

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

---

**Day one.**

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

=====

Re: OivedElokim-I'll never give up

Posted by oivedelokim - 24 Jul 2024 12:51

---

**Day #38**

Thank you all for your kind and thoughtful responses, I will respond to them individually when I have some more time.

Life has been very busy and I haven't had much time to spend on this site, hence the lack of posts for the last several days.

I'm very happy with how things are going, and I am really striving to continue to grow in every area of my life. For instance, although I am reasonably intelligent, learning Gemara, especially Iyuntzen, has always been a struggle for me. Over the rest of the summer I plan to give it another go, although I'm no longer in Yeshiva. I'm gonna have some free time that I will happily devote to shetling in learning, and acquiring a true geshmak in this essential staple of Limud Ha'Torah. I'm super excited. Wish me luck!

Have a wonderful day, and make sure to make Hashem proud!

OivedElokim

=====

Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 24 Jul 2024 12:53

---

[Muttel wrote on 23 Jul 2024 00:40:](#)

Twass a pleasure speaking with you today as well. I just hope next time it'll be for longer!

Hatzlacha with all and KOMT!!  
Thanks again for reading, for hitting "Thank You" and most of all-for upping my karma

Muttel

Thank you kindly. Please feel free to text or call at any time!

=====

=====

Re: OivedElokim-I'll never give up

Posted by oivedelokim - 24 Jul 2024 12:57

---

[amevakesh wrote on 23 Jul 2024 02:23:](#)

[oivedelokim wrote on 22 Jul 2024 21:00:](#)

In general, I cannot convey how much it means to me to get feedback on my posts. It's most probably coming from a place of insecurity, but till I fix all of my problems it really helps when people share that they find me helpful or insightful.

I think we all have the same need and insecurity. Everyone appreciates feedback. I'm one of the many that gets inspired by your insightful posts, especially when you reference the undisputed King of Jewish music's songs.

Fair enough, I guess it's a basic normal human need. However, I think that at least ideally a person should have enough faith and comfort in Hashem that he doesn't need external love and validation. That's the impression I got from Shaar Ha'Bitachon in Chovos Ha'Levavos (tbh I haven't finished it inside, but I did listen to all of Rabbi Shais Taub's shiurim on it, and he kept stressing that idea. Maybe it's his own interpretation...)

I'm more than happy to keep dropping MBD references, it's one of my favorite things to do. Also if you are into other artists let me know and I'll add them to the mix-I am something of a boki in frum music [mostly the stuff put out between 1990 and 2010, depending on which artist. My weakness with MBD is that i'm mamash klor in everything after Maaminim (besides Hashpuos...) but with Avraham Fried I basically know from the beginning....]

Gradeh I was listening to Efshar Le'Taken this morning, it is such a good song...

=====

Re: OivedElokim-I'll never give up

Posted by oivedelokim - 24 Jul 2024 13:01

---

[chosemyschem wrote on 23 Jul 2024 13:33:](#)

[oivedelokim wrote on 22 Jul 2024 21:00:](#)

In general, I cannot convey how much it means to me to get feedback on my posts. It's most probably coming from a place of insecurity, but till I fix all of my problems it really helps when people share that they find me helpful or insightful.

I don't think that's insecurity. Like @amavakesh said in his great response, that's a normal human need - to feel appreciated, to feel like our words aren't going directly from our mouths into the garbage. That's one of the fundamental drives behind social media in general. A "like" is a very small and artificial dose of a very essential need.

Relatedly, it's amazing how powerful a supportive, kind, caring or complimentary word is even on an anonymous online forum (and kal v'chomer ben bno shel kal v'chomer in person).

Understood. That was part of the reason I got off of social media-I realized how much I was relying on little dopamine hits of validation for my own sense of self worth (I once went pretty

viral and I was way too happy about it....)

Also, that's an excellent point. I also find that on here (and other online communities) people are more generous with their praise then in real life. I think I can explain why but that's not for now...

