

Nezach - My determination to break free and be clean

Posted by nezach - 09 Jul 2009 19:57

nezach

Newbie

Posts: 2

Re: Nezach - My determination to break free and be clean

« on: July 08, 2009, 11:04:06 AM »

Day 2. I was not living in denial per-ca, and had occassionally come to the realisation that I had a form of addiction. It seemed that was not enough to prevent me from lapsing on many occasions. However, recently an administrator who has kindly provided support directly informed me that I am a lust addict. It was this straight-talking comment that has potential awaken me and immediately removed my pain and sadness and has been replaced with a inner sense of humility.

This is an enormously strange sensation as I am not an egotistical or haughty person, yet this comment has made the inner battle a reality. And it is exactly what I needed, because I have been struggling with finding or experiencing reality on a constant basis..you guest it, because I have been living a life of sheker (falsehood).

All of the kindness, truth/Torah learning, love within my relationships and inspiration that I have provided (all being gifts and blessings from HKBH) have been in vain at any time that I had mis-channelled any frustration, disappointment, impatience (lack of Emunah) or lack of ability to direct my emotions and spiritual aspirations..for the sake of vanity!

So here I am on my quest to quench my thirst to live a life of integrity, dignity and truth!!

I write the following verse since the realisation has already brought an aspect of clarity to my mind and with humility and strength my mindset and perception of Emet (truth) will become clearer and stronger each day throughout my life.

????? ??? ?? - 16: ?????????? ?????????? ?????????????? ?????????? ?????? ?????????????? ??????????????????

Thank you for welcoming and supporting me at these testing times in my life.

My bracha (blessing) is that we all will realise on day in the future that we needed to struggle, suffer and experience pain and despair in order to have the clarity of mind and purity in our souls so that we can rejoice in the salvation and light of the Shechinah. Tzikedenu bimhera viyamenu amen.

Logged

guardureyes

Administrator

Hero Member

Posts: 1928

Re: Nezach - My determination to break free and be clean

« Reply #1 on: July 08, 2009, 11:38:23 AM »

Nezach, it's great to have you here. Keep posting on the "Wall of Honor" thread each day, use it as a journal for your journey to 90 days clean - you'll get tons of support!

Logged

Webmaster of www.guardureyes.com - Maintaining Moral Purity in Today's World

We're here on a quest ; it's really all a test. Just do your best and G-d will do the rest.

nezach

Newbie

Posts: 2

Nezach - My determination to break free and be clean

« on: July 07, 2009, 04:26:32 AM »

I have just joined this forum and hope that it will provide me the strength and determination to break through and overcome the issues which have kept my life on hold for many years now.

Apparently I have a lust addiction, rather than the normal battle of freewill. It is almost surreal as I feel 'free' during times when I am temporary clean and separate from the compulsive behaviour, although this frequently causes complacency and a lapse. It therefore feels like a viscous circle with intense darkness.

Despite feeling low and sick within me, I pray to show commitment to using the resources and

support that is available on a daily basis. It is important to take one day at a time, with goals and strategy even if it requires patience and pain in facing my personal reality.

After all, I have nothing really to loose. For a long time there has been struggle in advancing and making progress with personal dreams and aspirations in regards to relationships and income.

I wish for my dreams to become part of my reality, to rejuvenate and heal completely.

Please Hashem may it be your will that from now on I will live in accordance to your ratzon (eternal will) by guarding my eyes and being shomer habrit, and experience bracha, hatzlacha and a personal redemption.

Logged

7Up

Trustworthy

Full Member

Posts: 214

Re: Nezach - My determination to break free and be clean

« Reply #1 on: July 07, 2009, 04:29:23 AM »

Nezach,

Welcome to the family!

Logged

battleworn

Global Moderator

Sr. Member

Posts: 464

Re: Nezach - My determination to break free and be clean

« Reply #2 on: July 07, 2009, 05:17:46 AM »

Hello Netzach! Welcome home. This is where you belong and this is where you'll get chizuk from people who understand you and love you with all their hearts! By joining us you're strengthening not only yourself but all of us, because the more we are doing this together the stronger we are.

I'm sure that our beloved "Rabeinu Guard" will be here soon to welcome you. He'll post links to the Handbooks. Make sure to take his advice seriously and get busy with those handbooks. Their great!

