

Thank you Hashem

Posted by ur-a-jew - 07 Sep 2010 17:24

Ahh what a feeling. 90 days. Thank you Hashem for sending me here and walking me along, to Guard for setting up the site and to all the wonderful members for giving me chizuk and advice all the way. I started writing this post after just being on the site for two weeks but it somehow got deleted and then I kept pushing it off. I figured once I got 90 days I would just write a whole long megilla as to what the GYE community means to me.

1. I once met a chasuva balabus who works with at-risk kids and he told me over a conversation he once had around Yom Kippur with one of these kids. He was telling the kid that on Yom Kippur we can do teshuva and our aveiros become zechuyos. The kid turns to him and says you explain to me how the XXX movie I just watched will be a zechus. The balabus turns to me and says I didn't know what to say but Hashem put the following in my mind which I told the kid. He said, I'll tell you. Because you're going to resole to change and you're going to become better and work on raising a jewsih family and you're going to meet a kid like you where who feels they were hopeless. At that point you'll tell the kid, never lose hope, you can never sink too low. I also saw the shmutz that you saw, I saw the same XXX movies, but look I was able to turn around. At that point says the balabus you'll understand how that XXX movie can be a zechus. The message hit home and the kid went on to change. All I can say is that there are a lot of interesting and unique "zechusim" on this site.

2. I've learned how to grow in Ahavas Yisroel. Just like the addiction does not discriminate neither does the site. All walks of yiddishkeit are here and the camaraderie that is displayed is trully remarkable.

3. My tefillos have improved. There are a lot of people to thank for this. Most promenantly is Dov who has encouraged me to talk to Hashem on a regular basis. Just two days ago, Jooboy wrote me something which gave me a tefilah that I now add. Hashem give me the ability to place my trust and my dependance only in You and not in any human including my wife.

4. I realize I am not alone.

5. I have hope. In the back of my mind I also had this fear that I had completely ruined my chances to be mekabel pnei moshiach and for olam haba based on my actions. Would I ever really be able to do teshuva. The site tells me that although it is hard work (as could be expected given the reward) teshuva is possible. It really is possible to stop.

6. The 12 Steps. In the past as part of my efforts to stop. I had always looked into ways to online SA meetings. It never worked in large part because I could not relate to any of the people that were members. Here I feel that I am amidst family since we are all bnei av echad. B"H I am making my way through the steps.

7. The knowledge that sex is optional. This is a hard one. But I am grateful for the knowledge and one of these years I hope to be truly able to implement it in my life.

8. Making shemiras einyayim part of my conscience. I can proudly say that for the past 90 days I have not picked up a New York Post or a New York or New Yorker magazine, all of which were part of my daily or weekly routine since they are readily available in my office. I have come to realize I don't need them and the potential triggers they bring with them.

9. A filter. After years of just saying I need one I know have one both in the office and at home.

10. No facebook. This was probably my biggest michshal in the past year. What a wonderful feeling when I click on a link that directs me to facebook and K-9 comes up to block it.

11. No youtube. Another source of anguish consumed by the canines.

12. A garden of peace. I found this book here. And anyone who has read it knows what I mean. Anyone who hasn't, what are you waiting for.

13. A better marriage. When I don't have all the baggage, things necessarily are better.

14. The daily chizuk emails, all three of them. Even if I don't always get to read them. There is a certain comfort knowing that they are there just for the looking. There is a noticeable absence when Guard is away.

15. The GYE Handbooks.

16. Virtual meetings.

17. Google chat to know that someone can check on me and the ability to offer chizzuk to others.

18. Rather than mention names and mistakenly leave someone out. I appreciate everyone who has helped me along this journey. You all know who you are. I hope to continue with you all to the next level.

My list can go on and on (and I hope to continue it but I got to work a little today). My tefillah to Hashem is that I recognize that this first 90 days is just a stepping stone along the path and that I merit to continue to stay sober day by day, and that I not forget that I was never able to do this alone so I should never think of moving away from the site and the wonderful people that I have met and continue to meet here.

Ksiva V'Chasima Tova to all.

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Re: Thank you Hashem

Posted by ur-a-jew - 21 Aug 2011 13:53

Thank You Hashem for the gift of Shabbos. I don't know how people can live a life without Shabbos. The ability to recharge my batteries on a shabbos is really amazing.

So I had occasion to review the halachos of Nekama and Netirah this past week. If for nothing else I am writing this all here to have it for easy reference. There is a machlokos rishonim whether the two issurim are limited to monetary related matters or even personal resentments. The Chofetz Chaim says that since this is a sefaika doraysa we have to be machmir. Even

without this we all know the resentment (in essence netirah) is a major cause of RID (Restlessness, Irritability, and Discontent) which is usually behind a persons acting out so even if it not an issur, for our own recovery it is something worth working on.

I saw three or four eitzos. The first thing is a person has to put the perceived wrong into perspective. As the chinuch writes.

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The Chovos Halevovos writes something similar in Shaar Habitachon:

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So Number One is to realize that if someone wronged you it was from Hashem. As I heard it from one rebbi of mine of a person was hit by a rock, the person hit would not get upset at the rock. Well whoever harmed you is the rock that was thrown by Hashem at you.

This is not an always an easy thing to keep in mind and as the mesilas yescharim writes. Nekama is ?????? ?????? So I saw three other eitzos:

1) The Orchos Tzaddikim writes that the best revenge (and one that is permitted) a person can do to someone who wronged him is to take the high road and work on himself:

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2) Reb Chaim Kanievsky brings down in Orchos Yoshor

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In other words do good to that person until you turn him from an enemy into a friend. A prominent member of this forum said that when he starts going beyond the call of his duty at home his wife says oh oh what did I do wrong now.

3) The last thing is something that I read in the big book. Which no doubt has a mekor in chazal (the Gemara in Brochos with Reb Meir is one):

"If you have a resentment you want to be free of, if you will pray for the person or thing that you resent, you will be free. If you will ask in prayer for everything you want

for yourself to be given to them, you will be free. Ask for their health, their prosperity, their hapiness, and you will be free. Even when you don't really want it for them, and your

prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks and you will find you have come to mean it and to want it for them, and

you will realize that where you used to feel bitterness and resentment and hatred, you know fell compassionate understanding and love."

Thank You Hashem for a Torah to guide our lives.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 22 Aug 2011 20:05

Thank you UAJ for sharing those great eitzos!

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Re: Thank you Hashem

Posted by ur-a-jew - 29 Aug 2011 17:04

I came across the following this past Shabbos from Sefer Shemiras Haloshon. Just change guard your toungue to guard your eyes:

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It's a worthwhile for all of us to review often but especially someone who has just had a fall, to counteract the typical message of the yetzer hora to the effect you fell anyways you might as well give up. Or what's the point in continuing to try. The chofetz chaim is talking to us. Thank

you Hashem for this powerful lesson.

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Re: Thank you Hashem

Posted by ZemirosShabbos - 29 Aug 2011 18:41

that is gevaldig! thanks for sharing that piece

Thank you Hashem for sending UAJ our way

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Re: Thank you Hashem

Posted by ur-a-jew - 02 Sep 2011 17:52

I was just watching the window cleaners come up the side of my building and I was wondering what lesson I could take from them. And here's my thought. Both the guy in the penthouse office and the window cleaner on the outside get to the top of the building, the difference is that one's on the inside the other is on the outside. In yiddishkeit, we try to get to the top as well, and the same holds true, it is being on the top on the inside that really matters. If its all ????

????? (external) then its really not worth much.

Many of us here externally are prominent members of the community, but on the inside we are involved in the lowest dreck. One of our main jobs as Yidden is to elevate our internal workings to the top. Thank you Hashem for giving us a wonderful place like GYE to work on this. Good Shabbos to all.

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Re: Thank you Hashem

Posted by Stuart - 02 Sep 2011 19:23

Interesting insight!

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Re: Thank you Hashem
Posted by Dov - 04 Sep 2011 22:53

Wow. Thanks. Have a nice day, fellow earthlings.

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Re: Thank you Hashem
Posted by ur-a-jew - 06 Sep 2011 21:41

I was so excited when Hashem directed me to the following shtickel from Reb Zilberstein this past shabbos, into which my windowcleaner vort fits perfectly.

Reb Zilberstein quotes a vort from Reb Avigdor Miller who asks the following question. The Gemara in Makkus says ?? ????? ??????? ?? ??? ????? (???? ?) ????? ?? ??? ?? ??? ??? ?' ????? ??? ?? ?? ????? ????? ????? ?? ????? ?? ??

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Re: Thank you Hashem
Posted by gibbor120 - 07 Sep 2011 15:34

Thanks UAJ. i always enjoy reading your insights.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 07 Sep 2011 17:16

gevaldig vort! so true and so important to remember

thank you UAJ for bring another gem to us

(this is a he'ara to the original window cleaner idea, approved for publication by Rebbe UAJ shlita)

You can possibly add that those who come up outside are supported by a single rope and can potentially fall to the bottom in an instant. Whereas those inside wont fall by much even if they falter

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Re: Thank you Hashem

Posted by ur-a-jew - 14 Sep 2011 23:04

The chizzuk emails reran my first post on the site. Brought back memories. Thankfully, I've been sober ever since. Thank you Hashem for that brocha. And thank you guard and everyone else on the site for helping to make that possible.

I was running down to the subway, there was a train there with its doors open. When I was almost at the bottom of steps the doors closed and I let out a sigh. Only to then see that it wasn't my train in the first place. Kind of like lust. We run after it thinking it will solve our problems. When we miss the opportunity to engage in it we get upset because we think we've missed the solution to our problems. And if we are lucky we won't catch the opportunity because it will take us in the wrong direction.

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Re: Thank you Hashem

Posted by Dov - 14 Sep 2011 23:14

That is not just a sweet moshol, but something to think about and internalize by seeing if it is true for me, not by brainwashing. Thank-you so much for putting that on 'paper' for us to use!!

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Re: Thank you Hashem

Posted by gibbor120 - 15 Sep 2011 13:57

Great thought UAJ!

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Re: Thank you Hashem

Posted by ZemirosShabbos - 15 Sep 2011 14:25

another classic!

(why do i have visions of UAJ running after the train and shouting to the conductor "You are NOT my train, you are NOT my train!" and the conductor says "you from GYE or sumpin'?")

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