

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 committed_togrowth - 29 Apr 2022 05:54

Incredibly touched by this, thank you for sharing

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Re: Work in progress

Posted by Vehkam - 01 May 2022 21:53

So the last couple of days have been interesting. The Daf Yomi in yevamos is dealing with some delicate technical information regarding intimate relations. This made me slightly uncomfortable. I decided to power through it because bh I am doing well. Had i been a bit more uncomfortable I probably would have set these dafim aside to be made up at a later date. I found it interesting that learning the Daf which is usually my goto safe place could actually have some triggers in it.

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Re: Work in progress

Posted by taherlibeinu - 04 May 2022 09:13

I found the same thing!! i ended up rushing through it (thanks to Rabbi Artscroll) and it didn't actually trigger anything however i have to say that daf was easier to follow then the case of 6/8 brothers! Yevamos is not for the faint hearted!!

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Re: Work in progress

Posted by Vehkam - 11 May 2022 21:17

On occasion people ask me what works for me. The truth is that my inner life has slowly transformed over the past few months. Some of these may inspire others. Some may seem cheesy or far fetched. Some are things I heard from others while some of it came from my own inspiration. Everyone needs to find the things that work for them. These are the changes in my life that worked for me.

There are times that I "space out" and miss some of these points but I move forward and am grateful to hashem for whatever focus I can achieve.

(Note that this is not complete but I am trying to put the highlights of my Seder hayom into written form. Accordingly almost all of this post relates to davening as that is how I start my day... I left out the obvious ????? ????? that is inherent in many tefilos and wrote down things where I put extra emphasis)

Saying ????? ??? each morning when I get up with an emphasis on ??? ?????? Hashem has faith in me despite my failings and that is why he returned my ????? to me for another day.

Watching the gye boost first thing in the morning if it is available.

focus on the ??? ????? at the end of brachos. All of this is so relevant to me.

Focus on my personal ?????? ?????? when I say ????? ? ??? ?????? ????? ?????? ????? ??? ????????. And the fact that hashem says to daven and he will fulfill my needs.

Thinking about wanting a connection with hashem when I say [?????? ????? ???](#)

Saying ?????? ????? ?? ?? ?????? ?????? ?? ?????? before ????? ????? and thinking about it.

Having in mind the 13 times we say the word ????? in ????? ????? that are ????? the 13 midos of ??????

In ????? having in mind by ????? ? ??? ??????? and the fact that there is no mention of a pasuk beginning with ? because we should not focus heavily on ??????

By ????? ?? ?????? ??????? ????? ?? ????? davening that hashem should sustain me with ????? - desire to grow and do the right thing. (I put a comma before the word ?????)

By ??? ??? ??????? ????? having in mind that deep down the ??? is and has always been that I wanted to do the right thing.

Having in mind to daven by ?????? ??????? ?? ?????? ??????? that hashem should heal the people around me that are suffering from sadness and depression and that he should not let me be dragged down by their sadness.

By ????? ????? having in mind how much hashem loves me.

Focusing on ??? ????? ??? ????? ??? ?????? ?????? ???. That I not be embarrassed or feel the dejection of failure for eternity.

Making sure to focus on ?????? at the end of the bracha as I prepare to begin shma- that hashem loves me more than a father loves a child.

Reflecting that love back towards hashem as I say ??????

Having in mind the chofetz Chaim in toras habayis regarding the eternal value of Torah learning when I say ?????? ?????? etc.

Having in mind the ??? ???? on the gemara in Tanis Daf 11 regarding the things that testify about a person when saying ?????? ?????? etc. in the second parsha

Having in mind each time just before I kiss my tzitzis that hashem loves me.

Passing the tzitzis over my eyes the last time I kiss them before letting them go.

Having in mind ??? ???? ?????? ?????. That ???? is when I am on the right path. ????? is when I am struggling and in need of????? and ??? to protect me from myself when I heading in the wrong direction.

Having in mind my ??? ???? that ?????? ??? ??? ?????? refers to me (us) praising hashem.

Davening for specific cholim by ??????

Having in mind the those that are struggling or completely separated from hashem when I say ?????? ?????? ?????? ?????? ??????

Taking a deep breath before saying and focusing on ???? ???? ???? ??????. (Having in mind that hashem should remove any anxiety from me)

In ?? ???????? having in mind by ???? ?????? ???? ??? ?????. That my past (and future) transgressions not prevent me from joining and enjoying the ?????? ?? ??????. Imagining ??? my whole chabura enjoying the learning while I am escorted outside

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Re: Work in progress

Posted by Vehkam - 11 May 2022 21:21

continued from previous post...

In ?? ??? really longing for ?????. Knowing that is what a really want and there would be nothing holding me back.

When saying ??? ?????? having in mind the voices of all the sincere tefilos for things I have davened for in the past that seemingly did not get answers with a yes. I ask hashem to added those voices to my current tefila for the things I daven for now.

When saying ??????? ?????? ???? ?? ?????? even if right now the answer is “no” I should not come away empty handed. The experience of connecting to hashem in my tefila should in of itself give me a sense of accomplishment and satisfaction.

If I could only daven one word it would be the word ???. All of my essence is wrapped up in that one word. Please hashem desire a connection with me. (And all of klal Yisroel). ???? ?????? ?????? ?????????? I think of the fire of desire that engulfed me for so many years. That is my korbon to hashem. Please accept it with ????.

(I have a picture in my mind of a father so overcome with emotion ms of love and pride after his son lained by his bar mitzva. The father could not contain himself and kissed his son in Shul on the forehead. I was watching from a distance. The son tried to say something to his father but the father was so full of love and pride that he just kissed him again. When I saw this scene I thought to myself- that the love was so strong you could feel it- and that hashem loves us even more than that! I try to envision this scene when I say ?????? ???? ????)

