

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 Dov - 04 Oct 2011 02:30

Amen on everything you wrote, buddy. (oops, I meant, "Rabbi" Buddy!)

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Re: Thank you Hashem
Posted by 1daat - 07 Oct 2011 22:46

beautiful post. Thanks for checking in. Easy fast, chaver.

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Re: Thank you Hashem

Posted by Dov - 09 Oct 2011 03:35

Just wrote this to a guy. It may be relevant here, cuz "living mussar" sounds easier than it really is, as I am sure you know. Heck, we have been failing at doing just that doe years, most of us....But *what **is** it?* Maybe this is the the first step to finding out:

Getting honest with someone else is important for everyone, for only by getting honest with another person can we ever have a *chance* of finally getting honest with *ourselves* and with *Hashem*.

The real reason our desperate and heartfelt tefillos have not bee working when it comes to this stuff (as many peiople have reported here), is that ***we are lying most of the time***. Lying to ourselves, and hence, lying to G-d. That obviously can't work. We do not even know we are lying! But that is no 'loophole' - the tefillos are not really real. HaOdom yir'ah lo'einayim - vaHashem yir'eh *la'eivov*. Tzoreif kilyoseinu....this is precisely what we just finished asking Him for.

Go for it. Let's use each other!

So it's a process and takes time, but mostly practice.

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Re: Thank you Hashem

Posted by ur-a-jew - 11 Oct 2011 19:40

[dov wrote on 09 Oct 2011 03:35:](#)

Just wrote this to a guy. It may be relevant here, cuz "living mussar" sounds easier than it really is, as I am sure you know. Heck, we have been failing at doing just that doe years, most of us....But *what is it?* Maybe this is the the first step to finding out:

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So it's a process and takes time, but mostly practice.

I'm hesitant to say anything since it may imply that I actually practice this stuff, I don't. But I have seen people who do. When you say "we have been failing at doing just that for years" I disagree. We have not been doing just that. Perhaps we've been reading mussar for years, but at least I can say I have not made it a part of my life. Yes, it's work but every program of recovery is work. That's what we are here for on this world to work. In many respect I don't think that "living mussar" is much different from the 12 steps.

I saw the following chovos halevovos yesterday:

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If I was reading mussar I would look at this and maybe pause for a moment. If I am living mussar than I have to stop and let sink in what the chovos halevovos is really telling me: That when I get upset or worked up if for example my wife doesn't want to have sex, the root cause of it is a lack of bitachon.

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Someone who does not have Bitachon . . . thinks . . . that his unfulfilled tayvah is caused by others and they can bring him fulfillment.

In one line the chovos halevovos is summing up 20 years of marriage, and he is saying there is a solution: Bitachon. Well if am living mussar I have to stop and say to myself, I've got work to do. It's not enough to say ok tomorrow night when my wife says she's tired "I am believer" It won't work. I have to work and see how the RBSO loves me and is constantly doing for me, so of course I will trust in Him even when things don't seem to be working out the way with my grand plans hoped they would. That is living mussar. Establishing a bond with the RBSO.

The chovos halevovos identifies the same root cause for many other problems that drive us into depression. I don't think I'm telling you anything new since I believe that you work on the same things in Steps 1 through 3, how else can you surrender your lust to the RBSO if you don't really trust that he is there for you.

Well, anyways thanks because your post got me to stop and think what I was learning yesterday.

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Re: Thank you Hashem

Posted by Yosef Hatzadik - 11 Oct 2011 19:51

Is this what you meant to say?

If we would **work** the Torah/Mussar Approach with the same degree of intensity that as the 12 Steps etc. it would work too.

....Especially if we would work it in a group!

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Re: Thank you Hashem

Posted by ur-a-jew - 11 Oct 2011 21:52

[Yosef Hatzadik wrote on 11 Oct 2011 19:51:](#)

Is this what you meant to say?

If we would **work** the Torah/Mussar Approach with the same degree of intensity that as the 12 Steps etc. it would work too.

