

bardichev's battle

Posted by bardichev - 19 Apr 2009 19:51

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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 bardichev - 30 Jun 2009 16:48

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read the posts

ssslloowwwwlllyyyyyyyyyy

b

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Re: bardichev's battle

Posted by Dov - 30 Jun 2009 17:01

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To my fellow yidden who wholeheartedly choose **milchemes hayetzer**:

Yiyasher Kochachem! You are in what chazal refer to as **milchemes hayetzer**. Your sc'har is surely tremendous, **even if you fail!** The nachas ruach you are bringing up is huge, **even if you fail!**

I, on the other hand, believe I cannot afford the "sheva yipol = tzaddik" route, when it comes to lust. I cannot afford to fail any more.

[b]I have taken the "selfish" route and decided that the risk of ruining my wife and children's lives, making an endless chillul Hashem and being *in Ra that deeply*, are all much too great for

*me.*

**That is the only difference I see between us! I may make less of a nachas ruach, but I believe this is the best present I can possibly offer up to my Borei today.**

I don't get covered with spiritual mud cuz I don't get in the ring to wrestle with what you refer to as the menuval. When I wrestle with him i have found i just get too dirty. After I choose to go after Hashem rather than lust, it is **Hashem's** job what he does with him/it now, **not mine**, BH!

You still care about *nahamah dekisufah*, I do not. Will I have much sch'ar in Olam haba? Really not my business. (I hear I'm in good company as far as that idea goes, though...)

I often **struggle with myself** to look at things in a sensible or useful way rather than through my nutty eyeglasses (hey - they may be upside down!). The ta'avos *do* come and waltz into my mind, as do the images on the street and memories in my brain. I need to stop there - "**ayn mevi'in mei raglayim bamikdosh, mipnei hakovod**"! **But that is not enough, as they will either flow back into my mind OR I'll get too dirty with the repeated struggle to push them back out. I am an addict, so** I need to humbly ask Hashem to free me completely from the temptations. I also ask Him for yiras shomayim and more yiras cheit! (insurance is good!) By that point I have given the struggle *completely* to Hashem. All this goes on in my will. Either I'll decide to make *my* will whatever *Hashem's* Will is, or I won't(Ch"v). (sound familiar?)

If I don't, I guess I'll have to sing the "sheva yipol" song. Who knows, maybe I'll get a stanza in before it's all over? Hopefully, I won't create too much reckage in the process...

My love for you and all who choose your path is tremendous, there was a time in my life that I was truly jealous of you. Now, I'm not. It is clear to me that this is my station in life.

Your friend always! - Dov

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Re: bardichev's battle

Posted by bardichev - 30 Jun 2009 17:09

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dov holy rebbe reb ber

i am so a d d (ask guard he knows)

can you explain to me in ONE sentence what it means to GIVE OVER your lust to HASHEM?hiher source

one sentence no cliches no long explanations

ok? thanks you are asweetie!

b

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Re: bardichev's battle

Posted by Dov - 30 Jun 2009 17:16

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It means to ask Him *bechasdo* to do whatever is needed to get this temptation out of my heart at this moment and to agree to do whatever His will is. I have heard at least one SA tell me he adds:"even if it means I need you need to take my life", but I am not there...

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Re: bardichev's battle

Posted by bardichev - 30 Jun 2009 17:32

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thanks

what if it does not go away

are you good to go?

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Re: bardichev's battle

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Posted by Dov - 30 Jun 2009 17:35

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I guess I'll just have to have a lot of whatever that stuff in your picture is (I assume it is single-

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Re: bardichev's battle

Posted by London - 30 Jun 2009 19:57  
malt scotch...)

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[bardichev wrote on 30 Jun 2009 17:32:](#)

thanks

what if it does not go away

are you good to go?

Keep doing it, again and again!! We use the word "surrender" when giving up our lust to Hashem I just googled the word surrender and this is what came up:

–verb (used with object) 1. to yield (something) to the possession or power of another; deliver up possession of on demand or under duress: to surrender the fort to the enemy; to surrender the stolen goods to the police.

2. to give (oneself) up, as to the police.

3. to give (oneself) up to some influence, course, emotion, etc.: He surrendered himself to a life of hardship.

4. to give up, abandon, or relinquish (comfort, hope, etc.).

5. to yield or resign (an office, privilege, etc.) in favor of another.

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Re: bardichev's battle

Posted by Efshar Letaken - 30 Jun 2009 20:24

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The Elevator is Broken! Use the Steps! lol

Gevaldig Reb London

I think its broken because bardichev is using it to much.

E.L.

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Re: bardichev's battle

Posted by Dov - 30 Jun 2009 20:45

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Please R' Efshar - in defense of my friend, I need to inform you that our berdichever *does* use the elevator too much!

He is always using it to elevate *other people* from their dumps!!

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Re: bardichev's battle

Posted by 7yipol - 01 Jul 2009 07:47

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Well said R' Dov!

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Re: bardichev's battle

Posted by bardichev - 01 Jul 2009 14:49

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A perfect description of our Bardichev  
dov I'M BLUSHING

hello i was away yesterday sorry

I am back and all fired up to take on the new day  
Keep it UP

Yh please move over we have many people trying and hoping to rreach to the top of the  
building

some or using the elevator other the steps

we even got one fellow on a ladder( Hi NOORA )

just YH move over get out of dodge sitanara chow yalla beat it(yuck)

ok hes gone for now

Up UP Up EVERYONE!!!!

Mr Bar D. Chev

Head Coach Team GUE

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Re: bardichev's battle

Posted by bardichev - 01 Jul 2009 15:12

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noorah im stepping off the elevator for a second

no you wont find me on sthe steps

i need to stop in my office for a bit

if you need me from the ladder

wave when you pass my window

or pm me



Efshar we stilll dont accept plastic (still a private joke)

b ba bar bard bardi bardichev

SMILE EVERYONE!!!

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Re: bardichev's battle

Posted by Efshar Letaken - 01 Jul 2009 15:17

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Smiling we are!

Yup! No Plastic!

E.L.

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Re: bardichev's battle

Posted by Noorah BAmram - 01 Jul 2009 16:36

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[Efshar Letaken wrote on 01 Jul 2009 15:17:](#)

Smiling we are!

E.L.

ditto for me Heligah Rebbe shlita

Noorah

PS thanks for letting me know - so i wont put in a missing person report :D :D :D

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