

Journey of life

Posted by lifebound - 07 Sep 2017 05:10

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Re: My sorry state...

Posted by ColinColin - 16 Sep 2017 23:54

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Lifebound

I am from a very different background to you.

I have never set foot inside yeshiva.

But one question.

Have you ever done daily Hitbodedut...daily chatting to Hashem, mixed with improvisational prayers?

If not, try it. Start with a couple of minutes per day. See how it goes.

Some people eventually do this for an hour per day.

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Re: My sorry state...

Posted by lifebound - 18 Sep 2017 02:21

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Re: My sorry state...

Posted by lifebound - 18 Sep 2017 02:23

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Re: My sorry state...

Posted by ColinColin - 18 Sep 2017 03:33

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Why not try it?

Two minutes per day.

You have nothing to lose.

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Re: My sorry state...

Posted by gibbor120 - 18 Sep 2017 14:06

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Maybe try Dov's phone call. It may help you feel more comfortable.

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Re: My sorry state...

Posted by lifebound - 31 Jan 2018 02:27

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Re: My sorry state...

Posted by Hashem Help Me - 31 Jan 2018 05:05

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Welcome back. It should be with hatzlocha.

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Re: My sorry state...

Posted by lifebound - 31 Jan 2018 05:40

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Re: My sorry state...

Posted by Singularity - 31 Jan 2018 10:32

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Welcome!.. back!

I heard a story about a Rav who would answer people's deepest question in less than a minute. Someone came to him and said, "I don't believe in Hashem."

The rov just turned to him and said, "okay, so what?"

The guy replied, "Well I can't sleep at night!"

The rov replied, "There you go. If it's bothering you so much, you obviously believe in Him."

Stuck with me, haha. And you seem like someone full of bother. Oh bother. It's good, you beautiful neshama.

I think instead of trying to fix your distance problem first and then dealing with the lust,

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addressing the lust issue would heal the connection to yourself and others.

Distant from Yiddishkeit?

In the past month(s) I have mulled over eating treif, throwing it all away etc. I have failed to get up for shacharis a lot and even days past without putting on tallis / tefillin. My learning is rigid and shot and I feel unhappy and broken from my community and lack of connection with people even after having sincerely tried.

If not for my amazing wife and kids and great job and **sobriety** I don't know where I'd be.

PS I know I just contradicted myself in saying addressing the lust would heal the connection problems, but maybe I'm a different version of you.

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Re: My sorry state...

Posted by tzomah - 31 Jan 2018 10:47

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hi welcome just saw this thread for the first time so welcome

how are you doing now what is going on in your life?

do you have illusions about connections?

i did

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Re: My sorry state...

Posted by lifebound - 31 Jan 2018 16:24

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Re: My sorry state...

Posted by Meier - 31 Jan 2018 18:00

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RANT AWAY

that's what we're here for,just a quick question.hows your physical fitness.i know afew guys that had various personal issues.and the more they tried to not think about them that inevitably led to them thinking about it all the time.being that you're single I'm assuming you might have more free time than most of us,Wich probably leads to way too much thinking. A intense workout and/or training (boxing, jujitsu,etc.) On a daily basis,will free your mind for at least alittle while each day.with the added benefits that come along with exercise,and yes a healthy body does wonders for a not so healthy mind. (It does for me when I have the time.) .

May hashem grant you the koach and sechel you so crave to overcome your struggles

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Re: My sorry state...

Posted by lifebound - 01 Feb 2018 01:02

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Re: My sorry state...

Posted by Singularity - 01 Feb 2018 11:22

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I heart running. It's fun, it's free, it's fast. And you can reach an euphoric state whereby you feel you can run forever. It's a drug for sure.

LB, You say you wouldn't get married in such a state. I hear. Though marriage did wonders for me. Sometimes the responsibility pushes you beyond what you thought possible. Do you want to get married for a non-religious reason? ie the thought of building a family is nice? Or you want *singlekeit* for a little longer? Neither answer is wrong or right. But I'm just suggesting that marriage isn't totally out of the question. And heck, maybe your bashert will be struggling with

the same stuff! I find my wife and I struggle in similar ways but it gives us a lot more ways to

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connect