

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

=====

Rav Shlomo Aviner on the internet

Posted by Momo - 29 Dec 2009 08:01

Here's an interesting article on the Internet by Rav Shlomo Aviner, written in Be-Ahava U-Be-Emuna – Parashat Vayeshev 5770 – translated by R. Blumberg.

The bolding is mine (Momo's):

Everybody knows that the Internet is a great source of woe for mankind. This is the case not only for G-d-fearing Jews and not just for the holy Jewish People but for all people everywhere. True, it has good things in it, information and service sites, and we have our various Torah sites, and it could have been a wonderful tool, but in actual fact it does more harm than good.

It leads to people wasting enormous amounts of time surfing the net for nonsense. It broadcasts cheap, shallow culture. For example, **60% of National Religious youth regularly enter pornographic sites**. This being the case, better that it had never been invented, for the fear of G-d is more important to us than information and services, and even more important than Torah learning.

Therefore, if someone asks us whether or not they should bring the Internet into their home, our answer is: No! Don't do it folks! But if one has no choice due to work, or if someone just doesn't ask us, there is a partial solution through the various filtering programs: In Israel there are Rimon, Etrog, Iconito, Moreshet and Netiv. All of them are good, and each one has its advantages and disadvantages regarding efficiency and ability to filter. Everyone should choose according to what suits him personally, but **a filter program is an ABSOLUTE REQUIREMENT according to Halachah**. Such indeed is the ruling that has been handed down: If someone has to go somewhere and he has two possible routes, the involving a river where women roll up their sleeves to do their washing, and a more modest route, he is obligated to take the more modest route (Bava Batra 57b).

A second solution is to have password without which it is impossible to open the Internet, with two or three people each possessing part of the password, such that the Internet cannot be used without all of them being present. The illustrious Rav Vosner ruled that the laws of "Yichud" [seclusion with a female behind closed doors] apply here. Obviously, the optimal solution is for a person to become so purified, elevated and sanctified as to view all this filth with scorn. Yet that is not enough. The evil impulse can attack a person from within or from without, as Maran Ha-Rav Avraham Yizchak Ha-Cohain Kook explained (regarding the Talmudic debate over whether the evil impulse is more a fly, which comes from without, or like a wheat kernel, resembling a heart split in two (Ein Aya). Rambam likewise writes: "It is a person's nature to imitate his friends and acquaintances and to develop behavior and attributes like theirs. Therefore, a person must befriend righteous people and always frequent the wise, so as to learn from their deeds, and he should distance himself from the wicked who walk in darkness, so as not to learn from their deeds. As King Shlomo said, 'He that walks with wise men shall be wise, but the companion of fools will be broken'" (Rambam, Hilchot Deot 6:1). Thus one should distance himself from the darkness, wickedness and foolishness of the Internet.

There is another fine solution in America which can be used here as well, and it has

approbations from the rabbis of America and of Israel. By the way, there is a Kollel director here who accepts kollelniks into his program on condition that they have subscribed to this program. It is called "webchaver", and it transmits a weekly report on all the sites visited by the user, placing at the top, in bold, all the problematic sites entered, that reaches the friend chosen by the user. That friend can be the person's wife who uses the same computer, but with a different email address. It costs four dollars a month.

=====
=====

Re: Momo II: Another try
Posted by habaletaheer - 29 Dec 2009 08:04

Hey Momo,

Thanks for posting that. Its funny how none of us would ever dream of eating anything ruled by any of these Rabbis as treif, but w/ the issur of non-filtered internet... not so much. Does anyone here use webchaver or have reports sent to other people?

