

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.

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Re: Momo II: Another try

Posted by bardichev - 16 Mar 2010 15:05

MOMO LISTEN TO 7UP

YOU BE MOMO

!!!!!!!!!!!!!!!!!!!!!!

JUST MAKE SURE YOU ARE THE LAST MAN STANDING!!!!

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Re: Momo II: Another try

Posted by Momo - 23 Mar 2010 11:40

I've been reading through my thread. It's quite depressing reading that I've been struggling with the same ups and downs over and over.

I see that what gets me out of a rut (like the one I'm in now are the following:

- Promises to keep a day, or a week, or a month. Promises that I usually break.
- Decision to see a therapist who in the end helped my depression but not my addiction.
- Posts from my friends.

Rage, where are you?

7Up, where are you?

Struggle, where are you?

Steve, where are you?

(I hope I haven't offended anyone who I've left out. Please don't take it personally.)

Have you all forgotten about the MOMO?

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Re: Momo II: Another try

Posted by DovInIsrael - 23 Mar 2010 14:48

lol!

how can we forget about oyu momo?

here is a suggestion ...

when you are feeling down -

accept the fact that one day whenever that may be..

YOU WILL FEEL BETTER!!

am i right?

if not not I want you to let me know.

so just take a loan from yourself - and borrow some of the uplifitng spirit -

put a smile on your face...

loko up at the beautofful sky..

smile - just because.

and then pay your self back in good cheer when you are able too.

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Re: Momo II: Another try

Posted by the.guard - 23 Mar 2010 15:19

Momo is the man

- guard was here.

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Re: Momo II: Another try

Posted by Dov - 23 Mar 2010 16:15

I'll share anything I really have with you, Momo. JUst ask for it.

You've got a good bunch of friends, though we ain't perfect.

Nu, so reducing depression is worth *something*, to be sure.

Have a useful and nice day, too, chaver.

Hatzlocha with everything,

- Dov

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Re: Momo II: Another try

Posted by Momo - 24 Mar 2010 15:05

I just saw a video about happiness given by Dr. Srikumar Rao. I think it's amazing, so I copied here a transcript of his talk. I think his themes fit very nicely with the wisdom of the 12 steps and Judaism.

Here's my summary:

You'll be happy if you live for the process of whatever you're doing, not for an outcome that you envision and can't control or predict. You are not in control of the outcome. Just do your best now, and don't worry about the outcome.

You'll be happy if you can accept life the way it is. If you realize that your life is perfect for you right now, not if you "only had this" or "only did that".

Here's the talk:

Imagine this: You wake up in the morning with your blood singing at the thought of being who you are and doing what you do. As you go through the day you come radiantly alive with a deep sense of purpose. There are many times when you feel like sinking to your knees in involuntary gratitude at the tremendous good fortune that has been bestowed on you. You know that you are doing exactly what you were set on earth to do and each day is joyous beyond measure.

Does this describe your situation? If it does not, can you clearly see that you are getting closer to it each week, each month, each year?

If your answer is "No", I humbly suggest that you are wasting your life. And life is far too short to be wasted.

Are you happy?

We tend to use the word “happy” cavalierly and it has become debased. We are prone to say that trivial things make us “happy” – our favorite ice-cream or chocolate, a promotion, going on a vacation, getting a day off from work, winning at bridge, your mother-in-law deciding not to drop by after all.

I am not talking about a momentary rush of good feeling that we experience on such occasions. I am talking about a profound sense of well being that is with us all the time. A deep knowledge that our life is on track and cannot deviate.

This does not mean that we do not face challenges, some of them quite serious. It does mean that even as we do what we must we are still conscious that, fundamentally, we are fine and always will be. We cannot but be so.

So, defined this way, are you happy? If not, why not?

Unsettlement is the norm

I teach a deeply introspective course called Creativity and Personal Mastery at top business schools around the world and programs based on it to executives at well known companies. I have also been a contributing editor for major business magazines and have talked to thousands of persons, including many CEOs, about their inner lives. So I can make the statements I do with some confidence.

The vast majority of persons are not happy. Even those who seem to have it all – great career success, financial prosperity, picture perfect spouse and accomplished children, sterling reputation – are not happy. They are not brimming with joy. Anxiety is a frequent and unwelcome guest in their lives. There is always an undercurrent of stress and it overwhelms them all too often.

Many of the persons – perhaps most of them! – who attend my programs live in a world dominated by a giant “to do” list and it fills up relentlessly no matter how many items they scratch out. There is a constant undercurrent of low-level anxiety, of a feeling that there is always too much to do and not enough time to do it.

Does this, perchance describe your situation too? It does not have to! You CAN escape into the realm described earlier and live there much of the time if not always.

What do you have to get to be happy?

That is a good question. What do you need to get to be happy? Say, like Aladdin, you were granted three wishes. What would you ask for and would it make you happy? Most persons have a long wish list: vast wealth, trophy spouse, good health, close friends, stimulating job, lots of leisure, bright children etc. They add to this, the desire for fame, power and a body like Adonis or Aphrodite!

