

Become Holy's Journey

Posted by BecomeHoly - 10 Dec 2009 02:39

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Hi Everyone.

I'm single, and nearly 27 and I've never had a clean streak of more than 2 months. I know I can do this - I've had the ability to remove the need, however, since I am so sensitive, tiny things trigger me and at a certain point a trigger takes me over the edge. Usually that means that I just give in to the "pressure" and satisfy myself - with no involvement of any external stimuli such as pictures... However, what comes next....

I fall into the typical traps of the Yetzer:

a) You've messed up, so now it doesn't matter = I say screw it, and go find myself some porn. Filters do not help me. I'm a computer expert, and if I want it I will get it with relative ease. Once we've gone this direction, its like jumping in the boiling tub - its not so hot anymore, and it's "no big deal." If I could prevent this from happening, my battle is won. I know its a big deal, and I need to keep that focus. Hopefully this site will achieve that for me.

b) If you can't do it right, don't bother - I don't start my clean streak unless I feel it was on the right foot - Go to mikveh after a shower/ shave... (trying to follow as much as possible what a nida does) to achieve tahara, but if I didn't have time to shave or whatever, I don't bother going to mikvah, and I have less "reason" to stop when I'm tempted a few days later. Also, if I didn't have a chance yet to say tikkun hayesod after the mikva, and I'm tempted before I do say it - then I'm like "oh, well you're really not all set yet - you'll start being good after you start off right."

In addition to this, I've become addicted to Movies and TV shows. Besides being a trigger, I am wasting so much time that I'm on the verge of losing my job because of poor performance and I really need to get my act together.

All this is partially fueled by the fact that I have constant fatigue coupled with stomach pain. I've been to MANY MANY doctors and no one can tell me whats wrong, and what this means is that I rarely feel like I have the energy to do stuff. Its a vicious cycle - I probably have some kinda of food allergy, which means I'm getting poor nutrition, and on top of that my stomach pain affects my sleep, and therefore I end up getting very little done. I end up with a terrible sleeping

schedule because I sleep during the day often enough to try to feel less tired, and often I end up staying up late because of that (sometimes I stay up even later because I wanted to watch another movie). I miss shachris all the time and I feel a disconnect from God and of course that all makes it much easier to do things that are bad for me. If I'm resisting arayot, I'm watching movies or tv shows, which usually is only a stepping stone to arayot.

Now I'm pretty sure some (if not all ) of my medical problems can be attributed to the sitra achra. What I need is a way out of the vicious cycle where I am both losing my connection to God because of missing davening, or an unfocused davening, and on top of that having the energy to do to productive things so I don't end up doing destructive things. This includes TV, movies and the like.

I am hoping that this site will help me get my act together - get a solid schedule, such that I'm both productive and NOT destructive, and that I can succeed pushing through the beginning where it will be a literal war with my desires. I know that after 30 - 60 days I will be doing fine. I just need to get through the beginning and my life will then be filled with blessing.

B'ezrat Hashem, at that point I will be deemed worthy in Gods eyes to find my bashert so I can continue to grow in his service.

I appreciate everyone's help in creating the new me.

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Re: Become Holy's Journey

Posted by BecomeHoly - 22 Dec 2009 21:49

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OK guys... the past few days weren't so great. I wasn't feeling well... and you know what that means. Being stuck in this cycle of not sleeping well and having a totally messed up schedule.... oy. In any case... I'm doing better, not so depressing... got some stuff done... so I'm ready to go.

I read Garden of Emuna over shabbos... it really makes it so simple. I plain and simple need to connect to god. Fulfilling my tayvos is against emuna, because it means I need to do this now or else I'll be \_\_\_\_\_ (yest chizuk email?). So instead of "let go & let god" I do the opposite every

time I give in. I need to daven that I should be able to daven. I mean I did... of course... God said no. I was so gone I couldn't get up and daven. So I need to try harder... thats the thing... its simple... yet its not... the Y"H won't give up.

But realistically, I need to refocus. Everything I need to do needs be with God's help. I need to focus that God is providing. That right now God will help me finish this post. EVERYTHING. If I'm constantly thinking about God I won't have time for other things...

I'm in the process of setting up a Gvoice # so I should be able to get a sponsor / partner soon.

I read something today which hopefully can be applied to Us (from sefer chofetz chaim):

The quality of shmiras haloshon should be attained gradually. The first step is to accustom oneself to avoid groups involved in idle conversation and to train oneself not to inquire about the latest gossip. One should train himself, little by little, until he reaches the point where he does not even want to be informed of any gossip. With the passage of time, Hashem will help him so that shmiras haloshon will become a part of his very nature. **He will find it incredible that others can transgress the sin of speaking loshon hora, which to him has become something repulsive, like anything else which the Torah prohibits.**

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Re: Become Holy's Journey

Posted by imtrying25 - 22 Dec 2009 21:53

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Thanks for sharing BH. Always feel free to pm or email me. If im available id love to be of some help.

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Re: Become Holy's Journey

Posted by BecomeHoly - 22 Dec 2009 22:07

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[imtrying25 wrote on 22 Dec 2009 21:53:](#)

Thanks for sharing BH. Always feel free to pm or email me. If im available id love to be of some help.

Thanks! :-)

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Re: Become Holy's Journey  
Posted by Kollel Guy - 22 Dec 2009 22:15

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[BecomeHoly wrote on 22 Dec 2009 22:07:](#)

He will find it incredible that others can transgress the sin of speaking loshon hora, which to him has become something repulsive, like anything else which the Torah prohibits.

I hope I never find addicts repulsive. Even after im past this thing.

