

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

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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 the.guard - 10 Dec 2009 09:09

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[Momo wrote on 10 Dec 2009 06:47:](#)

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.

Momo, that is truly beautiful! I've been trying to get Uri to understand this idea too. He seems to think that any sort of "restricting oneself" is control.

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

So which one did you choose??? :D

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Re: Momo II: Another try  
Posted by Momo - 10 Dec 2009 09:31

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It's a hard concept. I understand why Uri has a problem with it.

The paradox is that restricting yourself frees yourself, while acting out of control allows the addiction to control you.

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Re: Momo II: Another try  
Posted by Ykv\_schwartz - 10 Dec 2009 09:56

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[Momo wrote on 10 Dec 2009 09:31:](#)

The paradox is that restricting yourself frees yourself, while acting out of control allows the addiction to control you.

The first half of your statement is a mishna in avos(perek 6) and the second half is a gemara in succa(52b). [please see my thread here](#), particularly section #12, entitled "from passerby to master of the house". I don't have time to elaborate now, I am leaving my desk now and will return in 13 hours. I have a beautiful vort based on the above mentioned mishna to explain your principle.If I am not too tired I will post again.

Momo,

- 1) that you **know** this yesod,
- 2) and you seem to **understand** it,
- 3) it is time to **internalize** it,
- 4) **implement** it
- 5) and **LIVE BY IT**

And you will see lots of success and siyata d'shmaya.

hatzlacha Raba.

From your dear friend,

yaakov

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Re: Momo II: Another try  
Posted by imtrying25 - 10 Dec 2009 10:09

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[Momo wrote on 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.

Nothing about the fact that you spoke to imtrying25??? Im offended. :'(

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Re: Momo II: Another try  
Posted by Momo - 10 Dec 2009 10:11

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IT25, I didn't know if you wanted me to publisize that.

Now that I have your permission, I'm hereby informing everyone that I spoke with IT25 on the phone for the first time. Cool! :D

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Re: Momo II: Another try

Posted by Momo - 10 Dec 2009 10:15

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Yaakov S,

So good to "hear" from you. It's been a long time, too long!

Thanks for popping up. I'd love to read you vort and anything else you want to write, when you're up to it.

Yes, I know the yesod and understand it, but that seems to come and go depending on my mood. A lot of us gain clarity after a lot of hardship, only to lose it to the Y"H next time he strikes us hard.

That's why I post things when I'm clear, in order to read it later on. Of course, it usually makes

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Re: Momo II: Another try  
Posted by imtrying25 - 10 Dec 2009 10:19

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Hey ive noticed that myself too. When im down i think of such deep thoughts. I have even composed some songs and have noticed that they usually come to my when im down. For some reason down brings out the depths. I guess cuz were down we in the depths and then we bring it up with us.

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Re: Momo II: Another try  
Posted by Momo - 10 Dec 2009 10:22  
no sense when I'm "down". :

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Oh, I usually have deep thoughts when I'm up. When I'm down I usually write weird rap songs.  
;D

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Re: Momo II: Another try

Posted by Momo - 10 Dec 2009 10:29

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Day 2, lunch time

Listening to the radio, working, no surfing (besides this forum).

Keep it up Momo!

GMG! GMG! GMG!

:D :D :D

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Re: Momo II: Another try

Posted by imtrying25 - 10 Dec 2009 10:31

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[imtrying25 wrote on 09 Dec 2009 12:09:](#)

I think I'll need the GYE cheerleading section for the next 2 weeks to help encourage me through this.

LETS GO MOMO YOU CAN DO IT LETS GO MOMO YOU CAN DO IT

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Was that good or its too measly??

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Re: Momo II: Another try  
Posted by the.guard - 10 Dec 2009 10:32

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**GMG!**

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Just doing my daily dues!  
Re: Momo II: Another try  
Posted by imtrying25 - 10 Dec 2009 10:33

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Hey hey hey....werent you the one who almost took my head off for writing in big fonts????

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Re: Momo II: Another try  
Posted by Momo - 10 Dec 2009 10:45

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IT25,

I need to due my daily dues for you too.

I don't know if I can do this every day, but here goes (thanks for reminding me about it on the phone).



5 positive things I can say today:

1. I'm not a bad person, I just sometimes act badly.
2. I love my wife and kids.
3. I'm VERY grateful for my GYE friends and to HaShem who helped me find you guys.
  
5. I'm grateful that I had the chance to prove yesterday to myself and HaShem that I CAN go one day without surfing news, sports and entertainment sites.

I actually woke up this morning grateful to HaShem for giving me the opportunity to prove this to myself a second time. This is a biggie for me since for a long time I'd wake up, immediately regret the day ahead, and not understand why HaShem gave me back my soul. Ach, I hated feeling like that.

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4. I'm looking forward to jamming next week with my GYE friends.  
Re: Momo II: Another try  
Posted by Momo - 10 Dec 2009 10:48

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[imtrying25 wrote on 10 Dec 2009 10:33:](#)

Hey hey hey....werent you the one who almost took my head off for writing in big fonts????

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