

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

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 vehkam - 06 Mar 2025 05:56

Please join me on an approximate 40 day journey. This is not a journey of streaks or perfection. It is a journey of connection, vulnerability and preparation.

For most people erev pesach is a very busy day. One of the "jobs" to do is the burning of the chometz. Some may recite a tefila or two, but for most, they simply wait until the chometz is burned say a quick kol chamira and get on with their day.

This will iyh be my fourth clean erev pesach. The first year was extremely emotional. You can read about it on my thread. I had tears streaming down my face as I davened to hashem to accept my efforts as a korbon l'hashem.

Every year since, I try to daven at the chometz burning for myself and for all those that are

working so hard to break free. The burning of the chometz is symbolic of the burning desires and passions that we are giving up and offering to hashem. Erev pesach for me has become the rosh hashana of breaking free.

Like everything else in yiddishkeit, the advance preparation has tremendous influence on the impact and meaning associated with the tefilos. I look forward eagerly to this special opportunity and I want to prepare in advance.

So I invite you, my dear friends, to join me on this journey. To spend the next 40 days focused on moving forward and growing in our kedusha. This is very much a journey of aseï tov (as opposed to sur mi'ra). Once a day, say a tefila, read a book, listen to something inspirational. Anything that talks to you. If you have falls in between, don't focus on them. Focus on the positive. (Get a clicker!) That will be your connection.

And erev pesach at the burning of the chometz please join me. Take a tehilim along and beg hashem to help us rid ourselves of these sins of passion. If you can't shed a tear for yourself, cry for the countless anonymous friends you have come to know here on these forums. For the pain and suffering, for the shame and the guilt. For kedusha itself that seems to be distantly exiled in this decadent world.

Let Hashem listen to our tefilos and accept our efforts as a true korbon. Let us realize the greatness of all our efforts to keep getting up no matter how many times we fall. And iyh this pesach we will all feel the zman chairusainu in a way that we have never felt before.

Wishing you tremendous success

Vehkam

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Re: Work in progress

Posted by chosemysheM - 06 Mar 2025 14:54

[vehkam wrote on 06 Mar 2025 05:56:](#)

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Love this idea. And also the hergesh in burning the chometz.

Any more specific suggestions as to what to work on for the forty days? A specific sefer you recommend?

Anyone interested in joining together as a group with daily accountability to work on something together? #accountabilityalwayswins

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Re: Work in progress
Posted by vehkam - 06 Mar 2025 15:04

I believe that each person can find something that talks to them. For some people it is a Sefer but for many people it is not. In general I recommend reading the battle of the generation every day so that the ideas are totally ingrained and I have been doing that for a few years now.

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Re: Work in progress
Posted by BenHashemBH - 06 Mar 2025 15:49

[chosemyschem wrote on 06 Mar 2025 14:54:](#)

Any more specific suggestions as to what to work on for the forty days? A specific sefer you recommend?

Are you thinking about picking a certain aspect and focusing on it for 40 days, or more like a daily thought? Hows about signing up for the daily Vayimaen video AND having a group where we have to post daily a specific takeaway we personally have from the message?

Anyone interested in joining together as a group with daily accountability to work on something together? #accountabilityalwayswins

Yes!

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Re: Work in progress
Posted by vehkam - 06 Mar 2025 16:07

You are welcome to start any group but I really feel that this is a personal journey and the only recommendation I have is for each person to commit to something positive that talks to them.

This particular journey that I invited the chevra to join is not about accountability. It is about connecting to something positive with the goal of being able to stand vulnerably before hashem and tap into the inspiration of a specific zman.

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Re: Work in progress
Posted by alex94 - 07 Mar 2025 01:10

Thank you vekham for the inspiration.

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Re: Nissan!

Posted by vehkam - 28 Mar 2025 22:20

[Vehkam wrote on 10 Apr 2024 03:05:](#)

[Vehkam wrote on 01 Apr 2022 17:32:](#)

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 aseil 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.

Have a great shabbos!

Reposting this....

Another repost. Bh.

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Re: Nissan!

Posted by Muttel - 31 Mar 2025 13:23

Wow!!

Thank you for reposting; I wasn't part of the family at this time last year so I hadn't seen it. What a beautiful idea.....

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