscroll/Stone Tanach translation for six hours. Though it was a good part of it.) Here is my mini prophecy, after finishing the chapter:

"Think nothing"

?and the rest i'm not sure if counts:

two half-posuks:

"?????? ????? ??? ?????"

"?????? ??? ???"

and the posuk that follows:

"??? ????? ??????? ??? ?? ??? ???"

I guess I'm supposed to not think about something. Or not worry about not hearing something, since my Teacher (best Teacher in every world) heard it. Or to pay zero attention to the nations of the world (look at 40:17) i.e. news/media/lust.

Or maybe it's a hint that I'm supposed to learn the mystical "think about nothing" meditation that Rabbi Aryeh Kaplan says is so dangerous.

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Re: being kind to myself

Posted by lifebound - 01 May 2018 18:18

Just a (not) thought

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Maybe you're supposed to not think about nevuah?

Re: being kind to myself

Posted by tzomah - 01 May 2018 20:48

maybe it means your supposed to listen and then hashem will teach you daas

and you'll realize hashem knows all your thoughts because to him they are nothing

once your filled with his

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Re: being kind to myself

Posted by lionking - 02 May 2018 23:13

FYI: Question posted on [Mi Yodeya](#) (Stack Exchange) Yesterday. Perhaps you can help and answer a source.

In Aish Moharan part 1 (torah 1) Rav Berland cites the Vilna Gaon as having said that after six hours of uninterrupted Torah study, the first thoughts a person has are a form of "mini-nevuah". Is anyone aware of a source from the Vilna Gaon for this idea?

Thanks

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Re: being kind to myself

Posted by anequivalentpath - 03 May 2018 04:00

[lionking wrote on 02 May 2018 23:13:](#)

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Thanks

yeah that was me just added the text from the book. The Rav shlit"a doesn't say a specific source.

tzomah, that is how i understood the technique itself...i went ahead and tried it again yesterday (why not, i'm free) with more confusing results. So far nothing I really now how to "check and test", unless my grouchy trip to the grocery store last night somehow caused the geula. (hey, who knows)

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Re: being kind to myself

Posted by anequivalentpath - 04 May 2018 09:17

I went to Meiron and lost my yamaka, some nice person saw me covering my head with a book and gave me his (yamaka), which fits better.

Almost getting crushed against the walls is actually a really good way to cry out from the depth

of my being ("please don't kill me")

Sleep schedule is now totally bonkers. Also somehow I've lost my backpack, no clue how or where (it must have been after I got home from Meiron, though, since the tefillin are still here...)...i guess it's good, it means i'm giving other jews lots of mitzvahs to do...like the time i left my wallet in the grocery store and someone returned it...

?Also I've been trying to walk around in the street squinting like an idiot instead of flinching away every time i see something i shouldn't. Flinching bothers people, squinting apparently don't. I guess they just figure I'm crazy.

?????? ?????????????? ??? ?????????????????? ??? ???????????

--Zohar HaKadosh

Good Shabbos

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Re: being kind to myself

Posted by anequivalentpath - 04 May 2018 11:48

Yeah, so I fell...it's not so surprising, if I start talking a lot, writing long comments, it pretty much means I don't know where to turn with things I need to deal with if I'm going to do something with my life (i.e. not just hashkafic but also halachic questions about big, life-changing stuff)

if I'm lying down in bed, not wanting to get up, just thinking about stuff, it's a short road to start wishing i could be venting about the world to some specific friendly girl/hypothetical wife (which just isn't the reality) and from there to start imagining other things.

I opened two books (jeremiah and shmirat hazman) trying to find a different thought, but it didn't help and my impatience got the worse of me.

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Re: being kind to myself

Posted by ieeyc - 04 May 2018 16:03

youll get up, youll get up,and youll be stronger than before! im lo nafalti lo kamti! if i did not fall ,i would not have risen to such hieghts! sometimes our falls are yeridas litzaruch aliyas,may you only have the aliyas w/o the yeridas from hereon! NAFALTE?LO SOSEF! **KUM** BESULAS YISROEL! YOU FELL?YOU SHOULD NOT CONTINUE TO FALL! GET UP O` MAIDEN OF ISRAEL!(A NAME FOR KLAL YISROEL)

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Re: being kind to myself

Posted by anequivalentpath - 08 May 2018 15:36

fell again

I feel so stuck

I know with [decent amounts of] certainty that this is the "descent, beginning of ascent" and that the shame I'm feeling is because I'm on the verge of something good

yet in the moment all I want to do is lie in bed, and ??? ????? ????? -- the blessing on bad news that is likely to turn out good, is ??? ????? like any bad news

??? ??? ????? ?? ??? ??? ????? ????? ?? ?????

the bartenura(?) comments -- when a person blesses dayan ha-emet, he should do so with simcha and joy [love] just like when he blesses ha-tov ve-hamativ

yeah I'm reaching the end of masechet brachot :D memorizing is fun. might have to make a

siyum

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Re: being kind to myself

Posted by lifebound - 08 May 2018 16:40

Sorry to hear that.

I know the feeling...

May God give us clarity

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Re: being kind to myself

Posted by Ihavestrength - 09 May 2018 01:56

[ieeyc wrote on 04 May 2018 16:03:](#)

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Not sure if bringing up virgins is helpful here.

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