

Nezach - Change of perspective to break free

Posted by nezach - 11 Jul 2010 11:54

It is good to be writing again on this forum. It is a year since I joined this group to help break free from the ongoing personal trouble and suffering that a certain form of addiction has caused.

Something interesting & hopefully inspiring for us all to learn and internalise is that we can learn from the sin of Adam Harishon that his failing was his determination for him to 'express' his freewill; he wanted to do something (i.e. a form of egotism) rather than doing the ratzon Hashem (what God instructed him) which was 'to do nothing' ["refrain from eating of the tree..."].

The message is clear, although needs much internalising so we can refrain from chasing after the lusts of our heart and eyes. When we are faced with the chance to act, or sin, often we do as we have built up enormous spiritual energies; our potential can be to channel those energies into positivity by merely not doing something, which is a actual test of this battle.

To have composure and strength to actually divert our attention and desire for sinning, or from another perspective, to mis-use of potentials, we need also to build fences. Strong walls can only be created and built on the foundation is we are aware of the specific details to how we have previously fallen. Think about the days, times, emotions, lack of awareness such as tiredness or frustration, and so on that might cause our energies to be transformed into desire or lust. If we can visualise ourselves in those situations, and then re channel our motives and opportunities into moments of strengths, then we can start to rebuild our lives and values to which we live.

Hashem should have mercy on all of Am Yisrael, to protect us and safeguard us from that which is forbidden, and to bring us unlimited supply of inner power to do only the will of Hashem and remove our 'need to act' when it is not appropriate.

Chodesh tov, B'ezrat Hashem.

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