

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 Efshar Letaken - 02 Jun 2009 17:53

Gevaldig! Can't wait for the next one.

I will be out of town until Monday B'Ezras Hashem. so if you don't hear from me don't worry.

I hope to be disconnected partially from the Oilom Hagashmi while I'm gone.

I'm taking a fast trip to The Holy Land. strictly spiritual!

Even thou I don't know everyone's or anyone's names I will have all you Tzadikim in mind
B'Ezras Hashem. I'm sure Hashem has your names & will know who I'm talking about.

Ashrecho Yisroel

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Re: bardichev's battle

Posted by Kedusha - 02 Jun 2009 19:44

Have a wonderful trip, b'Ruchniyus uv'Gashmiyus!

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Re: bardichev's battle

Posted by Efshar Letaken - 02 Jun 2009 19:54

Thanks! Kedusha

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Re: bardichev's battle

Posted by bardichev - 02 Jun 2009 20:06

foor gezint kim gezint

POIL OIS ALLES GITS

HAVE US ALL IN MIND

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Re: bardichev's battle

Posted by bardichev - 02 Jun 2009 22:28

MAZEL TOV TO ME ON BECOMING FULL MEMBER I AM PROUD TO BE A MEMBER OF
THE TZADDIKIM OF THIS DOR

h&h

b

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Re: bardichev's battle

Posted by Dov - 02 Jun 2009 23:12

The comment? Just that it was a transliterated posuk and seemed a bit funny how naturally it just typed out, that's all. Happy senior membership! Nu, do we at least get a sprinkle doughnut for that or something?

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Re: bardichev's battle

Posted by bardichev - 05 Jun 2009 17:37

MORAI VIRABOISAY A gutten erev Shabbos

This was a beautiful week on this forum

We picked up new members and there was very good conversations going back and forth B"H

I have good news for the HEILIGE GUARD I am at day 79 wow!!!

) LCHAIM this SHABBOS

in the honor of the HEILIGE GUARD

he does so much for each and every one of us

I would like to leave off with a question for everyone to think about over shabbos

The connection between Parshas Nazir and Parshas sotta is

says the gemara sotta daf bes "if one sees a sotta in her destruction shall become a nazir (from wine)

Here is a good question if one sees the horrible ending to a horrible story and SEES the sota self-destruct literally

why must he become a nazir does he not have a perfect example in his mind of where sin can lead??

Think about it . keep in touch

have a beautiful and peaceful and uplifting DERHOIBENER HEILIGE SHABBOS

humble & FREILACH

bardichev

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Re: bardichev's battle

Posted by aaron4 - 08 Jun 2009 17:24

Here's a simple answer to your question: knowledge is not enough, it must be put into action.

We learn in Pirkei Avos "assu siyug la'Torah" (make fences to prevent transgressing Torah laws). The purpose of an issur d'rabonon (Rabbinic prohibition) is to do just that. But why do they have to impose an actual restriction? Couldn't they just explain the importance of keeping the D'oraysah (direct Torah prohibition) and "show" us why it's so important? We see that this is not enough, we have to act on it and make it part of us.

Applying this to lust, it is not enough to know intellectually that it's harmful. We have to actively seek to guard ourselves from evil and to better ourselves with positive activities. Go to meetings, post on the forum (and become a full member!), and actively participate in your own recovery.

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Re: bardichev's battle
Posted by Dov - 08 Jun 2009 20:56

reb Aaron -

Here Here!!

Dov

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Re: bardichev's battle
Posted by Efshar Letaken - 08 Jun 2009 22:55

Raboisai! I'm back from a most uplifting trip to the holy land in a long time. I feel like a new man. I just hope it lasts for a while.

I prayed for all of us on this site, that Hashem help us win are fight with the Y"H so that we can get closer to him are father in heaven.

I had the honor of meeting the Great & Holy Reb Yaakov Meier Schechter Shelita & he gave me a Hadracha to make it easier to stay in control & have an easier time with the Y"H, Kedusha, Shmiras Einaiem & that is **to say the 100 Brochos every day with Kavono.**

He said that you are saying it anyway, why not spend a few extra minutes a day saying it with kavono. many people he said have told him that it worked Miracles B'rachnius & B'Gashmius. Its not that easy to get used to focusing on it but its the easiest thing we can do & yet accomplish the most amazing powerful things.

I Got to read the hand books on the flights I now have to read it a second time.

I have to thank Hashem for sending me as bardichev calls him the "Heiliger Guard" with all of the Tzadikim on this site to the rescue. I Couldn't have gotten this far without you.

I'm clean since Lag Bo Oimer B"H & I hope & Pray that I Hashem will help me stay on Guard as long as I live. So please try the 100 Brachos a day with Kavono & let me know how it went.