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Re: Become Holy's Journey  
Posted by BecomeHoly - 22 Dec 2009 22:26

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Let me clarify:

I hope that I "will find it incredible that others can transgress the sin of speaking loshon hora,

which to him [ **the sin** ] has become something repulsive, like anything else which the Torah prohibits.

Its like imagining someone would eat cockroaches. I gag just thinking about it. Not about the person. But about doing the action myself. And also wonder why in the world people would subject themselves to that. They're obviously not well.... which means I can treat them like sick people.... I want to be repulsed by the sin, not by the people who sin.

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Re: Become Holy's Journey

Posted by Kollel Guy - 22 Dec 2009 22:27

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[BecomeHoly wrote on 22 Dec 2009 22:26:](#)

Let me clarify:

I hope that I "will find it incredible that others can transgress the sin of speaking loshon hora, which to him [ **the sin** ] has become something repulsive, like anything else which the Torah prohibits.

Its like imagining someone would eat cockroaches. I gag just thinking about it. Not about the person. But about doing the action myself. And also wonder why in the world people would subject themselves to that. They're obviously not well.... which means I can treat them like sick people.... I want to be repulsed by the sin, not by the people who sin.

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Re: Become Holy's Journey

Posted by BecomeHoly - 23 Dec 2009 00:27

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I'm Cold. I'm tired. My neck and back hurt. I have lots to do. I talk to God. I say, God, let me take this nap, let it be restful, let it give me the energy to continue to work. Let it heal my pain. I let go. I say God, you're in control. When I'm sleeping, its all you. I'm not setting an alarm. I'm letting you decide. I am giving myself over to you. Can I let go and let god any more than that?

I'm still tired. I'm still cold. My neck & back hurt more. I've missed a deadline for today. God, I let go. Where were you?

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Re: Become Holy's Journey

Posted by imtrying25 - 23 Dec 2009 00:31

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Dude G-d is always here. Sometimes we might not realize it but hes there helping us. We just dont realize what hes helping us with.

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Re: Become Holy's Journey

Posted by Kollel Guy - 23 Dec 2009 05:49

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[BecomeHoly wrote on 23 Dec 2009 00:27:](#)

I'm Cold. I'm tired. My neck and back hurt. I have lots to do. I talk to God. I say, God, let me take this nap, let it be restful, let it give me the energy to continue to work. Let it heal my pain. I let go. I say God, you're in control. When I'm sleeping, its all you. I'm not setting an alarm. I'm letting you decide. I am giving myself over to you. Can I let go and let god any more than that?

I'm still tired. I'm still cold. My neck & back hurt more. I've missed a deadline for today. God, I let go. Where were you?

Does R' Shalom Arush really advocate the 'no alarm clock' idea?

Isn't that contrary to our view of hishtadlus?

I mean would you let someone take an item from your store for free bec H-shem can pay you back for it?

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Re: Become Holy's Journey

Posted by BecomeHoly - 23 Dec 2009 21:38

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No no... I meant that I had 2 hours of time. Enough time for a full sleep cycle. I even had 3 hours if God decided thats how much I needed to recuperate. I left it in Gods hands. 20 minutes or 2 hours. or anything in between. I wasn't going to limit the "refuah." But I slept terribly. I didn't feel refreshed, I felt worse, because I kept tossing and turning and waking up from I dunno what.

I don't know what to do. On the one hand, God is doing whats best for me. On the other hand, I DON'T FEEL THAT WAY! I even davened before my nap that no matter what I should feel that way. But it only dug me in deeper.

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Re: Become Holy's Journey

Posted by Kollel Guy - 23 Dec 2009 22:28

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[BecomeHoly wrote on 23 Dec 2009 21:38:](#)

No no... I meant that I had 2 hours of time. Enough time for a full sleep cycle. I even had 3 hours if God decided thats how much I needed to recuperate. I left it in Gods hands. 20 minutes or 2 hours. or anything in between. I wasn't going to limit the "refuah." But I slept terribly. I didn't feel refreshed, I felt worse, because I kept tossing and turning and waking up from I dunno what.

I don't know what to do. On the one hand, God is doing whats best for me. On the other hand, I DON'T FEEL THAT WAY! I even davened before my nap that no matter what I should feel that way. But it only dug me in deeper.

Having real Emunah is a very simple level yet also a very high level. If you have it, there's pretty much an open road to your shleimus ahead of you.

Naturally, it follows that if you want it, you gotta stick to it throughout all tests.

Watched Ushpizin?

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Re: Become Holy's Journey

Posted by BecomeHoly - 23 Dec 2009 22:31

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Except I'm failing all tests. One after the next. I can't pass even one without Gods help. I'm asking god to help me get started. God says no. Now what?

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Re: Become Holy's Journey

Posted by Kollel Guy - 23 Dec 2009 22:35

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How do you know he says no?

His yes is waiting in your effort.

A no means even when you really try - he still doesn't let you succeed. Very rare.

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Re: Become Holy's Journey

Posted by habaletaher - 24 Dec 2009 01:32

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Dear Becoming Holy,



I feel you brother! I have totally been there, when you look at yourself and think, am I ever gonna be able to beat anything? Is there still any connection between me and Ha-shem?

But often He really is just saying, what will my son Become Holy do if I keep saying no? Will he forget about Me, or will it be clear from his posts that he is still searching for Me? Keep the searchlights/prayers coming strong!

As the B-Talmud says in brachos about this passuk,

Kavei el Hashem - daven to Ha-shem

Chazak viya'ameitz libecha - strengthen and fortify your heart (when He keeps saying no)

vikavei el Ha-shem - and keep on davenin!!

May the lord make you feel better, and may you make you feel stronger!

Haba

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