TBC.....

(some of the experiences I write about may make it easier to identify me. This is ok. I trust that if anyone discovers my identity they will keep it to themselves. Please know that if you do realize that you know me, I am completely comfortable and welcome you acknowledging me and my struggle in person.)

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Re: Work in progress

Posted by BT Again - 11 May 2022 22:16

Beautiful! Thank you so much for sharing all this. It's really inspiring.

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Re: Work in progress

Posted by Sapy - 12 May 2022 03:04

Thanks Buddy! I love it!

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Re: Work in progress

Posted by committed_togrowth - 12 May 2022 03:47

Wow! This is very helpful, but I also must say I'm struck by how well-thought out your davening is. I hope to strive for that soon.

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Re: Work in progress

Posted by sleepy - 12 May 2022 04:01

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Re: Work in progress

Posted by Vehkam - 12 May 2022 04:31

[committed_togrowth wrote on 12 May 2022 03:47:](#)

Wow! This is very helpful, but I also must say I'm struck by how well-thought out your davening is. I hope to strive for that soon.

until I started this journey about six months ago I could not connect to davening. I sometimes went through the motions but there was a block and most of it was just davening to be yotzei. There were many skipped or missed tefilos. There were many mincha or maarivs quickly said while driving in my car. Often while driving to or from places where I did not belong.

The process of ridding myself from the shmutz of the last three and a half decades has been extremely raw and emotional for me. I had really given up on ever being able to reconnect with the idealism and passion of my youth. The excitement and relief I had in being freed of this burden I was carrying for 35 years allowed me to open up to hashem in a way that I never dreamt possible. As I started to reconnect many of the emotions that I was feeling found their way into my davening. This was not a planned analysis of tefila. These were emotions, inspirations and thoughts that came to me one at a time along this process. I am very grateful that I am able to share some of these personal thoughts in an anonymous forum in a way that can be helpful to others.

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Re: Work in progress

Posted by iwillmanage - 12 May 2022 19:00

Thank you Vehkam! You're exceedingly inspiring!!

I found particularly remarkable how you apply the words everyone says to your personal life and situation, connecting to Hashem from right where you stand.

Not to mention the incredible turnaround after so many years in a way that's hard to fathom

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Re: Work in progress

Posted by Vehkam - 12 May 2022 19:24

Thank you very much for your kind words. I am always uplifted by the support I receive here.

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Re: Work in progress

Posted by Vehkam - 13 May 2022 22:37

Seder hayom continued... (here you will see some of the things not related to davening). Thanks Sleepy for the motivation to put these into written form.

When I get to Modim - switch gears. Try to focus on how thankful I am to hashem. I am no longer requesting, just thanking. When I say ?? ????? ????? ??? try to have in mind all of the signs and hugs that hashem has sent me along this journey.

By ??? ????? focus on shalom with myself, shalom with others and shalom for klal yisroel and eretz yisroel.

When I say ??? ?????? ?????????? ??? ????? have in mind to protect me from the yetzer hara and from the bad influences out there that might try to draw me back in to the world of no kedusha. Focus on ??? ?????? ?????????? .

after taking three steps back when I say ?????? ??? have in mind that we are asking the two malachim that accompany us to say Amen to our requests. This helps remind me that these malachim always accompany me and will testify on my actions (see taanis 11a)

look forward to saying Tachanun especially on Monday and thursday and try to say it slowly. Let the emotions out by ?????? ?????

Thursdays are special because I get to say ?????? ?????? ?????????? again a second time by the yom!

Say the ?? ??????? every day followed by the 13 ??? ??????. Internalize the message and know them by heart.

Say tehillim 121 and 130

Say bracha rishona out loud. Birchah hamazon from a siddur.

Learn the daf every day. Try to review the daf if possible.

Always wear headphones on the train and when walking in the city. Either listen to a shiur (preferred) or listen to music.

Do not allow myself to stay in a "bad" mood. If needed, call a friend, take a walk, do a chesed or - if necessary - buy an ice cream or a good meal etc... recognize the mood (and its source if possible) and do what it takes to get out of it without resorting to any unproductive behaviors.

Try to post once a day on GYE. Post on my own thread and respond to others.

Daven mincha in the middle of the day if possible instead of waiting for the evening. Daven because I want to connect to hashem, not because "I have to".

Do not go on to social media ever for any reason. The only exception is the twitter account that I occasionally use solely for certain customer service correspondence.

Don't go to any national news sites. Don't listen to the radio. In the car, always put on a shiur, music or make phone calls.

Don't judge anyone. Ever.

Push myself to daven maariv with a minyan even if I am tired.

Learn a page of Rabbi Feigenbaums teen siddur each night before going to sleep.

Read a chapter of the Battle of the Generation each night before going to sleep. (if it's a long chapter and it late I will break it up into two nights) read every single night including seder night etc... when going to sleep at 2-3 AM.

Put on either a shiur or music after I read so that I fall asleep without leaving my mind open to wander. Do the same if I wake up in the middle of the night and can't fall back to sleep right away.

try to wake up the same time every day so that it is not a struggle to get out of bed.

Say "Hashem has faith in me despite my failings and that is why he returned my tefilla to me for another day..." each morning when I get up with an emphasis on "Hashem has faith in me".

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Re: Work in progress

Posted by Lou - 15 May 2022 15:57

Thank you very much for sharing!

Quick question... Do you feel this Seder Hayom changed you and paved the way for quitting your previous life or is this the seder hayom to keep your guard up after you made the grueling decision and hard work involved in changing your life?

Thanks

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