

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.

=====

Re: Momo II: Another try

Posted by imtrying25 - 09 Dec 2009 22:05

Me Too Me Too. Keep it up Momo. Your rocking this forum with your positivity.

=====

Re: Momo II: Another try

Posted by Kedusha - 09 Dec 2009 22:07

[Kedusha wrote on 09 Dec 2009 22:04:](#)

[7Up wrote on 09 Dec 2009 19:44:](#)

Next poll:

Who thinks Momo is just awesome??

:D :D :D :D :D :D

The poll is official - everybody vote!

=====

Re: Momo II: Another try

Posted by imtrying25 - 09 Dec 2009 22:08

Wait.....Kedushaiiiiiiiis this the first time i heard you say something like
that???????????????? :o :o :o :o :o :o

=====

====

Re: Momo II: Another try

Posted by Kedusha - 09 Dec 2009 23:06

[imtrying25 wrote on 09 Dec 2009 22:08:](#)

Wait.....Kedushaiiiiiiiis this the first time i heard you say something like
that???????????????? :o :o :o :o :o :o

Breaking news - the poll is working. I don't know what the problem was before. Everybody,
cast your vote!!

=====
=====

Re: Momo II: Another try

Posted by jerusalemsexaddict - 09 Dec 2009 23:06

[Momo wrote on 09 Dec 2009 14:11:](#)

I'm starting to understand what means to let go. I'm not surrendering TO anything, I'm just
letting go. It's very hard to explain what that means, but it feels like jumping off a cliff, or letting
go of a kite.

[Uri wrote on 27 Nov 2009 13:11:](#)

Now, this is the hard part...

The only to build trust in oneself is by.....

letting go of the control.

This is obviously only possible once you recognize your need to control.

You are soaring through the air and you are holding on to the parachute.

Let go.

And you will very soon see.....

You have wings.

[Uri wrote on 11 Nov 2009 16:55:](#)

I often think back to my days of learning how to swim.

Quite scary.

My brother nearly drowned when he was 3 (like pronounced hopeless).

And I was traumatized by the water.

But when I overcame that fear and just got in there, a new world opened up to me.

The beautiful joys of swimming and conquering the water.

The baby bird who fears leaving his safe nest (where he has a stash of porn magazines).

"No, I'm fine", he tell his mother. "I'll just hang out here."

He soars through the air.

Now he is truly free.

He has conquered the skies.

Hashem created a world for us to live in.

Birds were created to fly.
But when he overcomes his fears and gets out there, Gevalt

Fish to swim.

And humans to live.

=====

Re: Momo II: Another try
Posted by the.guard - 09 Dec 2009 23:13

www.chabad.org/multimedia/kabbala_toons/default_cdo/aid/621790/jewish/Sky-Diving.htm

=====
=====

Re: Momo II: Another try
Posted by Momo - 10 Dec 2009 06:23

Uri, beautiful, simply beautiful.

=====
=====

Re: Momo II: Another try
Posted by Momo - 10 Dec 2009 06:27

Thanks for the poll. LOL.

The best part was that I couldn't see the results until I voted.

I didn't want to vote for myself, but you forced me to vote for myself in order to see the results!

=====
=====

Re: Momo II: Another try
Posted by Momo - 10 Dec 2009 06:31

So, today's my workday 2 of not surfing the internet besides my email and this site.

I'm feeling anxious, but I'm telling myself that if I did it yesterday, I should be able to do it today
::

=====
=====

Re: Momo II: Another try
Posted by Momo - 10 Dec 2009 06:47

[guardureyes wrote on 09 Dec 2009 23:13:](#)

www.chabad.org/multimedia/kabbala_toons/default_cdo/aid/621790/jewish/Sky-Diving.htm

Here's a quote from that page:

"In life, by doing nothing, and doing it with utter calm and serenity, you are rearranging the cosmic order. You are making a statement that there is absolutely nothing to worry about because everything is entirely in the hands of your Maker, and He certainly has prepared a parachute. And by making that statement you cause it to be true."

This is beautiful and for me, very, very scary at the same time.

Let me explain. Many of my problems come from being a control freak. As Rav S said, I am full of control, from my toes to the top of my head!

I was thinking last night about what I'm trying to do.

In order for me to be free of my Internet addiction, which I have no control of but use in order to control my feeling out of control, I have to let go of feeling in control. The 12 steps call this surrendering to HaShem. I'd rather call it letting go, and letting HaShem catch me on the way down, before I hit the ground.

I am restricting myself when I make a decision not to surf in order to gain freedom. This is the explanation how following the Torah, a set of laws actually frees us up. If we follow HaShem's laws, we break the bonds that we let the Y"H bind us with, and we become free.

=====
=====

Re: Momo II: Another try

Posted by habib613 - 10 Dec 2009 07:25

restrictions are real freedom... deep.

momo,you can totally do this!

how'd the first hour go?

=====
=====

Re: Momo II: Another try

Posted by Momo - 10 Dec 2009 07:39

I spend the first hour on this forum and my emails. Not getting to work.

Thanks for asking.

=====
=====

Re: Momo II: Another try

Posted by habib613 - 10 Dec 2009 07:52

lol.

even if you didn't work, at least no surfing!

i'm writing a paper. not going well... but i'm not surfing either, so that's good

=====
=====

Uri called me but I was meeting with someone (work crisis). I have to call him back now.
Re: Momo II: Another try

Posted by Momo - 10 Dec 2009 08:41

Day 2, morning part 1

I'm afraid I might get addicted to this site and be here all day. That's bad too since I have to work.

Anyway, working now.

Next update during my lunch time.
Not much work done.

Viva la revolution!
But, no surfing outside this site.

=====

====