Also please read "The Torah Approach" over here: rehab-my-site.com/guardureyes/forum/index.php?topic=602.0

Logged

guardureyes

Administrator

Hero Member

Posts: 1928

Re: Nezach - My determination to break free and be clean

« Reply #3 on: July 07, 2009, 01:21:34 PM »

Hi Nezach,

I've welcomed you and sent you links to the handbooks already by e-mail. We've been in touch since the beginning of the year, and I am happy to finally see you here on the forum.

Like I suggested to you by e-mail this morning, please join the 12-Step phone group. See this page for the info and the phone numbers. You will gain a LOT.

P.S. Were you perhaps on the line already today? Some guy mentioned the Tikkun Klali and I thought it might be you

Logged

Webmaster of www.guardureyes.com - Maintaining Moral Purity in Today's World

We're here on a quest ; it's really all a test. Just do your best and G-d will do the rest.

chl

Jr. Member

Posts: 84

Re: Nezach - My determination to break free and be clean

« Reply #4 on: July 07, 2009, 03:18:55 PM »

bs"d

May HaShem answer your beautiful prayer!

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Re: Nezach - My determination to break free and be clean

Posted by nezach - 04 Sep 2009 15:36

Its been an emotional and challenging past few days. Much has happened personally, as life is changing.

This has presented itself for the Y'H to attempt to manipulate me; Amelek trying to find its way back into my life, after many weeks of shemirat einayim and habrit kodesh.

Earlier today, I wasted about ten minutes of my life 'peeking'. I am upset and disappointed with myself, after all of my recent achievements. I have since spent time reading from the resources from GUE and it seems to be somewhat in between a 'slip' and a 'fall'. I write this with tears in my eyes as I realise that Hashem has reminded my that I am totally dependant on Him to help, save, rescue and protect me.

Hashem I am so sorry that my guard was down for those few minutes. I promise to learn from this experience and to 'brush myself down' as we enter into Shabbat Kodesh; it is an emotionally important Shabbat for me, and I will enter it b'Simcha. Also, this will be perceived as a 'slip' not a 'fall' (after much thought and discussion from the support network) - This Shabbat marks the half way mark of 45 days - boruch Hashem.

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Re: Nezach - My determination to break free and be clean
Posted by Rage AT Machine - 04 Sep 2009 20:00

"Am HaNetzach Lo Mefacheid MiDerech Aruka..."

Similarly, Ish HaNetzach Eno Mefached MiDerech Aruka!

The Breslov have a saying that the Eternal nation (i.e. the Jews) is not afraid of a long road. Netzach, your road looks long and twisted but you've made some real progress. I wish I can get to where you're at now.

You need some perspective, bro.

You've had 10 bad minutes out of the last 64,000 minutes plus (60 minutes times 24 hours times 45 days). Thats a pretty good winning percentage, any way you look at it. You just can't let this change your momentum. If you tack on another 64,000 good minutes the 10 bad ones would really be lost in a sea of good minutes that these 10 will be be entirely diluted.

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Re: Nezach - My determination to break free and be clean
Posted by the.guard - 05 Sep 2009 18:30

Beautiful answer by RAM!

Sometimes when Hashem is having a lot of pleasure form our divine service, he wants us to take it to the next level and brings us to fall as a test. If we don't let the fall get us down and learn from it - and get stronger from it, then we have passed **a much greater test** and grow much higher through that. That is the way of true growth. It needs to be accompanied by hard times, dark times and even falls. As the Zohar says, before there can be white light, there first

needs to be blackness.

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Re: Nezach - My determination to break free and be clean
Posted by nezach - 07 Sep 2009 15:05

ATM - Please could you translate the pasukim that you have quoted.

I have been working all day to relieve myself of aggravation and anxiety; not sure quite why these emotions have been in play but I have walked and concentrated my breathing techniques to feel relaxed again.

I have also listened to a song which I used to listen to when suffering from feeling or experiences of lust. Its a tremendous blessing to enjoy listening to it following achievement and momentum as I combat and push away the Y'H.

Hashem has provided me with new opportunities which I look forward to, as it might provide brachas and parnasah.

This is why I feel so emotional today; it is b/c of previous failure and inconsistencies in overcoming my lust obsessions that parnasah did not work out. As you can imagine, it dented my confidence and overall work meaning I have been 'at home' for an tremendous amount of time w/o parnasah. It was clear that it was a bracha in itself as Hashem wants me to build a foundation of strength and teshuvah, to be shomer habris.

