

bardichev's battle

Posted by bardichev - 19 Apr 2009 19:51

Hello to everyone here. I am truly humbled to be here. It is the most wonderful thing.

I can not believe that today is my 31st day without any assur internet whatsoever. Without any bittul zeman internet. I can't believe it myself I am so happy.

Just four weeks ago I couldn't sit in front of my computer without peeking just for a few minuets at all the filth that the Y"H brought my way.

Just four weeks ago I was the lowest person in the world living the biggest lie. Just four weeks ago I was crying under my desk and I really wanted to change. Indeed in the past I made strong kabbalos I gave myself all kinds of mussar I applied all kinds of advice but I never was able to ever go 2 weeks clean.

I B"H found a lifeline GUE I realized 3 things a. there is a way to recover

B. that I am an addict an addiction will need recovery not that I'm just crazy or SHVACH . C. there is other people in the same boat that are honestly working on changing their lives.

At that point I didn't feel that I deserved to be on the forum let alone on the WOH. So I kept my own journal for two full weeks .It was so hard to change but all the chizuk from reading all the posts on GUE pushed me along.

I still can't believe that I am clean for a month .I am not trying to delude myself to say I arrived I REALLY need all the encouragement to reach my short term goal of 90 days. I am really taking it one day at a time. I am davening for siyatta dishmaya.

I realize that the battle of the Y"H is a full time job. My shemiras ainiyim is on a very good level B"H. I am scared that I will fall so I am really setting small goals.

I came to this realization that I couldn't stop my self until I admitted that I was an addict not that this was just a bad habit this is my addiction. Once I knew I was an addict I was able to accept advice from all the people on the forum because until one doesn't ADMIT he cant be helped because its not for him.

I started to realize that the power of TEFILLA is so great.

I had a wonderful insight in the tefilla we say "VCHOF ES YITZREINU LHSHTABED LACH" we daven that Hashem should force Y"H to be subjugated to HIM. All my life I davened that "my" Y"H should be controlled by "me" .NO NO NO I have learned from the first of the twelve steps we are begging Hashem to force the Y"H to be under HIS control. (I am saying this as a chizuk not trying to delve into deep questions that deal with Emunah).

May all our friends here be the source of inspiration that we all become truly the HEILIGE NESHAMOS WE WERE GIVEN AT BIRTH.

Please give me the chizuk (and mussar too) to reach my goal.

May Hashem bentch each and every one of us.

Humbled and happy

bardichev

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Re: bardichev's battle

Posted by Holy Yid - 04 Apr 2010 20:38

OIY YAIIO SHEVEI SHEL PESACH- does not have the same ring. any other suggestions?

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Re: bardichev's battle

Posted by Holy Yid - 04 Apr 2010 20:41

Dov, we where jumping off the Empire State Building till we found GYE and Reb B.

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Re: bardichev's battle

Posted by bardichev - 04 Apr 2010 21:10

Krias yam suf

The end of paRroiy

Gevaldigggggggg

Kol dodi doifeyk pischu leeeee

Kol oiydeeee doifeyk pichu leeeee

Kol

Dodi

Dofek

Pischuuuuu leeee

Bards

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Re: bardichev's battle

Posted by the.guard - 06 Apr 2010 21:13

Why did Hashem tell Moshe to tell Pharaoh that the Jewish people just wanted to just leave "derech shloshes yamim" to serve Hashem - and made it sound like we would come back? Pharaoh sent spies and when they saw that we kept going after 3 days, they came back to Pharaoh and told him "ki barach ha'am" - they were running away. Why did Hashem have to play tricks with Pharaoh? Why couldn't he tell him to let the yidden go - straight out? After all, Pharaoh had no choice in the end, either way!

Answer: Hashem wanted to leave Pharaoh with the illusion that **he** was the one who let the Yidden out in the end... even though he didn't have a choice, but still it says "vayehi bishalach **Paroah** es ha'am"... Pharaoh thought **he** was the one letting them go. So it still wasn't bishleimus. It had to be clear that it was Hashem 100%. That is why Hashem played this game with him, so he should think he still had some "control" - and then he would "change his mind" and chase the Yidden - and only **then** Hashem was able to show that it was Him **100%**.

The lesson we learn from this is that the addiction won't let us go, no matter what, until our ego gets hit so many times over the head (10 makkos) that the ego/Yetzer Hara **himself** agrees to let the person leave the addiction. However, this is still not bishleimus as long as we think that "we" (the yetzer or "ego") is the one who let us out of the addiction. So it may work for a while, but then "Pharaoh" / the addiction will come chasing back after us again. In other words, as long as we left the addiction because "we" decided to, but without a complete awareness that it is **Hashem** who got us out, ultimately it will not hold. It will chase us down again, because we still think "we" are in control somewhat. Like Paroah believed he was the one to "agree" to let us out.

Only when we either (1) stand before a rock and a hard-place and see that we are truly powerless or (2) recognize this on our own, will Hashem split the Yam Suf and take us out truly and fully - "Hashem ish milchama, Hashem shemo".

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Re: bardichev's battle

Posted by Holy Yid - 07 Apr 2010 03:22

I sang the litvishe kol doidie. I felt my soul wanting out of the binds of this addiction. kol doidie doifaik pischu LEE!