If you have such a list, throw it out. What I have to say may startle you.

There is NOTHING that you have to get, do or be in order to be happy.

I repeat, NOTHING. In fact, happiness is your innate nature. It is hard-wired into your being. It is part of your DNA. It is ALWAYS with you.

And the question that has probably popped up in your mind is, "If happiness is my innate nature, how come I am not experiencing it? How come I am experiencing 'My life sucks'?"

And my answer will startle you even more. You do not experience the happiness that is your innate nature because YOU HAVE SPENT YOUR ENTIRE LIFE LEARNING TO BE UNHAPPY.

Alas, 'tis true, 'tis all too true!

It is absolutely true that we have spent our entire lives learning to be unhappy. And we have done it unconsciously and unknowingly. The way in which we do this is by accepting that we

have to “get” something so we can “do” something so we can “be” something. Thus we feel that we have to get a lot of money so we can travel to exotic places so we can be happy. Or we have to get into a relationship with a beautiful partner so we can have great sex so we can be happy.

These are all modifications of the “if-then” model and this model tells us that “if” this happens, “then” I will be happy. And I have heard thousands of variations if this. I will be happy if...I get a high-paying job...I become CEO...I get married to a beautiful and loving spouse... my son gets into Harvard... my husband would show some interest in me and the house...my wife would not start nagging me the instant I turn on the game...I had children...my children would grow up and go to college...my in-laws moved to Australia...I lost twenty pounds...I didn’t have this nagging headache all the time...I got ten million dollars...and more and more and more.

Look at all the persons around you and in your life. The only way in which you are different is the particular “if” you are craving. Look backwards at your own life. You may have changed physically but the principal difference between you now and what you were ten years ago is the particular items that appear in your “if-then” list.

This is really important, so don’t rush on. Think of your life as it is right now, as you would describe it in your journal or to a close friend. It is an excellent idea to actually write it down and read it after a few days. You will notice that – explicitly or implicitly – you have a wish list in the document. “If” only this would happen, you will be happy. Or happier.

Think of the person you were ten years ago and what life was like then. Visualize it as clearly as you can. You had a wish list back in those days as well. Chances are good that many of the items in that long-ago list are now a regular part of your life. In programs I conduct, on average, about 80% of the participants acknowledge that they have received many of the items that they wanted a decade earlier. Despite this, their sense of well-being has not increased.

Quite a few are shocked to realize this. They wonder why.

The model itself is flawed

What we don’t realize is that the “if” I get this, “then” I will be happy model is fundamentally

flawed. The model itself is fallacious. But, instead of recognizing this, we simply change the items we load on the “if” side of the equation.

I met a start-up entrepreneur who dreamed of cracking a million dollars in annual revenue. Five years later he was convinced that \$100 million is the mark that separates the men from the boys and something magical would happen when he crossed that line. He is now chasing \$1 billion and not far from it.

Don't laugh. Variations of this are all around you and especially in your own life. Teenagers are ecstatic at the thought of getting their own set of wheels and a beat-up, 15 year old Dodge Dart is welcome. Two decades later it takes a new Lexus to get that same feeling and this one does not last either. What's next? A Ferrari? Or a Ferrari AND a Rolls Royce? That won't do it either. Nor will a hundred foot yacht or your own island off the coast of Greece.

Remember what I pointed out earlier. There is NOTHING that you have to get, do or be in order to be happy. The really pernicious effect of the “If...then” model is that it is supremely effective in preventing us from experiencing the happiness that is an inextricable part of us. The more we believe in that model and try to manipulate it to become happy, the more happiness eludes us.

That is how we learn to be unhappy and most of us never catch on that this is what we are unconsciously doing.

You have experienced freedom!

Have you ever come across a scene of such spectacular beauty that it took you outside of yourself into a place of profound serenity? A place of peace and healing calm?

Perhaps a brilliant rainbow after a sharp shower? Perhaps a snow-capped peak thrusting out of wispy clouds? Perhaps the rolling ocean with big waves crashing in a hypnotic metronome against pink, sandstone cliffs? Perhaps a jagged lightning flash in the midst of a storm of awesome, majestic power? Perhaps the aurora twisting in the sky changing colour and shape continuously in a never-ending dance?

You can recall such an occasion. Virtually everyone can. Have you ever wondered why you experienced what you did? It was not the place or the scene. The travel industry grows rich off persons who return to places of magical moments hoping to recapture them.

No! What happened was this: Somehow, inexplicably, at that instant, you accepted the world exactly as it was and you were OK with it. You did not think. "That is a great rainbow but it's off to one side. If I could move it two hundred yards to the right it would be more symmetric and ever so much better." Or, "That's a beautiful valley but the tree in the foreground has too many crooked branches. If I had a chainsaw and twenty minutes I could make it more impressive."

Such thoughts never crossed your mind! The off center rainbow was perfect in its skewed position. The crooked branches of the tree had their own charm and were, likewise, perfect in their gnarled presence.