Thanks for weighing in. I really value your insight! I hope we can talk again soon, really enjoyed our initial conversation...

=====

Re: OivedElokim-I'll never give up  
Posted by BenHashemBH - 24 Jul 2024 13:11

---

[oivedelokim wrote on 24 Jul 2024 12:57:](#)

[amevakesh wrote on 23 Jul 2024 02:23:](#)

[oivedelokim wrote on 22 Jul 2024 21:00:](#)

In general, I cannot convey how much it means to me to get feedback on my posts. It's most probably coming from a place of insecurity, but till I fix all of my problems it really helps when people share that they find me helpful or insightful.

I think we all have the same need and insecurity. Everyone appreciates feedback. I'm one of the many that gets inspired by your insightful posts, especially when you reference the undisputed King of Jewish music's songs.

Fair enough, I guess it's a basic normal human need. However, I think that at least **ideally** a person should have enough faith and comfort in Hashem that he doesn't need external love and validation. That's the impression I got from Shaar Ha'Bitachon in Chovos Ha'Levavos (tbh I haven't finished it inside, but I did listen to all of Rabbi Shais Taub's shiurim on it, and he kept stressing that idea. Maybe it's his own interpretation...)

Ideally ? Reality.

There are some things that we strive for that set our course to the correct destination, though we aren't able to nor expected to actually get there.

Ideally we need only Hashem. Realistically we need much more than that. I think many mussar sefarim follow this mehalech. They teach you the right direction. Reach for loving and trusting Hashem for everything that you need, but don't neglect that your humanity requires you to be you. And Hashem is the one who made you that way.

Validation becomes a problem when you absolutely need it / can't function without it. Wanting or appreciating it is a whole different story. Yes, we can work to wean ourselves away from it, but it's not k'neged bitachon. They can work together. Be the balance that keeps you mentally healthy and growing.

Hatzlacha

=====  
=====

Re: OivedElokim-I'll never give up

[oivedelokim wrote on 24 Jul 2024 13:01:](#)

Understood. That was part of the reason I got off of social media-I realized how much I was **relying on** little dopamine hits of validation for my own sense of self worth (I once went pretty viral and I was way too happy about it....)

Exactly. Could be that it has a place to help someone temporarily, but is it an empty substitute for appreciating yourself from within.

Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 25 Jul 2024 23:09

## Day #39

I just wrote up a whole long post. I thought it was a pretty good post. I hit submit and was taken to the forum home. The post is lost...

Ironically, the post was about Simcha, and the loss of the post was making me a bit upset. But I'm fine now.

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

Maybe I'll rewrite it another time.

Re: OivedElokim-I'll never give up  
Posted by BenHashemBH - 25 Jul 2024 23:14

---

Sorry, that's frustrating.

=====

=====

Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 26 Jul 2024 09:30  
I look forward to reading it in the future

---

## Day #40

Good morning. I didn't mean to get up this early but my sleep quality hasn't been great lately, I only got like three-four hours in last night...

Anyways, I'm going to try to rewrite my post from yesterday that got lost. Here goes:

I want to share with all of you the sense of joy and gratitude that I am cultivating within myself. It is not a joy or gratitude based on physical circumstances or personal achievements. Rather, it's source is in an enduring and unchanging spiritual idea. I don't know whether I'm a baal madreiga for being able to draw joy from the following idea, but I do think everyone reading this can gain something from it.

In the 33rd chapter of Tanya, after discussing various forms of sadness and presenting one way to deal with it, the Alter Rebbe provides a second Hisbonenus which is meant to bring a person to Simcha, regardless of his physical or spiritual circumstances. But first, the Alter Rebbe summarizes one of the fundamental tenets of his philosophy-that Hashem is transcendent and immanent, and that nowhere is void of his presence (this idea obviously has sources in classical Torah and Kabbalah, but the Alter Rebbe really developed it into a concrete and coherent philosophy).