Although I have been wanting and trying to do teshuvah b'shleimah for such a long time, it is now that I am well on the road to recovery. Boruch Hashem - May He help and protect us all.

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Re: Nezach - My determination to break free and be clean
Posted by Rage AT Machine - 08 Sep 2009 14:17

"Am HaNetzach Lo Mefacheid MiDerech Aruka..." means the Eternal nation is not afraid of a long road.

(It became the battle cry of the Jews that were expelled from their homes in 2005 for being Jewish.)

Ish HaNetzach Eno Mefached MiDerech Aruka! means the eternal man is not afraid of a long road....

On a lighter note, here's a line from a (mostly kosher) Coen brothers movie:

You seek a great fortune, you three who are now in chains. You will find a fortune, though it will not be the one you seek. But first... first you must travel a long and difficult road, a road fraught with peril. Mm-hmm. You shall see thangs, wonderful to tell. You shall see a... a cow... on the roof of a cotton house, ha. And, oh, so many startlements. I cannot tell you how long this road shall be, but fear not the obstacles in your path, for fate has vouchsafed your reward. Though the road may wind, yea, your hearts grow weary, still shall ye follow them, even unto your salvation.

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Re: Nezach - My determination to break free and be clean
Posted by nezach - 09 Sep 2009 13:28

Thanks, I think from time to time we all need to hear pesukim such as your quote.

I wanted to share an article which I only just discovered - hopefully we can all benefit and relate to it as such an opportune time:

rabbipinchoslipschutz.blogspot.com/

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Re: Nezach - My determination to break free and be clean
Posted by nezach - 13 Sep 2009 15:41

Guardyoureyes - Following your comment last week, I have certainly been feeling the darkness. It has not been one of struggle or anything directly related to the compulsive behaviour of the past, boruch Hashem, although I have been explainable down with depressive thoughts.

I guess that I have been worried about personal circumstances, despite having insight (and bitachon) that this is the (hopefully final) opportunity to overcome any lust addiction and do teshuvah b'shaleima.

However, as of today, the thickness of darkness have been lifted and some light has entered. Perhaps it has happened now as we have entered the final week prior to Rosh Hashanah and Aseret Ymai Teshuva?!

Please Hashem bless us all with joy, yet humility, as we assess our ways of the past year and gain clarity on our tachlis for the year ahead.

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Re: Nezach - My determination to break free and be clean
Posted by nezach - 23 Sep 2009 18:51

I want to take this opportunity to wish everyone a gmar vchasimah tova - a year complete with recovery, healthy, progress and stability. may we all continue to build upon the foundation which we have been laying which will support our future lives and generations

approx 60 days clean and it feels like a long time ago that i was struggling yet the memories are still ongoing. it is strange b/c as we approach yom kippur (the perfect day to surrender ourselves and our compulsive behaviours to G-d) I personally feel that all of the things that I want to pray, beg, and release to G-d just won't come. it is scary to think that even if i apologies and do the basics of teshuvah that i might not say 'everything that needs to be said' or do the full tikkunim for such severe and grave transgressions.

perhaps someone could make some suggestions or thoughts on this matter as i wish to close the book by the end of yom kippur, knowing that i have utilised or maximised all of my strength and inner reserves that have been building up over the course of the last year. i need to satisfy the idea of "if i am not for myself, then who is for me?" and "if not now, when?".

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Re: Nezach - My determination to break free and be clean
Posted by nezach - 26 Sep 2009 21:10

I am pleased to say that b'Ezrat Yisrael I have been doing very well with shemirat einayim. There have been various tests whilst walking in the street where there would be a 'women in the red coat' scenario (ie. power of attraction) where I feel it is almost impossible not to naturally look even for a second..however, baruch Hashem I have denied even the laws of nature as it were as my strength is direct from Hashem, who has continued to protect and safeguard me. May He continue to do so for us all.

There is also an inspiring video for those who have not yet seen (and internalised it), link below (if it does not open search in google video "touching limbless man". its very moving and powerful..

