

Thank you Hashem

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

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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 - 19 Sep 2011 15:52

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I saw a wonderful piece from Rav Zilberstein this week. Below is my translation and a copy from the sefer.

From Rav Zilberstein.

"A persons eyes were given to him to see helpful and permitted things. How foolish is it that people use this wonderful gift that they received from Hashem to anger and incite Him by

looking at things that it is ossur to look at.

A Talmud of a certain godol commented that an incident that influenced him tremendously in this area more than many mussar shmuezzen was the day he entered Yeshiva. His mother accompanied him and she was speaking to the Rosh Hayeshiva. This bochur was sitting there and he noticed that although the Rosh Hayeshiva spoke pleasantly and respectfully to the boy's mother he never looked at her directly. Said the bochur this incident had a tremendous influence on me and made my own shemiras einyayim easier.

Continues Rav Zilberstein. The possuk in Shir Hashirim says "your eyes are doves" explains the Radak your eyes are like a dove who only look at their mate. Am Yisroel is compared to a dove and they have to strengthen themselves and conduct themselves like doves and only gaze at their own mate.

When a person strengthens himself in this area he demonstrates a mesiras nefesh to Hashem. Because everyone agrees that a person who wants to be careful to constantly guard his eyes needs mesiras nefesh.

In the times we live this is not simple! But a person should understand that precisely for this reason we have to do this out of simcha for a mitzvah. And from a desire and striving to cause a nachas ruach to our Creator.

Any yid and certainly one who was raised on the knees of Torah and learns throughout the day wants to be able to be mossur nefesh to Hashem. At the same time a person has to realize that mesiras nefesh is not limited to being burned on the stake r"l. A yid who goes down the street and is confronted with a disgusting sight one that the delicate and refined soul of a yid is singed from and he turns his eyes from it and he strengthens himself not to look in this too there is mesiras nefesh for the honor of Hakodesh Boruch Hu. Because only Hashem understands how hard it is in our generation to keep and guard our eyes in kedusha.

Furthermore, when a person goes in the street and he invests energy not to look at things that it is ossur to look at he can do this without people seeing. And then his connection to Hashem is even stronger. Because its between Him and Hashem. Only he and Hashem are witness to his actions.

No one saw how he lowered his eyes in order to avoid an improper sight. No one except Hashem.

And with this a person establishes a strong bond with his Father in heaven.

When a person approaches shmiras einyayim with this attitude, with a pure approach like this the subject takes on a completely different character.

In place of practicing shmiras einyayim in a depressed and anxious state that is unhelpful and contributes nothing to the issue, and in fact can result in the opposite of the desired result, it is far better to resolve to guard your eyes out of simcha and joy with the knowledge that your through his you are strengthening your hind with your father in heaven.

The principle that should accompany us when we go in the street is that "only Hashem Yisbarach knows how I am being mussur nofshi in order to guard the kedusha of my eyes and its purity."

The benefit from this attitude is that we take Hashem with us everywhere. Mesiras nefesh of this sort causes Hashem literally to be with us and since this is so and in the zechus of this great mitzvah of shmiras einyanim He will guard us in greater measure.

I have heard say Rav Zilberstein from those who have chosen this path and they were very matzliach.

Finally when I turn my eyes to the side (to look away) I don't have to turn my head only my eyes. And who sees this?! Only Hashem! And only He knows how hard it is in our generation! One cannot fathom or describe the reward for such mesiras nefesh."

Thank you Hashem for this wonderful lesson and may we all be zoche to keep to it.

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Re: Thank you Hashem  
Posted by gibbor120 - 19 Sep 2011 16:17

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Thanks UAJ for another nice piece!

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Re: Thank you Hashem  
Posted by ZemiroShabbos - 20 Sep 2011 04:15

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[ur-a-jew wrote on 19 Sep 2011 15:52:](#)

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In place of practicing shmiras einyayim in a depressed and anxious state that is unhelpful and contributes nothing to the issue, and in fact can result in the opposite of the desired result, it is far better to resolve to guard your eyes out of simcha and joy with the knowledge that your through his you are strengthening your hind with your father in heaven.

awesomemoirediggevaldig!