....Especially if we would work it in a group!

Maybe, although I think the motivational influence to engage in the two come from different sources. The motivation for the 12 steps is the recognition that a person's life is unmanagable (even if it is not ossur). I was learning this week that Reb Yisroel held that the motivational influence to engage in intense mussar study comes from focusing on ????? ????? (the all-

encompassing depth of hashem's judgment). Personally, I think it may be helpful for someone suffering from a lust addiction, to approach mussar with that same feeling that his life is unmanagable.

I'm also a big believer that a person needs a mussar rebbi.

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Re: Thank you Hashem

Posted by ur-a-jew - 12 Oct 2011 14:21

A thought on sukkos:

The Rokeiach writes that just as it was the norm to circle a city before attacking, as we find Bnei Yisroel did before their battle against the city of Yericho, likewise, on Sukkos we circle around the Torah (with the four species). Rav Wolbe (Da'as Shlomo) explains the Rokeiach's perplexing comparison as follows. When Bnei Yisroel prepared to attack Yericho, it wasn't merely the physical wall surrounding the city that hindered their entrance. There was also a spiritual wall inside their hearts that had to be abolished through the blowing of the shofar and the encircling of the city. Just as back then Bnei Yisroel had to destroy this "internal wall", so too, each year on Sukkos we must destroy the internal wall inside of us that hinders our connection with Hashem. What is this "internal wall?" Didn't we achieve forgiveness for our sins on Yom Kippur, thereby ridding ourselves of all deterrents to our avodas Hashem? The answer is that we did achieve forgiveness, but we still live in the same world, and it is this world that blurs our view and prevents a proper connection with Hashem. Feelings of permanence in this world, an attraction to the culture and allure of the other nations, and an erroneous outlook that nature is something separate from the Creator, all come together to comprise this spiritual wall. It is amazing to take note of how on the Yom Tov of Sukkos, we attempt to "destroy" the many aspects that comprise this division. Firstly, the Torah tells us, "Leave your permanent abode and go into a temporary abode." The Torah isn't negating the need to live properly; rather, it is merely setting our priorities straight: the next world is the true world and this transient world is preparatory. Additionally, the Medrash (Parshas Emor) says that the four species symbolize the four letters of Hashem's Name. In other words, when one sees nature he should be able to distinguish Hashem behind this facade. According to the Ramban (Drashos) it is for this reason that we read Koheles on Sukkos. We are trying to ingrain in ourselves that there is no nature; everything is controlled by Hashem, and it is to Him that we will have to ultimately answer. The Haftoros read on the first day of Sukkos and on Shabbos Chol Hamoed describe the days of Moshiach when all the nations of the world will recognize Hashem's omnipotence. Reading and thinking about these prophecies help us quash the lure toward the culture and lifestyle of the other nations. Sukkos culminates in the Yom Tov of Shmini Atzeres. After succeeding in breaking down the spiritual wall that divides us from Hashem, we merit the connection toward

which we have strived. On Shmeini Atzeres we don't eat in the Sukkah, shake a lulav or eat matzah. We simply spend the day with our Creator. May we be zoche to achieve this awesome connection! Chag Kasher V'Sameiach! This dvar Torah was compiled by the family of the Mashgiach l'iluy nishmas the Mashgiach Harav Shlomo ben R' Moshe z"l

In a similar vein I would add based on a chovos halevovos shuir I just heard. A wall symbolizes security. We all need security in our lives. Some people are secure from their houses, their job, their wife, their family, their friends, their money, their lust, something. Then there are those who are secure from by the RBSO. Our ability to be mevorach on the bad is based on where our security lies. If my security is on my job and c"v I lose it, it is difficult to say "this is for the best." If however my security was never based on my job in the first place but in the RBSO so it is not difficult to be mevorach Hashem in this situation. Because I still have what was keeping me secure.

Sukkos is a time to break down our normal walls of security and to make the RBSO our security. We leave our secure homes and stay in his secure shade.

