

Living a holy life

Posted by committed_togrowth - 29 Oct 2021 04:06

Dear Chevra,

After a few months of visiting this website and quietly gaining chizuk by reading the incredible posts from this community I've decided to speak up and introduce myself. Over the past couple of years I've become religious starting from an almost entirely non-religious past. Hashem's Torah has transformed my life and imbued me with a new and deep sense of purpose, and it is my greatest desire to live each day with a sense of purpose, perfecting myself and living in connection with and recognition of Hashem. My path in Torah has led me to face the matter of shemiras habris, and in this I've encountered a great challenge. After many failed attempts at breaking free, late into this past Elul I found the resolve to pull myself out of the pit again. Since then BH I have been clean for a couple of months, but I still struggle greatly with temptation. The last time I fell I learned two things: I am not in control, and, more than anything, I want to live a life of kedusha. These two acknowledgements shocked me out of my sleep, but alarmingly I can feel over time that the clarity I gained from my last fall is diminishing. So, I've decided to jump in here to reinvigorate my journey. I look forward to growing together with each of you!

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Re: Living a holy life

Posted by committed_togrowth - 11 Jan 2022 18:25

Hi all,

A few weeks back I decided to delete Spotify because it's actually quite full of non-kosher content and contributed to my last fall. I feel that was definitely the right choice, but I find myself missing access to my music. Has anyone found a good solution to stream music from a safe, kosher service?

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Re: Living a holy life

Posted by jackthejew - 11 Jan 2022 21:26

[committed_togrowth wrote on 11 Jan 2022 18:25:](#)

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Jewishmusicstream.com, the Shirali app, JewishMusic.fm

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Re: Living a holy life

Posted by strugglingWithMyself - 12 Jan 2022 11:49

Do these music services require internet connection? Or do they have a donwload option?

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Re: Living a holy life

Posted by jackthejew - 12 Jan 2022 14:55

[strugglingWithMyself wrote on 12 Jan 2022 11:49:](#)

Do these music services require internet connection? Or do they have a donwload option?

Most are apps or websites. The Jstream app is available for 4g flip phones on apps4flip.com

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Re: Living a holy life

Posted by committed_togrowth - 19 Jan 2022 21:43

Hi all,

Another quick question. Does anyone know of a way to apply filters to the slack and gmail iphone apps? My work supervisor communicates frequently with me on those apps and they're pretty key for day to day, but I'm concerned because they are capable of opening web links within the app. BH I don't have an urge to leverage this as a loophole, but I'm trying to prepare for a rainy day. Maybe I will just have to delete them and find another way to handle communication.

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Re: Living a holy life

Posted by TheYoungerTwin - 19 Jan 2022 22:07

[committed_togrowth wrote on 19 Jan 2022 21:43:](#)

Hi all,

Another quick question. Does anyone know of a way to apply filters to the slack and gmail iphone apps? My work supervisor communicates frequently with me on those apps and they're pretty key for day to day, but I'm concerned because they are capable of opening web links within the app. BH I don't have an urge to leverage this as a loophole, but I'm trying to prepare for a rainy day. Maybe I will just have to delete them and find another way to handle communication.

if you're using an iphone, you can create a whitelist in the screen time settings that applies to any app

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Re: Living a holy life

Posted by committed_togrowth - 21 Jan 2022 02:02

That is perfect thank you!

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Re: Living a holy life

Posted by committed_togrowth - 21 Jan 2022 02:18

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Re: Living a holy life

Posted by Zedj - 21 Jan 2022 07:04

Keep up the good work!

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Day 30

Re: Living a holy life

Posted by committed_togrowth - 09 Feb 2022 02:40

I want to share something small with the chevra here that's been giving me chizzuk as of late. It's a quick story, someone can help me fill in the gaps if they know them. There was a chassidic rebbe once who was very careful about going to the mikvah. Even during the winter he would pick away at the thick ice covering the lake near his town in order to toivel. When he went to pick away at the ice, his yetzer hara would set his snare saying "how could you possibly go to the mikvah in this cold? just go home, this is crazy, it's not worth it." Once he broke through the ice, toiveled, and walked home another voice would come saying "you're such an incredible tzaddik, no one can do the incredible things you do, who else is on your level that they'd chip through ice just to go to the mikvah." Of course both voices are the yetzer hara just changing his tune before and after an act. The rebbe would respond to both voices saying "be quiet you old fool." I was inspired by this story to try out calling the yetzer hara an old fool out loud when he comes for me. He keeps on trying to entice us with the same tricks, and we can just say to him "back off you old fool, I'm not a customer." I find that saying this out loud actually helps.

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Re: Living a holy life

Posted by omekhadavar - 09 Feb 2022 04:18

[committed_togrowth wrote on 09 Feb 2022 02:40:](#)

I want to share something small with the chevra here that's been giving me chizzuk as of late. It's a quick story, someone can help me fill in the gaps if they know them. There was a chassidic rebbe once who was very careful about going to the mikvah. Even during the winter he would pick away at the thick ice covering the lake near his town in order to toivel. When he went to pick away at the ice, his yetzer hara would set his snare saying "how could you possibly go to the mikvah in this cold? just go home, this is crazy, it's not worth it." Once he broke through the ice, toiveled, and walked home another voice would come saying "you're such an incredible tzaddik, no one can do the incredible things you do, who else is on your level that they'd chip through ice just to go to the mikvah." Of course both voices are the yetzer hara just changing his tune before and after an act. The rebbe would respond to both voices saying "be quiet you old fool." I was inspired by this story to try out calling the yetzer hara an old fool out loud when he comes for me. He keeps on trying to entice us with the same tricks, and we can just say to him "back off you old fool, I'm not a customer." I find that saying this out loud actually helps.

Anyway, just wanted to share in case it will benefit anyone else

wiki.guardyoureyes.com/Find_the_Fox

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Re: Living a holy life

Posted by committed_togrowth - 13 Feb 2022 05:58

I want to share a thought that's been bouncing around for a bit here (disclaimer it's my own thought I don't have a Torah source for it). While everyone has challenges in life, some people seem to merit particularly special stations in life and never have to leave the sanctuary of kodesh v'tahor (maybe examples would be talmidei chachamim or those born in previous higher generations). Our station on the other hand (please forgive my phrasing if it is offensive), can feel like we were assigned the job of garbage man. Sometimes I feel a complaint about being assigned the role of trash collector while others get to serve in the king's palace so to speak. But recently, the thought occurred to me regarding what a garbage man actually does. He takes the trash out of the city! Yes there might be a bad smell around his place of work, but he himself is a very clean guy! After all, he's the guy who removes the waste. A city can't run without him. That's some pretty clean work even though he gets his hands dirty. I don't know why Hashem has placed us in this position, but I think we should feel pretty special and dignified about the role we have to play. Just some recent thoughts, I hope it gives chizuk to some. Shavua tov all.

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Re: Living a holy life

Posted by Hashem Help Me - 13 Feb 2022 12:55

Beautiful thought - walk with your head held high!

By the way, unfortunately, many guys on this site, are in the sanctuary in their real life jobs, but unfortunately need help from the sanitation crew.....

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Re: Living a holy life

Posted by committed_togrowth - 13 Feb 2022 18:10

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Point taken, I suppose anyone dealing with this really is on the sanitation team though