thank you Hashem for sending UAJ our way to bring out such pearls of wisdom

and thank you UAJ for helping me so much

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Re: Thank you Hashemqay

Posted by ur-a-jew - 25 Sep 2011 17:52

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Why I say thank you when someone reaches out to me. Someone once asked me this why are you thanking me when I tell you my problems. I explained to him that your reaching out to me helps me as much as it helps you. Recently someone was telling me how he writes notes to his wife but she doesn't always acknowledge them and he doesn't therefore have such a cheshek to do it. I explained to him the problem is that we usually have an image how our spouse should react (usually its something along the lines that they should be falling all over us) and when we don't get it that way we get upset. But our wives brains are programmed differently. And they certainly appreciate being thought about even if they don't react in a noticeable way to us. (Kind of similar to the way we may not say thank you for every little thing that our wives do for us even if we are appreciative of them doing it). I thought of this conversation today. On erev Shabbos I had left my wife a creative and cute series of notes on the bathroom mirror which I then ~~if i had the money i would buy you a golden flower pot~~ changed last night and again this morning. My wife said nothing about it and I was certainly bothered by it. It probably didn't help that I felt she just was not attuned with me either. So when I walked into the bathroom and saw the whole thing in the garbage I needed a plan. It was then that I recalled the conversation mentioned earlier. I assured myself that even if my wife said nothing she appreciated what I did and I just had to give her the benefit of the doubt as to why she had said nothing. Not less than five minutes later I get a phone call from the Mrs. saying I just wanted to thank you for all your notes they made me laugh each time I saw them. I really appreciated them. The moral of the story when we take actions to show appreciation to our wives its appreciated whether or not we get the feedback we are anticipating. And when we help others we help ourselves.

Thank you Hashem for these wonderful lessons (and thanks to the person who reached out to me you know who you are).

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Re: Thank you Hashem

Posted by bardichev - 25 Sep 2011 18:38

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its a very good point

we so often do thing ONLY for the expected outcomes

what a sobering thought

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Re: Thank you Hashem

Posted by ZemirosShabbos - 25 Sep 2011 20:39

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thank you UAJ for that great lesson!

and thank you to the guy who knows who he is for facilitating that

and btw, i have a coupon for staples: \$10 off \$20, do you think i should stock up on post-it notes? i can ship some to UAJland if you need

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Re: Thank you Hashem

Posted by bardichev - 25 Sep 2011 20:53

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what do u get when u put sticky notes on your wifes mirror?

sticky make up!

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Re: Thank you Hashem

Posted by gibbor120 - 26 Sep 2011 03:39

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[ZemirosShabbos wrote on 25 Sep 2011 20:39:](#)

and btw, i have a coupon for staples: \$10 off \$20, do you think i should stock up on post-it notes? i can ship some to UAJland if you need

You could sell them as a pre-rosh hashanah GYE fund raiser!

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Re: Thank you Hashem

Posted by 1daat - 27 Sep 2011 23:55

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K'siva Vchasima tov, chaver.

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Re: Thank you Hashem

Posted by ur-a-jew - 28 Sep 2011 16:46

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There is a tefilla from Reb Sadyah Goan in today's selichos ????? ?? ???????? which goes on to lists a host of wrongs, including ?????? ?????? ??? ?????? ??? ?????? ?????? ??? ?????? but it all



starts from one thing ?????? ?? ???????? we forget the good that the RBSO does for us. If we take the time to focus on the good we have that the RBSO does for us on a constant basis it will head off a lot of our problems.

The Chofetz Chaim at the end of Shemiras Haloshon says that person should take a few minutes every day to focus on the mitzvah of Ahavas Hashem by thinking about all of the good that Hashem does for him. He states that just because its a constant mitzvah does mean that we shouldn't set aside a special time for it. If we are looking for a kabalah for the coming of the year a three minutes gratitude seder in which we focus on how much we have to be grateful for and how much the RBSO does for us for which we can never repay him is something that can turn a person's life around.

Hopefully, I can at least accomplish that this coming year.

Thank You Hashem for a wonderful sober year, and thank you to all of the chevra here for help making it happen.

Ksiva V'chasima Tova to all.

