

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

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Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank Hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

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Re: Work in progress

Posted by Eerie - 10 Feb 2023 07:41

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My dear friend, I've read through your thread, I've written about it too, about how inspired I was as I followed your journey, as I followed you grow and fill your heart and your life with the things that bring you ever higher. Everything you've written carries the message of the searching for closeness to Hashem at all times. And every time you put another piece for us to read, all that is reawakened. You are an unbelievable inspiration to me, and I'm sure for many, many other people here. Reading your piece filled me with such longing to come close to Hashem, to give of myself for Him. My friend, please find more time to write and share moving and stirring words

I shared it with you on the phone, but I want to share it and thank you publicly. A few years back Project Inspire showed a Tisha B'Av film, in which they interviewed a few people. They interviewed Person A and B, where A was the person who was mekareiv person B. Then they interviewed Person C who person B was mekareiv to Yiddishkeit. And then they showed Person A a video of a beautiful frum Yiddishe family, the family of Person C. They asked him "Do you know this person?", and he looked at the video and said "I never saw this guy in my life". Then the interviewer told him "Person B was to this guy what you were for person B". To see the chills this guy got, when he realized that his reaching out to person B didn't end there, there are so many things he'll never know about that are the fruits of his being mekareiv person B.

My friend, you reached out to me, you've reached out to others, and you reach out to so many people through your beautiful writings. So many people are inspired by it, and down here in this world you will never ever know the extent of what you've done. There will be so many people that were inspired by your beautiful pieces, they in turn will become closer to Hashem, and people seeing them will be inspired. There are so many people that never post, but they come by and see what you've written, and their lives are changed. All of the inspiration is your zechus! May hashem help that your dating go well, and that you know only nachas and simcha all your life, in good health!

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Re: Work in progress

Posted by jackthejew - 10 Feb 2023 11:32

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[Vehkam wrote on 10 Feb 2023 05:25:](#)

Last year about this time I was on my way to recovery. I was committed and hopeful but still very much unsure of myself. At some point I was cleaning up at home and I came across a bag of stuff from my previous forbidden life that I had stashed in the back of some shelf. (This was not anything explicit but at the same time it was very much connected to my forbidden activities).

My first thought was that I better get rid of this asap. Then I had an inspiration. I wanted to feel what it would be like to bring a korbon Pesach. I decided to save the stuff until erev Pesach. I continued to work at spiritually cleaning myself.

On erev Pesach I davened early. Then I took my bag of stuff and drove to the dumpsters that were set up near my neighborhood for extra garbage on erev pesach. I sat in my car and said tehillim with tears streaming down my cheeks. I davened that hashem accept my korbon as if I had brought a real live korbon pesach. Then I threw the bag into the dumpster and left. It is difficult to describe the connection that I felt at this moment

While I am far from perfect, I wont have such a korbon to bring this year. I daven from the bottom of my heart that we will all be able to bring the korbon pesach in yerushalayim this year. But if somehow it is still not the time for that, I will be somewhere someplace in my car saying tehillim with tears streaming down my cheeks. Asking hashem to remember last years korbon, to help me stay on this path and to please allow my words to continue to inspire others to do the

same.

I've been waiting to bring a similar Korban. I've got the same bag. Nothing explicit but same Inyan. Be"H when I'm home for Peasch...

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Re: Work in progress

Posted by Hashem Help Me - 10 Feb 2023 11:52

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As usual, R' Vehkam is awe inspiring. As Eerie wrote you will never know (at least in this world), the ripple effect you have had and continue to have. Yet, here you have it - with Jack telling us that he has his korban ready and waiting.... May Hashem shower you with hatzlocha in all areas (and especially in finding that special wife - who will iyh be a most fortunate individual, having a tzaddik for a husband)

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Re: Work in progress

Posted by taherlibeinu - 10 Feb 2023 13:21

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There are not really words to describe this, This is really incredible. The power of such a Korban. One can only dream to imagine the affect of this Korban in shamayim.

Thank you so much for sharing this inspiring and awesome moment with us. May we all be Zoche to bring such Korbanos in our own time..

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Re: Work in progress

Posted by iLoveHashem247 - 10 Feb 2023 14:05

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[Vehkam wrote on 10 Feb 2023 05:25:](#)

This is a two part post. Part one is important for me to document but part two is more emotional....

## Part 1

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At times I wonder if I have plateaued. Am I continuing to grow? Sometimes it is difficult to know especially when things are relatively stable. At those times it is gratifying to be able to come back here to my thread and see where I was holding twelve months ago. Or even six months ago. It becomes much easier to see that yes I am continuing to grow.

I ordered the battle of the generation from Amazon one year ago. Since then I have read it cover to cover more than six times!

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I am learning considerably more in the last few months and I am teaching as well.

My rov even asked me to speak in Shul when he was away.

While I am proud of my recovery I no longer see myself exclusively through the lens of recovery. Without question recovery was the catalyst but the desire to live a life that will bring nachas to hashem is no longer rooted in recovery. I just want to be close to hashem.

this is the most exciting time of the year. Purim is coming and I can celebrate that closeness without inhibitions. Nissan is already on the horizon and I am waiting with heightened anticipation for that month in which we celebrate Hashem taking us out from a world of darkness and connecting us to a world of light. Pesach will always be the yomtov on which I celebrate my personal redemption.

## Part 2

Last year about this time I was on my way to recovery. I was committed and hopeful but still

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I don't know why I was never able to write about this. I thought about it but somehow never found the right tone to describe this very personal moment. I thank hashem for inspiring me with the words to do so at this time.

Best wishes

Vehkam

That is very special thank you for sharing!

If I may add - I had a similar experience with drugs- I once found a stuffed bag filled with the highest quality goods I had ever seen/smelled as I was fighting to break through from the addiction.

i said no way out loud and dumped the bag in a nearby lake.

Have not done any drugs since then.

whenever I'm struggling, I think back to that moment - the whole experience, Sun on my skin, rustling reeds, cool lake water, my old purple towel draped draped over a rock, my paint splattered black crocs, the colorful bag, the smell of the drugs- the bright orange, deep purple, greenish yellow threads, the icy frosting, the large fleshy clumps...

and the feeling of throwing away an addiction into the lake

the korban that set me free

that sacrifice, just like yours, is eternal and nobody can take it away from you

time will not dilute it

just keep the memory fresh in your mind and it will give you strength

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Re: Work in progress

Posted by Vehkam - 10 Feb 2023 14:38

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[jackthejew wrote on 10 Feb 2023 11:32:](#)

[Vehkam wrote on 10 Feb 2023 05:25:](#)

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Oh wow!! That is absolutely amazing. Thank you so much for sharing.

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Re: Work in progress

Posted by Vehkam - 10 Feb 2023 14:43

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[Hashem Help Me wrote on 10 Feb 2023 11:52:](#)

As usual, R' Vehkam is awe inspiring. As Eerie wrote you will never know (at least in this world), the ripple effect you have had and continue to have. Yet, here you have it - with Jack telling us that he has his korban ready and waiting.... May Hashem shower you with hatzlocha in all areas (and especially in finding that special wife - who will iyh be a most fortunate individual, having a tzaddik for a husband)

Thank you so much for the continued encouragement and your special brachos.

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Re: Work in progress

Posted by Vehkam - 01 Mar 2023 20:22

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As a postscript to my previous post. After pesach last year i wanted to do something to make the inspiration permanent. Over pesach the out of town shul where i davened used a regular cup for kiddush and havdala because they never bought a proper Kos for pesach. I purchased a nice silver kos and had it inscribed with the words Zecher L'yitzias Mitzrayim and my name (not vehkam!!). I am looking forward to them using it this year on pesach iyh.

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Re: Work in progress

Posted by monseyid41 - 16 Mar 2023 02:49

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Oh wow. I just came across this post and I was blown away! Vehkam, this story is not just a moshol, this was an actual korbon in every sense of the word. I can't imagine the nachas ruach that Hkb"h must have had from this. Thank you for sharing this truly inspiring story. I just have one he'orah. You wrote "My first thought was that I better get rid of this asap. Then I had an inspiration. I wanted to feel what it would be like to bring a korbon Pesach. I decided to save the stuff until erev Pesach." It sounds like you were in a good position as far as your recovery to be able to make that decision. I'm just wondering, though, if for some people, that might actually be the atzas hayetzer. I know for myself personally, if I'm in a good spot where I want to throw out something that could tempt me, and I push it off, even for a very good reason, it could easily backfire, and the next day I might be in a different frame of mind and all of a sudden, this thing is tempting me. Please please please don't take this as a criticism of what you did, it's not, rather I just want to point out that each individual should maybe be aware that for himself it might be smarter not to wait. I'm curious to hear what the oilam thinks, and if I'm way off base, don't hesitate to tell me so (nicely).

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Re: Work in progress

Posted by Vehkam - 16 Mar 2023 03:24

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I can assure you that there was no possibility of temptation. Otherwise I would not have held on to whatever it was.

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Re: Work in progress

Posted by Vehkam - 19 Mar 2023 19:53

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For anyone following my thread, last night I completed the Battle of the Generation. I will begin with chapter 1 again iyh tonight for the 8th time. This nightly reading has been noticeably effective for me. Please consider joining me in this one chapter per night commitment.

best wishes for continued success

vehkam

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Re: Work in progress

Posted by OivedElokim - 19 Mar 2023 21:05

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[Vehkam wrote on 19 Mar 2023 19:53:](#)

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I'm in!

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Re: Work in progress

Posted by Vehkam - 23 Mar 2023 21:34

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I wrote this one year ago!

as i said tachnun this morning i realized that this was the last tachnun for 30 days! as we enter nissan we have a unique focus and tachanun is out of the picture for this month. I was reminded of a vort that i heard, that on pesach the aseï tov comes first - before the sur mei'ra. that is signified by Kadesh first and then u'rchatz. In nissan we are so focused on our connection to hashem and the positive aspects of that, so the normal focus on vidui involved in saying tachanun is just not on the radar. i hope this makes sense to anyone reading this. my point is that Nissan presents an unbelievable opportunity to reconnect to hashem. Don't get bogged down by what you did or what you are doing that you may not be proud of. In nissan hashem reminds us that we will always be B'ni B'chori Yisroel. Just take one (even small) step forward - connect to hashem - and he will take us out of our personal mitzrayim.

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Re: Work in progress

Posted by Vehkam - 05 Apr 2023 15:34

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[Vehkam wrote on 10 Feb 2023 05:25:](#)

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Vehkam

i davened for all of us. very special day.

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