May we be zoche to reach this madreiga (or at least a little bit of it).

Thank You Hashem for bringing me into Sukkos clean and in the company of a wonderful chevra.

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Re: Thank you Hashem
Posted by ZemirosShabbos - 12 Oct 2011 15:42

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thank you for that gevaldig lesson

wishing the whole crew, staff, faculty, cabinet ministers and maintenance people of UAJland a good happy and spiritual yom tov

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Re: Thank you Hashem

Posted by Dov - 12 Oct 2011 15:53

Gorgeous, thanks so much for that, chaver!

Happy Yom Tov!

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Re: Thank you Hashem

Posted by ur-a-jew - 12 Oct 2011 17:42

I saw the truth of the Chovos Halevovos quoted above while sitting on the train this morning (not that the Chovos Halevovos needs my haskama Reb Zilberstein says its a sefer that has Hashem's haskama since the moloch told the Bais Yosef he should learn Chovos Halevovos).

Next to me was this couple and the lady was all over the man for the entire 20 minute ride. And it was hard not to be distracted by it but it was even harder not to feel a tinge of jealousy. As if why couldn't I get that and sort of bothered by the guy next to me getting it. The Chovos Halevovos says that this jealousy is rooted in my belief that this Oriental guys (who I will probably never see again in my life) getting pampered (to put it gently) by his girlfriend (who I will probably also never see again in my life) were somehow using up the available love (if you can even call it that) and that if only they weren't doing this somehow I would have it. If I had real bitachon I would recognize the reality that whatever they do has nothing to do with me or whether I do or don't receive anything from anyone. Hashem has enough goodness in this world for everyone and what someone else has has nothing to do with what I will have or get.

A wonderful Sukkos to all. May we all be zoche to enjoy what Hashem has given each of us.

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Re: Thank you Hashem

Posted by Dov - 16 Oct 2011 20:39

Ha! There is enough to go around, indeed! You are so right.

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Re: Thank you Hashem

Posted by ur-a-jew - 25 Oct 2011 14:26

Lessons learned from an overnight business trip.

1. Society is obsessed with television. There was a t.v. on my airline seat, in my room and even in my bathroom mirror! And if allow myself even a taste - which I did - I will not be able to resist being drawn into it and it will effect me even after stop. Like when I was sitting learning with my chavrusa after I returned and thinking about the show I had seen earlier that day.

2. Even normal television shows involve things that an observant Jew shouldn't be seeing. Fortunately I was able to stay away from movies but television actresses don't dress the way my wife does and while it may be no worse than the way most women dress on the street, if I have no need to be going there I shouldn't. Moreover, it will be much harder to look away when it involves a show that you are being drawn into.

3. I need a lot of work on myself. Not that I didn't know this before but I can forget how much work I need when I'm not confronted with dangerous situations.

4. Without GYE I would have been sunk (not much new there either).

Hopefully I'll take these lessons to heart.

Thank you Hashem for saving me from really falling and for always being there for me even when I'm not doing what I'm supposed to be doing and although I'm doing what I shouldn't be doing.

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Re: Thank you Hashem

Posted by yehoshua - 25 Oct 2011 14:37

Vau, great. Did you say anything to yourself or did anything when you were confronted with the tvs?

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Re: Thank you Hashem

Posted by ZemirosShabbos - 25 Oct 2011 15:40

UAJ, if you know you gotta do work you are way ahead of the game. many many people think

they are G-d's gift to mankind.

you really are a gift - because you work on yourself and are striving to do good.

chazak ve'amatz achi.

[ur-a-jew wrote on 25 Oct 2011 14:26:](#)

Thank you Hashem for saving me from really falling and for always being there for me even when I'm not doing what I'm supposed to be doing and although I'm doing what I shouldn't be doing.

www.guardyoureyes.org/forum/index.php?topic=1817.msg122404#msg122404

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shnei nevi'im nisnavu besignon echod: