

Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 May 2009 05:15

Hi fellow Yiddin,

I am new to the site, but what I've seen so far is extremely comforting. Before I saw this sight, I thought my cause was hopeless. I knew I could never tell anyone my sins in person and here comes this website to allow me to gain advice from people who are in the same boat as me and from poeple who have gone beyond the natural tendencies of man and succeeded.

I am a college student who learns half the day. I need to stop immediately. The internet is the biggest Yetzer Harah since the Nachash in the story of Adam and Chava. Many times I feel they are comparable. The Nachash told Chava that Hashem said she couldnt touch the tree. When in reality Hashem said she couldnt eat from it. After the Nachash pushed Chava into the tree, she saw that maybe the whole condition is canceled and she could now even it from it. We all know the rest of the story. And what was Chava's punishment? She had to go through painfull childbirths. From the Men's perspective we can see this as us doing the same. When we are Nichshal and do this evil sin, we are causing ourselves to go through a painfull childbirth. I dont know about anyone else, but after I finish giving in to my Yetzer Harah, I have the worst feeling in the world. It hurts more than any exterior wound. I really feel like "Shir Hama'alos Mimamakim Kerasicha Hashem!" It genuinely feels like calling to Hashem for help from the depths of earth, like Im on the brink of entering Gehinom. So, if we are about to be Nichshal we should try to rememebr that feeling that we had after the previous time, like were are going through childbirth so that next time we will actually think about our actions and not let our minds go astray.

I really daven everyday that everyone who wishes to, should have the Koach to destroy this Yezer Harah.

Hashem: Please all the Jews here have such holy intentions, give them the strength!

everyone should have a great day and keep your eyes down when walking, constantly think about Torah and what Hashem would want, and daven. (i wish that would all be as easy to do as it is to write)

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Re: Please gimme some Chizuk and or Mussar.

Posted by the.guard - 31 Oct 2009 18:10

I can attend Duvid Chaim's group, but there wil probably be days when I cant attend. Or I can do Boruch's group only which I can do for free beecauase (its only at nights). What should I do?

I say, do BOTH! :D

Congrats on the new phone. You see? If there's a Will, there's a funeral. (Woops. I mean, **"there's a way"** ;D).

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 01 Nov 2009 02:46

Haha Thanks Reb Guard. Ya i spoke to Reb Duvid Chaim so he told me what to do. I hope everyone had an amzing Shabbos and is ready for another great week of Hashem given life!

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 01 Nov 2009 03:36

Hey GUE community,

I'm looking for a new gmail chat partner. If any1 would like to chat on a daily basis email at yiddle2@gmail.com and maybe we can turn it into a phone and gmail thing. Hurry though cause Im looking for a new partner.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 02 Nov 2009 15:10

Hey all,

B'H still on my journey to RID(for all u DC Group callers) this disease from through growing towards closer towards Hashem. Yesterday was my toughest day yet. Baruch Hashem I called out to Hashem when I fell weak and He aided me along the way. I survived my toughest test yet. I know I am not supposed to just survive, I am supposed to mkae them count, but some days you just need to survive.

I thought of an idea that can help spread the great word of GUE and would expand our community. Someone(probably Reb Guard) should make an official GUE poster that we can print out and hang up in shuls, schools, and community centers.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 03 Nov 2009 19:07

Anyone know where Reb Guard is? Been waiting for my emails today and havent gotten them...Anyway, have a great day and build off of what you did yesterday.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Kedusha - 03 Nov 2009 19:19

[Ineedhelp!! wrote on 02 Nov 2009 15:10:](#)

I thought of an idea that can help spread the great word of GUE and would expand our community. Someone(probably Reb Guard) should make an official GUE poster that we can print out and hang up in shuls, schools, and community centers.

-INH

GYE does have a new, colorful, professionally designed flyer, available [here](#).

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 03 Nov 2009 19:22

Oh thanks Kedusha did not see that. Will be sure to put it to good use.

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Re: Please gimme some Chizuk and or Mussar.
Posted by Kedusha - 03 Nov 2009 19:34

INH,

I decided to remind everyone about the new flyer - thanks for the motivation!

rehab-my-site.com/guardureyes/forum/index.php?topic=1194.0

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Re: Please gimme some Chizuk and or Mussar.
Posted by 7yipol - 03 Nov 2009 21:06

Nice!

Thanks for asking INH, and thanks for answering Kedusha!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 04 Nov 2009 14:47

Hey everyone,

Hope everyone is having a great and meaningfull day. Lets keep up the great work of Hashem and continue to grow towards Him.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 04 Nov 2009 14:56

"It's the only game in town."

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Re: Please gimme some Chizuk and or Mussar.
Posted by yechidah - 04 Nov 2009 15:14

dov's right

no other game

yankee do not exist

smoke screen

nothing there

just like lust

nothing there

yechida

(a grumpy met fan)

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 04 Nov 2009 15:32

Very true. If we think about it, what is a sports game? Its a bunch over paid people who are artificially enhanced, playing some sport. Why do we need to watch that? Go out and play it! And when a team wins....then what? Ok so they won wupdee doo. "Ok Yankees you won the world series now what are you goign to do? We're going to Disney Land(??????)" What?? Really??? The city is going to spend millions of dollars on a stupid parade because you were the best team in baseball???? Our lives are really the only "game" in town. You see after we win our game, there is real pleasure. We get closer to Hashem. We can actually answer the question "ok so now what?" Were all on the same team here so lets help each other out.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by G38 - 04 Nov 2009 16:58

It is much deeper than that.

Chazal tell us that R' Shimen said all what the goyim make they mean themselves.

All those games, besides being a *moshav leitsim* for the men, are a field day for YH.

He wants everyone to be happy and celebrate the game while dropping their guard.

The damage that is done then for those who participate in the game is tremendous.

when you get back and log on to GYE you start realizing how many times you slipped :-[

We should stay away from any mixed crowd, especially if there is excitement there.

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