One who makes 100 berachos every day will find it easy to reach a proper level of Yiras Shomayim (Fear of Hashem). Maharsha Menachos 43b, Ben Yehoyada Menachos 43b, Sefer Mitzvas Meah Berachos intro.

The obligation to make 100 berachos daily is based upon the Gemara (Mes. Menachos 43b) which states that during the reign of Dovid Hamelech 100 people were dying in Yerushalayim every day until Dovid Hamelech discerned through Ruach Hakodesh that it was necessary to institute the obligation for every individual to bless Hashem a minimum of 100 times each day, after which the plague ended. Shulchan Aruch w/Mishnah Berurah 46:3, Midrash Rabbah Par. Korach 18:21, Tur 46

Dovid Hemelech based the obligation on the possuk in Parshas Eikev (Devarim 10:12) "Ve'attah Yisroel Moh Hashem Elokecha Shoel Mei'imach Ki Im L'Yirah Es Hashem Elokecha...." ("Now Israel what does Hashem your G-d ask of you? Only to fear Hashem your G-d"). The word

"Moh" may be read as "Meah", meaning 100. The possuk then reads: "Now Israel 100 (berachos) does Hashem your G-d ask of you." Mes. Menachos 43b see Rashi

{The possuk subsequently has a total of 100 letters, and 26 words - equal to the name of Hashem Yud Hey Vov Hey}

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Since "all that Hashem wants of us" is the 100 berachos "this Mitzvah is very great and awesome with very deep meaning". Seder Hayom Seder Meah Berachos

The obligation to make 100 berachos daily begins at nightfall (Tzeis Hakochovim) and continues until nightfall the next day. Shulchan Aruch w/Mishnah Brurah 46:3, Siddur R' Yaakov Emden, Piskei Tshuvos 46:9

On a typical weekday one can fulfill the count of 100 berachos as follows;

- 1-5. Five berachos of Shema in Maariv
- 6-24. Nineteen berachos in Shmona Esrei of Maariv
- 25. Hamapil, when going to sleep

- 26-28. Netilas Yadayim, Asher Yatzar, Elokai Neshoma in the morning
- 29-43. Fifteen daily morning Berachos
- 44-46. Three Birchas Hatorah. (counts Veba'arev Noh as a beracha)
- 47-49. One beracha on Tzitzis/Tallis, 2 on Tefillin
- 50. Mikadesh es Shimchah B'rabim (before Korbonos) {not mentioned in MB}
- 51-52. Boruch She'amar and Yishtabach
- 53-55. Three berachos of Shema at Shachris
- 56-74. Nineteen berachos of Shmona Esrei of Shachris
- 75-93. Nineteen berachos of Shmona Esrei of Mincha
- 94-95. Al Netilas Yadayim for 2 meals a day
- 96-97. Hamotzie Twice a day
- 98-105. Four berachos of Bircas Hamazon twice a day
- 106-107. Hagafen on the Kos beracha after Bircas Hamazon twice a day
- 108-109. Al Hagefen after Kos beracha twice a day

Plus - any additional berachos before and after eating food outside of a bread meal, a 3rd bread meal, and berachos of Asher Yatzar after using the bathroom.

Shulchan Aruch w/Mishnah Brurah 46:3

I got the Halocho from "Dailyhalacha@aol.com" sign up & you will get a Daily Halacha Email. its great!

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Re: bardichev's battle
Posted by the.guard - 09 Jun 2009 17:32

Welcome back Tzadik!

I will try to share Rabbi Shechter's Eitza with everyone on our Shimars Ainayim list (360 members).

Yasher Koach.

May Hashem give you the strength to go Mechayil el Choyil!

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Re: bardichev's battle

Posted by Noorah BAmram - 10 Jun 2009 12:12

Heliga Bardichiver, you are a fulfillment of the pasuk in Ycheskal "behold I will bring to you a "ruach" and you will LIVE". Your spirit is breathing LIFE into my dry dead bones!!! Please I beg u don't stop;)

Reb Aaron your pshat in the nozir/sota hit me on the head - all my insight and understanding is nothing if I'm not going to actively take steps necessary for my recovery- as is tirelessly pointed out on this site "lo ha medrash ikur ela hmaaseh!!.

Easy to post but oh so difficult to put into practice!!

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Re: bardichev's battle

Posted by rashkebehag - 10 Jun 2009 12:21

I was just going through these posts for the 1st time, many of the members are familiar to me. I just wasn't to know what is this about full member, newbie, and all the other titles. I see bardichev, my good friend, just got promoted. What does it mean?

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Re: bardichev's battle

Posted by Kedusha - 10 Jun 2009 13:52

Rashkebehag,

It has to do with the number of times you've posted.

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