A suggestion if I may, based on shared experiences..remember to daven with utmost power and kavanah that the days after yom kippur we should start the year stronger than ever..and remember, believe in ourselves - we want to be helped once we have admitted to ourselves our personal and sensitive issues, and that we can become clean and secure and reach our aspirations.

G'mar vachasimah tova

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Re: Nezach - My determination to break free and be clean
Posted by Kedusha - 27 Sep 2009 01:58

Dear Nezach,

I'm delighted to hear that things are going well for you!

One important favor: Please PLEASE remove the link in your post above - I cannot be trusted with access to Google Videos. If I start doing video searches, I'm toast! My filter normally blocks Google Videos, but with your link, I'm able to access it. R. Guard, or anyone else who has modifying privileges, please delete the link as soon as you see this message, because Nezach may not see it right away.

In the meantime, Chevra, no one should slip or fall, c"v, because of this temporary Nisayon!
And, Nezach, there is no need to feel bad - you had no way of knowing that your link would override my filter.

Breaking Update: Thank you, R. Guard for taking out the link!

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Re: Nezach - My determination to break free and be clean
Posted by Kedusha - 27 Sep 2009 12:09

[nezach wrote on 26 Sep 2009 21:10:](#)

I am pleased to say that b'Ezrat Yisrael I have been doing very well with shemirat einayim.

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Re: Nezach - My determination to break free and be clean
Posted by nezach - 25 Oct 2009 18:46

Almost at 3 months

the initial few weeks were difficult but in all honesty, the real turning point was when i made a firm decision how to strategies my 'time and use' of the internet ie. discipline

and most important of all shmirat einayim. its impossible to get through the self imposed barriers and layers of pollution unless we protect our most valuable assets - our eyes. this is the fundamental principle if we really are so serious and dedicated to breaking free of our past

since then, a lot has happened personally but most important is that i 'trust myself' in this arena. all i mean is that i understand the magnitude of this problem (thanks to GUE) and forgive myself (another way of saying to give it over to G-d). i attempted the later part for many months but it is easier said than done. it takes great strength and resolve just to hand it over and then to persuade Hashem to 'keep our problem' as it were and help us to do the repair.

r'Nachman says that whatever we have broken, we have the power to fix. never give up and never keep any part of such issues to ourselves. we need help so use the resources properly and make the most important decision TODAY

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Re: Nezach - My determination to break free and be clean
Posted by the.guard - 25 Oct 2009 19:35

Wonderful news! Have you hit 90 days yet?

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Re: Nezach - My determination to break free and be clean
Posted by nezach - 28 Oct 2009 21:21

11th of Cheshvan, 5770

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Significance of this date (link below):

telshemesh.org/cheshvan/

The above date marks 90 complete days from which I have broken free and preserved cleanliness.

Boruch Hashem I can now tell you (first hand) that despite unbelievable challenge and a spirit that has been torn apart, through strength and determination I am now released from previous burden.

It has been a long, rough and wasteful past life, that is all it is. Its in the past. Its over. I have truly surrendered my compulsive behaviours to Hashem who has granted me the blessing of victory.

"Nezach" is to be victorious, in addition to translating as 'forever'; It is eternal. My brothers and sisters, it is only by walking with Hashem, the eternal one, that we have any chance of succeeding or surviving our difficult tests.

Any time that I previously faced a challenge of such nature without completely being dependant on Hashem I might not have survived. Internalise this core message, for it is the only way to reach the place that you want to be.

I have now reached a view point of tremendous heights, like I have climbed the highest mountains and despite the sweat, blood and tears - its all worthwhile. The scenery at the top is fantastic. Its the greatest pleasure imaginable.

Please commit yourselves to quitting the imaginary pleasures of the mind, and dedicate yourselves wholeheartedly to be walking with Hashem, just to reflect in his shadow is bliss!

"The 11th of Cheshvan marks the new growth in the Divine root within us even in times of loss and destruction, just as Rachel is the root of her exiled children. It is the seed of Tishrei growing underground: we cannot see it, but we know it is there".

Life is far from perfect. But we must have ideals and dreams and strive to reach them. Time is precious because its short and uncertain. Lets make each and every day count..just to do one thing worthwhile.

I have no idea how my life is going to develop from here, but at least now I can confide with self belief and trust in Hashem that I am deserving of a good life and blessings that I strive for.

BE STRONG AND DETERMINED AND YOUR INNER BEAUTY WILL SHINE

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