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Re: Thank you Hashemqay  
Posted by Me3 - 28 Sep 2011 17:24

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[ur-a-jew wrote on 25 Sep 2011 17:52:](#)

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had left my wife a creative and cute series of notes on the bathroom mirror which I then changed last night and again this morning. My wife said nothing about it and I was certainly bothered by it. It probably didn't help that I felt she just was not attuned with me either. So when I walked into the bathroom and saw the whole thing in the garbage I needed a plan. It was then that I recalled the conversation mentioned earlier. I assured myself that even if my wife said nothing she appreciated what I did and I just had to give her the benefit of the doubt as to why she had said nothing. Not less than five minutes later I get a phone call from the Mrs. saying I just wanted to thank you for all your notes they made me laugh each time I saw them. I really appreciated them. The moral of the story when we take actions to show appreciation to our wives its appreciated whether or not we get the feedback we are anticipating. And when we help others we help ourselves.

Thank you Hashem for these wonderful lessons (and thanks to the person who reached out to me you know who you are).

JUST THINKING OF ALL THOSE COLORFUL "POST ITS" THAT HASHEM PUTS UP ALL AROUND US THAT WE SO OFTEN FAIL TO NOTICE..

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Re: Thank you Hashem

Posted by ur-a-jew - 03 Oct 2011 18:36

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Some reflections on Rosh Hashana:

One of the good things about Rosh Hashana is that I have all the time I want to daven and I can actually reflect on some of the things I am saying. There are certain things that we say all the time, that I was thinking that if I took the time to focus on it for a couple of minutes a day, it would have to chage me.

For example, the word "Elokim" as translated by "Pathway to Prayer" means: "The master of all strength who is able to do anything and who guides over us with divine providence." If this does not describe a one-stop location for any trouble or problem I may have, I don't know what does. But knowing it in the abstract is not enough. Repeating it over and over can help me internalize it.

We conclude ????? asking that Hashem inscribe us all for "chaim tovim" and "shalom." The "shalom" referred to here is internal peace." As explained by "Pathway to Prayer"" "for peace within ourselves that we should be satisfied with the materialistic things we have." Basically in one word a solution to all of our problems.

Another solution. We are all looking for that easy way to sobriety. I don't know if this one is easy, but it's right here in black and white: ?? ?????? ?????? ?? ?????? ??? ?????? ????? ?? ?????? ??

"For those who cling to You constantly no evil will ever befall them and those who trust in You will not be embarrassed forever." Chazal are telling us, you want to stay sober here is the solution. Now at least we know what to strive for.

In that vein of thought: I once had a Rebbi who told me that every person should have a gehinnom seder. Take some time to think about gehennom and make it real for you. The value of this is that when a person is faced with a nisayon which is usually based on foolish dimyonis if the alternatives are just as real to him, he will be able to withstand the nisayon (the baalei mussar call this koach hatziyur). I thought of this when I was saying ??? ?????? ??? ?????? ???. Reb Chaim Friedlander explains that evil or cheit is like smoke there is nothing too it. A person should carry around with him a box of matches, and daily light one up and hold it close to his hand just enough to feel the heat and remind himself that there is a day of judgment and this is what is in store for those who don't keep Hashem's will. Then when the flame fizzles out look at the smoke rising and just say these words ??? ?????? ??? ?????? ??? reminding himself that cheit and all of the lustful pleasures are nothing more than smoke.

As my good friend Zemiros Shabbos just told me from the sefer Bilvavi Mishkan Evneh "Teshuva is not merely modifying behavior to confirm to torah, rather it is making a relationship with the RBSO." Here are just a few tips to help to that (I think).

Thank You Hashem for giving me these insights.

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Re: Thank you Hashem  
Posted by gibbor120 - 03 Oct 2011 18:43

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[ur-a-jew wrote on 03 Oct 2011 18:36:](#)

In that vein of thought: I once had a Rebbe who told me that every person should have a gehinnom seder. Take some time to think about gehennom and make it real for you.

I think we have had enough gehennom sedorim (but not the kind you are talking about :-[, we usually think of them as gan eden sedorim... temporarily). I think that for us, focusing on the negative usually backfires, leads to atzvus which leads to more gehennom sedorim :-[

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Re: Thank you Hashem  
Posted by ZemirosShabbos - 03 Oct 2011 19:10

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thank you UAJ for those great ideas and thanks for the honorable mention

here is the Bilvavi referenced. it's from Bilvavi Mishkan Evneh on Moadim, first piece on Aseres Yemei Teshuva. it's kedai to see the whole thing inside if you can.

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