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Re: bardichev's battle

Posted by Dov - 07 Apr 2010 05:18

You come to Casa del Bard to say you sang a *litvishe niggun*? Are you *chracked*? Have you had too much Woodford?

Obviously not.... ;D

Love you, brother.....

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Re: bardichev's battle

Posted by Dov - 07 Apr 2010 05:22

[guardureyes wrote on 06 Apr 2010 21:13:](#)

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Yowee. What else can be said? Thanks, Guard.

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Re: bardichev's battle

Posted by bardichev - 07 Apr 2010 06:09

Dov=Rebberebber

THAT IS THE NIGGUN!!

Ahhhhhhhhh

Gevaldigggggggg

Yes it is sung with much dveykus in many a chassidishe bais medrash

Dvaykus BaHashem

It is all one

The roads to get there may be varied but the goal is the same

Going back to guards pshat

I want to add a grain of my own

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Re: bardichev's battle

Posted by the.guard - 07 Apr 2010 14:06

[dov wrote on 07 Apr 2010 05:22:](#)

Yowee. What else can be said? Thanks, Guard.

After the spiritual "high" of Pesach / Kriyas Yam-Suf, getting back to regular life can be rough for an addict. Immediately after kriyas Yam Suf, it says that the Yidden went for three days into the desert and that there was no water for the people to drink. This place was known as "Mara" - meaning "Bitter". Often, after breaking free from life-long habits and desires, one goes through a stage of "withdrawal" where he may feel "dried out". "And G-d showed Moses a branch and he placed it in the water and the water became sweetened". The Aitz or branch, refers to the Tree of Life which represents "G-d and his Torah". As one progresses on his journey to sexual purity, he is able to connect with G-d and the Torah in ways he was never able to before. It is this spiritual connection, this branch from the "Tree of Life", that sweetens the desert waters and

replaces the lust and self-gratification that he had become so accustomed to, with the truly life giving waters of spirituality, sobriety, joy and a true freedom.

Without this "branch" from the Tree of Life, the journey in the desert of sobriety remains truly "bitter" and one may end up returning to Egypt - "on the path that I told you that you shall not see again" (Devarim 28:68).

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Re: bardichev's battle

Posted by Yosef Hatzadik - 07 Apr 2010 18:43

[guardureyes wrote on 07 Apr 2010 14:06:](#)

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Remeber what Rashi says on the words *Banos tzoado alei shur* at (the original) Yosef Hatzadik? Shur means 'looking'. Klal Yisroel entered a place that was empty of bad sights, the desert is a true VIEWer's Paradise! No need to worry about improper sights.

As we Exit the Yom Tov of Freedom, we are no longer bound to the whim of the Yetzer horah. We do not have to live our lives the way HE wants us to. Our eyes are not under HIS control anymore! As far as HE is concerned we are walking in a desert. [The millions of HIS slaves surrounding us notwithstanding.]

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Re: bardichev's battle

Posted by Dov - 08 Apr 2010 02:47

[bardichev wrote on 07 Apr 2010 06:09:](#)

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Nu, eppes a [link](#) for poor me - how does the niggun go? And furthermore, nu?! Where's your "grain" for guard's pshat? Did it ferment into biurbon or something? We are waiting, here!

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Re: bardichev's battle

Posted by bardichev - 08 Apr 2010 03:22

The niggun is

REB BORICH BER ZATZALs niggun

Dov this niggun

Will make anyone a bAal hergesh!!

Ok the grain

The grain

Oyyyyy the grain!!!

Gevaldiggggg

Why did we tell Pharoa we were just leaving for 3 days

Let me ask nuch a kasha??

Why 10 makkos?

Why krais yam suf etc?

Why couldn't we just leave mitzrayim at makkas dam

Why do we count sefiara??

The Tertz is

The yidden in mitzrayim

Had no idea what chayrus was

So the first level was YETZIA exodus

That gave the yidden a TASTE. Of freedom

Now they knew what freedom was

(If you ever watched shawshank redemption you understand the mashal)

BY krias YAM SUF it was shira chadasha shibchu geulim!!

They we FREE PEOPLE

Says the heilige kedushas levy

Every shabbos is mein olam haba

Why

To give us a TASTE of what OLAM HABA is

Dame thing with pesach

Hashem could have just swiftly punish the Egyptians and catapulted us to Har sinai

Yet we would. Never. Yearn and want freedom

Om paysach we get ultimate freedom

A taste

And Hashem does not let that taste stay forever

We work all the days of sefira to bring back that TASTE

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Re: bardichev's battle

Posted by the.guard - 08 Apr 2010 12:18

[Yosef Hatzadik wrote on 07 Apr 2010 18:43:](#)

[guardureyes wrote on 07 Apr 2010 14:06:](#)

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We went for 3 days in Midbar Shur until we came to Mara. i.e. The first while we think we'll be Ok in the desert, but we quickly start to feel the "bitterness" of not using the "medication" and need to replace it with the Eitz Hachaim ASAP or we'll go back to Mitzrayim.

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Re: bardichev's battle

Posted by Dov - 09 Apr 2010 03:05

[bardichev wrote on 08 Apr 2010 03:22:](#)

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Ok the grain

The grain

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Tremendous! Thanks and if you soon can give me *two* things I'd be even more tsufloigen with simcha: a link for that niggun, and the address for where der zaideh writes that about Shabbos. Thanks, Rebbe.

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