

Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 07 Jun 2009 17:27

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Shalom Alleichem to all my friends on this holy forum,

Today is with the help of Hashem day 61 on my sobriety journey.

I choose the name Noraah BAmram based on the famous story at the end of Kidushin where Reb Amram Chasida was faced with the battle we are all battling on this site. when he was halfway up the ladder to sin he shouted out **"FIRE IN THE HOUSE OF AMRAM - "FIRE IN THE HOUSE OF AMRAM -** I too scream out "fire in the house of Amram" "fire in the house of Amram" and all the sages came running to save him>

I hope and pray that thru my continued posting on the forum and being on the 90 day chart, somehow the fires of the YH that is waging inside me will be also be extinguished.

The chizuk and understanding that I received from all the members on this forum since I found this site about 2 months ago is absolutely indescribable and immeasurable.

Thank u to each and everyone of you- starting of course with our beloved webmaster, affectionately known around here as "Rabienu Guard" for opening up and sharing your own struggles, tips and suggestions and thereby giving me such tremendous chizuk.

I'm not the best typist in the world but i will try to keep posting as time allows.

NB

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Re: Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 29 Jan 2010 17:08

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Rage HaTzadik,

everyone's situation is different. when i feel that im slipping its not necessary from the conventional triggers that are usually associated with slipping. rather by me its the underlying

boredom and blues burnout etc.... that are equally fertile ground for huge tumbles. for me these have always been precursor to CRASHES before. when i shouted FIRE it was when i felt the onset of those aforementioned blues.

the only thing different this time is that i recognize it for what it is and i have the support of the guys here and the friends that i've made thru the forum.

i made a promise to myself that if i ever get close to falling i will make a phone call to one or two holy brothers here @ GYE who were kind enough to share their cell numbers with me.

i will join the great Lchaim to u and all @ 8 tonight with a brand new bottle of woodford ;D ;D ;D

Wishing you a holy restful spiritual shabbos

Noorah

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 29 Jan 2010 17:12

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[bardichev wrote on 29 Jan 2010 15:21:](#)

To my dearest chavirim noorah and rage

I want to make a simple observation

We are all human

We are all human

We are all human

Its not an excuse

Its a reminder

That breaking a record is not our job

Yes its a great motivator

Our job is to be in the drivers seat

Take control of the truck

Drive down highway66

Avoid pothole

Restart the ignition

Retread the tires

Change the carburetor

Whatever it takes

No matter what!!

Forget records

Stay on the road!!

AHAa ;D ;D ;D

this is why you are the one and only Holy Bardichiver REBBE!!!!!!!!!! :D :D :D :D :D

I will drink a special Lchaim With Woodford tonight Leil Shabbos Kodesh @ 8 by a special tish,

LChaim Lchaim Lchaim

Noorah

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 29 Jan 2010 17:22

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[imtrying25 wrote on 29 Jan 2010 12:44:](#)

to my holiest and dearest Rebbeh

NOORAH!!!!!!  
!!!!!!

I cant believe i wasnt here to answer your shout out!! Bad me!! Ill never forget how you walked me through my first days here on the forum. You made me feel so welcome!! Thanks for that.

Have a great shabbos!! Wishing you all the best!!

Holy Brother IMT25

there is talk here that they want to make you an honorary forum admin since you have close to two and half thousand posts! ;D ;D ;D ;D

Love

Noorah the little

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Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 29 Jan 2010 17:24

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noorah it is soo cold here in the east coast where i live(oh the east coast is a huge geograohical spot nera boro park)

i think i will need a few lchaims just to warm up

WOW!!! all that chizuk you dispensed

git shabbos chaver leybin!!!

Ichaim!!

b

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Re: Noora BAmaram's Journey and Journal  
Posted by imtrying25 - 30 Jan 2010 20:55

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[Noorah BAmram wrote on 29 Jan 2010 17:22:](#)

[imtrying25 wrote on 29 Jan 2010 12:44:](#)

NOORAH!!!!  
!!!!!!

I cant believe i wasnt here to answer your shout out!! Bad me!! Ill never forget how you walked me through my first days here on the forum. You made me feel so welcome!! Thanks for that.

Have a great shabbos!! Wishing you all the best!!

Holy Brother IMT25

there is talk here that they want to make you an honorary forum admin since you have close to two and half thousand posts! ;D ;D ;D ;D

Love

Noorah the little

Btw Reb Noorah. Notice in your avatar your almost ontop of the ladder. How far youve come. But once again, like your avatar we never ewach the top. This is a constant climb. And this means so much more to me than some moderater shmoderater. And besides i never heyde

WOW!!! all that chizuk you dispensed

A gutte voch!

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Re: Noora BAmaram's Journey and Journal  
Posted by OneLife - 30 Jan 2010 23:28

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dear Noora,

how do you feel, geveer??

just to tell you that i asked from G-d on you after the bircat-cohanim finished, and the *talis* was still on my face,

i told G-d that due to my 45 days clean please help noorabeamram, that everyting will be ok  
nuttin like dat!  
with him, with a big *kavana*.

so, if evrything is OK now, its because of me... :D :D :D :D :D :D :D :D

i wish you great week with a lot of happiness.

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Re: Noora BAmaram's Journey and Journal  
Posted by Dov - 31 Jan 2010 19:51

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Having no z'chus of any kind, *still* full of myself, and totally useless/powerless over lust, I will daven for you, too, Noorah. Every bit of teshuvah and simcha in avodas Hashem that I have ever come in contact with, whether I came to it "b'ratzon" or "b'oness", "b'shogeg" or "b'meizid", was and is **all** a free gift from Hashem, so I am sure He's got enough in store to help you out with, too.

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Re: Noora BAmaram's Journey and Journal  
Posted by imtrying25 - 31 Jan 2010 22:27

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Noorah!! With guys like Reb Dov and OL praying for you, your in pretty good shape!!!

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 31 Jan 2010 23:35

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[dov wrote on 31 Jan 2010 19:51:](#)

Having no z'chus of any kind, *still* full of myself, and totally useless/powerless over lust, I will daven for you, too, Noorah. Every bit of teshuvah and simcha in avodas Hashem that I have



ever come in contact with, whether I came to it "b'ratzon" or "b'oness", "b'shogeg" or "b'meizid", was and is ***all*** a free gift from Hashem, so I am sure He's got enough in store to help you out with, too.

Holiest chief anav of GYE the Holy Rebbe Reb Dov,

yr an absolute genius ;D ;D ;D

love

no anivus 4 me (i cant handle it, been there done that ;D ;D ;D ;D)

noorahl'eh

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 31 Jan 2010 23:38

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[OneLife wrote on 30 Jan 2010 23:28:](#)

dear Noora,

how do you feel, geveer??

just to tell you that i asked from G-d on you after the bircat-cohanim finished, and the *talis* was still on my face,

so, if evrything is OK now, its because of me... :D :D :D :D :D :D :D :D

i wish you great week with a lot of happiness.

Thanks Tzadik,

## Feeling better today

NOORAh

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Re: Noora BAmaram's Journey and Journal  
Posted by imtrying25 - 01 Feb 2010 23:00

Noo raaaaaaaaaaaaaaaaaaaaaaahhh  
 hhhhhhhhhhhhhhhhhh

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Re: Noora BAmaram's Journey and Journal  
Your sincerity floods me with chizuk  
Posted by Noorah BAmiram - 16 Feb 2010 17:58

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Holiest dearest brothers,

this is the time of year lasts year when i went thru a marathon of of falls and spectacular crashes ..... frightened lest it happen again. the stresses of purim and peasch create an environment and a climate that can send me either off the cliff or .....up the *Har Hashem* .....I pray that this year will be different!!!

this year i have the support, friendship and love of the most wonderful dearest holiest fiercest*chabura* of warriors on the face of the earth!!!!!!!!!!!!

Proud and humble

Noorah

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Re: Noora BAmaram's Journey and Journal  
this year i have GYE  
Posted by bardichev - 16 Feb 2010 17:59

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Re: Noora BAmaram's Journey and Journal

Posted by silentbattle - 16 Feb 2010 18:03

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Yes - and you also have YOU - the new you, the real you, a you that is closer to being the true you than ever before.

Something I've been mulling over recently - i was going to post it on my thread, but - now it goes on yours.

We have this idea in our head- a script, really - that in various situations, our response is *supposed* to be to act out. It might be "when I'm under stress," or "when I'm lonely," or "when I'm triggered." But somehow, we've accepted that it's sorta-kinda OK to act out. Like it's understandable.

And then we need to fight against that assumption.

Instead, perhaps we should go through our minds in our free time; find all those messed-up scripts; and scrap them in favor of new, good ones. This is MY movie, and I think I'm going to call in the best script-writer available - yeah, that would be Hashem. I like his endings the best.

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