After explaining this, he concludes (I will include the parts I find most relevant, though I highly recommend reading the whole perek in the original. Below I will include a link to the perek with an English translation):

??? ?? ????? ????? ??? ?????? ????? ??' ??? ??? ?????? ?????? ?? ??? ?????? ???' ??? ??? ???????  
????? ??? ?????? ?? ?????? ?????? ?????? ?? ??? ??? ??? ??? ??? ??? ?????? ??? ?????? ?? ?? ???  
????? ?? ??????? ?????????? ?????????? ??? ?????? ' ?????? ??? ???' ?????? ??? ??? ??? ??????  
??? ??? ?????? ?????????? ??" ? ??" ? ???" ? ?????? ?????? ?????? ?? ?????? ?????????? ?? ??? ??????  
????? ?????????? ?????? ?????? ?????? ??? ?????? ??? ??? ?????? ?????? ?? ?" ? ?????? ?????? ???  
????? ?? ??????" ? ?????? ?????????? ?????????? ??? ?? ?????? ?????????? ?????? ?' ?????? ?????? ?????? ??  
????? ?????? ?? ?????? ?? ?????? ?????? ?????? ?????? ?????? ?????? ?? ?????????? ??? ??? ??????



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

*To summarize in English: If we truly understand the constant presence of Hashem in our lives, we will be much more joyous then a person who wins the lottery. It is the greatest gift a person can receive, and we have it constantly, for free...*

In recent days I have been working very hard to internalize this idea and integrate it within my life. I have seen more success then I ever imagined. I now feel like I can deal with any challenge that comes my way with the energy and vitality I draw from this idea.

Anyways, I think I expressed it better yesterday. Nu Nu....

Links:

[The chapter with the translation titled "Lessons in Tanya".](#)

[This is a summary of the chapter rendered in more relatable and simple terms, by the great Rabbi Tzvi Freeman.](#)

Have a great day!

OivedElokim

=====

Re: OivedElokim-I'll never give up  
Posted by BenHashemBH - 26 Jul 2024 12:00

---

Beautiful!

Ein Od Milvado + Bishvili Nivra Olam = Love

The simcha comes from the realization that we are inconsequential compared to Hashem, yet he cares about us more than anything else. This is the greatest and purest gift (better than the lottery), so naturally it would bring one the ultimate joy - when they recognize what it is that they have.

Have a wonderful Shabbos

=====

Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 31 Jul 2024 08:03

---

## **Day #45**

Halfway to 90...

BH!

Have a blessed day, hope to have some time to post more tomorrow. Until then-stay positive!

Moshiach now!

OivedElokim

=====

Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 02 Aug 2024 18:51

---

## **Day #47**

Last few days have been pretty crazy, I'm running on three hours of sleep and I have a million more things to do. I figured that writing a medium length post might be a good way to unwind a

For the next month I have a Chinuch position, and it really got me thinking about the need to see the potential in the young people I will be interacting with in the coming weeks. I think I already have the right mindset and have begun to implement it, but I think it would be helpful for me to articulate it here, both for myself and perhaps for others as well.

Honestly I'm too tired to really elaborate, so I will just share the following quote from one of my favorite seforim which I have quoted on here at least once-The Sefer Hayom Yom, a collection of Chassidic aphorisms compiled by the Lubavitcher Rebbe, ztz"l. This is the entry for 17 Iyar:

?"? ?????????? ?????? ??"? — ?????????? — ?????? ?????????? ?????? ?????????? ?????????? ?????? ??????  
??? ?????????? ?????? ?????????? ?????????? ?????? ?????? ?????? ?' ??????????. ??? ?????????? ?????? ???  
????????????? ?????????????? ?????????????? ?????? ?????????????? ??? ??????????????, ?????????????????'?????????  
?????????????, ?????????????? ?????????????? ?????? ?????????????? ?????????????? ?????????????, ??? ?????????? ??????  
??? ??????????, ??? ?????????? ?????? ?????????????? ?????? ?????????????? ??? ?????????????? ?????????????? ??????  
????????????? ?????? ??????????, ?????? ?????? ?????????????? ?????? ?????????????????????????????? ?????????????? ?????? ??????  
?????????. ?????????????? ?????????????? ?????? ??????: ?????? ?????? ?????????????? ?????? ??????????, ??? ?????? ??????????  
????????????? ?????? ?????????, ?????? ?????? ?????????????????????????????? ?????????????? ?????? ?? ?????? ?????? ??????  
?????????????.

On Lag Baomer, around the year 5604 (1844), the *Tzemach Tzedek* relayed the following teaching of the Baal Shem Tov. "It is written, 'For you shall be a cherished land, declares the G?d of Hosts.' Just as the wisest minds will never be able to grasp the vast natural treasures that G-d has hidden in the earth, to grasp that 'everything came from dust, so, too, no one can appreciate the treasures that lie hidden within Jews, who are G?d's cherished land."

The Baal Shem Tov concluded: **"I want to bring Jews to the point that they will yield the kind of harvest that G?d's 'cherished land' can yield."**

Wishing you all a day in which you tap into your limitless, G-d given potential!

OivedElokim

=====

====

Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 05 Aug 2024 11:53

---

Day #50

I cannot believe I made it so far, so easily. After years of endless struggle, I put my foot down and said "enough".

In Tanya chapter 13, the Baal Ha'Tanya explains the phrase of Chazal regarding the Yetzer Hara "Zeh v'zeh shoftan" regarding a Beinoni. I will quote his words and then try to summarize:

???? ????? ????? ??????" ????????? ? ???? ????? [??' ??? ??? ????? ???] ????? ?? ????? ?????  
????? ?????? ?????? ????? ??? ????? ?? ??? ?????? ?" ? ???? ????? ?????? ?????? ????? ????  
???? ????? ???? ???? ??? ????? ???? ?????? ??? ??? ??????" ????? ?? ??" ???? ????? ??????  
????? ????? ?????? ??????" ????? ?????? ??? ?????? ??? ?????? ?????? ??? ?????? ?????? ??????  
????? ????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?" ????? ????? ????? ?????? ?  
????? ????? ?????? ?????? ?? ????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ??????  
????? ????? ?????? ?????? ??? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ??????  
????? ????? ?" ?????? ??? ?????? ?? ?????? ??? ?????? ?????? ??? ?' ?? ??? ?????? ?????? ??  
????? ?????? ?? ?????? ?????? ??????" ?????? ?????? ?? ?????? ?"?

In short-the Yetzer Tov and Yetzer Hara are like two judges who disagree. Hashem is like the third judge who tips the scale in the right direction. If we truly want to overcome our Yetzer Hara, we simply need to turn to Hashem to help us out and he definitely will.

Wishing you a day in which your personal verdict results in happiness, purity and holiness,

OivedElokim

=====  
=====

Re: OivedElokim-I'll never give up  
Posted by oivedelokim - 16 Aug 2024 11:07

---

## Day #61

Good morning friends. I am sorry for my lengthy absence-I've gotten super busy with good things, BH.

I am incredibly grateful to Hashem for helping me stay clean for this long. I did not think I could get this far. It hasn't even really been much of a struggle, tbh. I hope it continues to be this smooth. But if not-I'm ready to do some heavy lifting. I'm never going back to the self-absorbed world of porn and masturbation. I find it revolting and degrading, and I will do whatever it takes to keep to my commitments.

A few weeks ago I started writing a post in honor of getting 101 Karmas-101 is a special number for me and is very connected to my username. I hope to finish writing that post sometime today.

Wishing you all a day full of joy, purpose and purity,

OivedElokim

=====

=====