=====
=====

Re: momo
Posted by loi-misyaeish - 29 Dec 2009 10:30

Now that you mention this, the only problem i have with that is, that i'd be a loner and in fantasy land without internet. I've always been debating in my mind about this and mentioned it yesterday aswell. If i'd drop it, that's it, i'm by myself again. After joining gye four and a half months ago, i've only not been clean for less than ten percent of the time. I agree i've been wasting lots of time on gye and the net, but hopefully i'll be able to get my balance straight, pretty soon. Great seeing you, momo. Will keep in touch! Loi-MISYaeish

=====
=====

Re: Momo II: Another try
Posted by habib613 - 29 Dec 2009 11:24

thanks momo!

highs and lows are bad...

but when you get the recording, you can be on a high ALL the time!

awesome, right?

about the newspaper thing, there is NO way to completely avoid triggers.

it's how we react that counts.

and you did good!

=====

Re: Momo II: Another try

Posted by Eye.nonymous - 29 Dec 2009 11:40

[Momo wrote on 29 Dec 2009 07:44:](#)

So we'll have to make another one.

=====

Re: Momo II: Another try

Posted by imtrying25 - 29 Dec 2009 11:40

[habib613 wrote on 29 Dec 2009 11:24:](#)

thanks momo!

highs and lows are bad...

but when you get the recording, you can be on a high ALL the time!

awesome, right?

about the newspaper thing, there is NO way to completely avoid triggers.

it's how we react that counts.

and you did good!

another gem by the rebbitezin Habib. Yes momo we cant avoid all triggers. we just gotta let

MOMO keep on ROCKIN'!!!!!!

=====

Re: Momo II: Another try

Posted by Momo - 29 Dec 2009 11:49

Well, to be honest.. I allowed myself to watch a video of a dressed woman who I find attractive, which let to 2 more slips (that's 3 today). :-[:-[:-[

But, that's enough slipping for one day!

Now back to get on the Mac and keep on truckin'!

=====
=====

Re: Momo II: Another try
Posted by imtrying25 - 29 Dec 2009 11:50

As the Holy Rebberer would ssay; slip shmip. Keep on :D trucking.

=====
=====

Re: Momo II: Another try
Posted by TrYiNg - 29 Dec 2009 11:56

MOMOOOOO.....

Im listenin to u drummin

YOU ROCK!!!

GMG!!

=====
=====

Re: Momo II: Another try
Posted by Momo - 29 Dec 2009 11:58

I know between 20 and 30 days is a BIG hurdle for most people doing the 90 days, right?

Today's day 22 and I'm getting nervous.

I must remember, just to live one day at a time!

=====

=====

Re: Momo II: Another try
Posted by Momo - 29 Dec 2009 12:01

[TrYiNg wrote on 29 Dec 2009 11:56:](#)

MOMOOOOO.....

Im listenin to u drummin

YOU ROCK!!!

GMG!!

Thanks!

I think I was even better yesterday, more confident, my second public drumming show.

I don't know how it came out in the recording. We'll have to wait...

(Agh! I hate waiting!!! :D)

=====

=====

Re: Momo II: Another try
Posted by imtrying25 - 29 Dec 2009 12:03

[Momo wrote on 29 Dec 2009 11:58:](#)

I know between 20 and 30 days is a BIG hurdle for most people doing the 90 days, right?

Today's day 22 and I'm getting nervous.

I must remember, just to live one day at a time!

And if that doesnt work we gotta take it one hour at a time.

[Momo wrote on 29 Dec 2009 12:01:](#)

[TrYiNg wrote on 29 Dec 2009 11:56:](#)

MOMOOOOO.....

Im listenin to u drummin

YOU ROCK!!!

GMG!!

Thanks!

I think I was even better yesterday, more confident, my second public drumming show.

I don't know how it came out in the recording. We'll have to wait...

(Agh! I hate waiting!!! :D)

:D

=====

Re: Momo II: Another try

Posted by TrYiNg - 29 Dec 2009 12:05

wats the prob?

Yeah im sorry. But the real complaints gotta go to Uri.

=====

Re: Momo II: Another try

Posted by Momo - 29 Dec 2009 12:05

Uri told me that he took IT25's ipod to work, right?

So we'll have to wait until tomorrow.

=====