When you accepted the scene exactly as it was, when you did not crave for it to be something else or different in some way, your habitual 'wanting' self dropped away.

And, instantly, the happiness that is your inherent nature surfaced and you experienced its fullness. You did not have to do anything. It rose of its own accord and you felt it. And you know you felt it because you still remember this after all the years that have passed.

Your life is perfect!

Your life right now, with all of the trials and tribulations that you face, with all of the problems that weigh you down and cause you sleepless nights, is perfect. It is every bit as perfect as the scene you can recollect. And the only reason you do not experience that same well-being is that you do not accept this. You are busy rejecting one or more aspects of your life and striving with might and main to change it using the "if...then" model. And that model itself is flawed.

No wonder you don't experience the joy, the sheer happiness that is your essential nature!

Does this mean that you stop striving? That you don't try to achieve goals? That you don't try with might and main to improve your lot or build your business or accomplish great things?

Of course not! You do all those things and with every fiber of your being. But you do it from the knowledge that whether or not you succeed has no iota of bearing on your essential wellbeing. If my entrepreneur friend achieves a billion dollars in sales, Great, Life is wonderful. If he does not, Great, Life is still wonderful.

The moment you sever that link in the "If...then" statement, the model drops dead. If it happens, fine. If it does not, still fine. And you discover that life is a blast and every day is full of wondrous surprises and all of life is a joyous journey of discovery.

And here is something strange, a wondrous paradox that many have discovered. When you drop your insistence that something happen in exactly the way you want it to, the chances of your getting what you desire increase greatly

A learnable skill

Is it possible to sever the link in the "if...then" model? To accept life exactly as it presents itself even while striving to achieve a vision? To live a life of great joy and fulfilment where each day brings many moments of radiant aliveness?

Absolutely it is. It is a skill. No different from learning to ride a bicycle.

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Re: Momo II: Another try
Posted by Dov - 24 Mar 2010 16:25

Wow, Momo! That was a real service and it helped me get clearer on some things I need to remember.

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But my favorite part of the entire thing was the ***last five words!!*** ;D

Re: Momo II: Another try

Posted by Momo - 25 Mar 2010 06:28

Today's the 10th of Nissan.

Today, lets take our avoda zara, the porn, and tie it up (to the bedpost? Notice the irony here?).

Let's reveal what it really is. Just like our ancestors revealed that their "god" is only a stinkin' sheep, our "god" is only temporary pleasure of the flesh.

Let's stare it down, and get ready to slaughter it on the 14th of Nissan.

Hag kasher vesameach everyone!

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Re: Momo II: Another try

Posted by Momo - 25 Mar 2010 12:14

Just as the destroying force passed over the Jewish houses, and we were saved, let us pass over the destructive force of porn and save ourselves!

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Re: Momo II: Another try

Posted by Momo - 25 Mar 2010 13:05

All HaShem wanted from the Jews before freeing them was a sign that they **wanted** to be free.

What did they have to do? Take the sheep, their "god", tie it up and see it tied up for 4 days.

Then kill it. Take it's blood and smear it on the doorposts. Eat it with some matza and marror.
Do brit mila.

For us...

Take the porn, see it tied up for 4 days.

Kill it. Delete all movies and files you have on your computer, phone, CDs, magazines whatever.

Sheep tied to the bedpost.

Brit Mila.

See a pattern here?

Their struggle is our struggle.

The Jews did not want to leave. They thought it was so good to be enslaved.

According to the Midrash, 80 percent of the Jews were killed in Egypt because they did not want to leave.

Most of the world loves porn, including Jews too.

Do we want to leave the world of porn? Do we want to remain enslaved forever?

If yes, we'll die too, a spiritual death.

If no, make a couple of small actions like our forefathers did and HaShem will redeem us.

Actions like:

- Saying "no" to the Y"H.
- Deleting improper photos.
- Turning away from that good looking woman walking down the street.

Let's kill the Y"H and get free already!

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Re: Momo II: Another try

Posted by Sturggle - 25 Mar 2010 15:04

Did I hear my name?

Good to see your last few posts Momo.

Why don't you give me a ring when you have a chance?

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Re: Momo II: Another try

Posted by Dov - 25 Mar 2010 16:13

Letting go of it is the way it feels to me, not tying it up, nor slaughtering it. Trust me, Lust, the YH, porn, etc...they aren't leaving this world because Dov or Momo *tell* them to. Hatzlocha and chag kosher vesomayach!

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Re: Momo II: Another try

Posted by the.guard - 25 Mar 2010 22:21

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Re: Momo II: Another try

Posted by Dov - 26 Mar 2010 00:52

Hey Dov, you just slaughtered a great vort

What matters to me is whether anyone feels the difference between "letting go of" and "slaughtering" our desires. The first is done with a bit of trust and connection with Hashem while the second is done with anger and is *ve'iter* all about me. There is no connection muchrach there, at all! So who needs it? Not me.

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Some slaughter with a "chalef" (it kills) - hope I used a "ma'*ache*less" (it feeds).