

Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Dec 2010 08:14

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:( Although I've had my ups and downs over the years, and some long streaks of abstinence from any P\*\*\* or M\*\*\*, I never got off the roller coaster. Not that I think that I'm the most far gone person here as far as the quality and quantity of the shmutz, still I know that this is an addiction that never left me and never will if I do nothing about it.

This morning i thought of a mashal (someone else might have used it already, but for me it was a moment of clarity from heaven): A temporary bout with the YH about lust and P\*\*\* etc. is like a strep throat -take your antibiotics, drink fluids, rest up and it'll go away; if you don't catch the bacteria again -you're cured, and it's gone. But when the struggle for kedusha keeps on being just that, and with the slightest slip -you feel that you've lost control and your actions show that even years of self restraint didn't do the job (like ridin' a bicycle -ya never forget how to; same thing goes for sewage surfing...) that my friends is like Rachmana Litzlan Lo Aleinu V'lo Aleichem 'Yennerr Machla', and not the kind that attacks at first a specific organ or is operable; rather like the kinds of Yenner Machla in the blood -the best they can do is put it in remission, but it's there to stay -and when Chalila V'chas it's active -there's no limit to the damage it can do and the places that it will show up in. Same goes for addiction to Shmutz.

What's the point of this whole tirade? ... to be continued in the next installment (because it's too hard to type without seeing what your doing and I've filled the window and now it's dancing the Hora and making me dizzy...).

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Re: Ki Nafalti , Gam Kamti

Posted by Efshar Letaken - 11 Jan 2011 00:52

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Bendy,

your shtikel in this fudem as well as in today's chizuck email is Gevaldig!

I'm amazed how after dealing with this problem for years we have no clue that there's a way out.

then suddenly we find GYE and a new world opens up.

Suddenly it all makes sense.

Suddenly we see the light at the end of the tunnel.

It's amazing how fast you picked up on the GYE attitude and adapted to it.

You have such clarity as to what the problem is & what needs to be done to fight or not fight it.

I see myself in so many things that you write and it helps me understand myself even better after all the time I have spent on GYE.

Also your way of writing & bringing the issues to life is very refreshing.

The mixture of Serious & Funny post has just the right balance we need.

Please keep them coming for you have no idea how much you help others when you do. (BTW that is a big Tikun for this Chet)

Looking forward to your next post.

Mi K'Amcha Yiroel!

Yup! it is Efshar Letaken!

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Re: Ki Nafalti , Gam Kamti

Posted by Yosef Hatzadik - 11 Jan 2011 20:13

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**Efshar Letaken** put my thoughts into words! :-X

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 11 Jan 2011 23:32

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## **DAY 12**

B"h Hashem is taking me down the GYE-90 at a fair clip, just ribbons and ribbons of Tarmac in front of my eighteen-wheeler...

*OOPS...(swerving into the right lane to pass a high school girl on her lunch break, and cruisin' back into the left)*

(looong pull on the airhorn- how do you write that in bb-code?)

Well where were we? Oh yeah... Gas Gauge...full b"h! Ah! So much chizuk on this site to fill up on...Tires good...full but not overblown with hot air....Coffee? Well that's a good idea....

Ay I don't need gas? I'm doing just fine!

But it pays to take a pit stop anyways, clean out the cabin and get rid of some trash and use the facilities.

You know something?

Could be K'dai to fill up anyways...

The Noam Elimelech in the beginning of Parshas Emor interprets Rashi's explanation of the seeming redundancy "*Emor Vi'Amarta*" - "*LeHazhir Gedolim Al HaKetanim*" as follows:

Every Yid has times that he feels elevated and close to Hashem -like when he is engaged in Torah or Tefillah or any other Mitzvah -and at these times he feels like he's on top of the world. His mind and heart are open; he feels that he has attained clarity and sees the world in a spiritual light (*Mochin DeGadlus*). But then, when it's time to go back to the humdrum material realm, he falls from this high level and can't bring that same clarity to his mundane affairs (*Mochin Dekatnus*). Says the R"R Meilich Zy"a, this is not the way to do things. Rather, one should make sure to "charge his spiritual batteries" to the max when he feels uplifted, in such a way that he will be able to connect his thoughts with Hashem even when he steps down from that madreigah where he was earlier. And that is alluded to by the *Ma'amar Chazal* which Rashi cites:

"*LeHazhir Gedolim*" Take heed when you are in an uplifted (big) state of mind, "*Al HaKetanim*" that one must remain holy even at times that are mundane (small).

**Okay, Ben D.** you say, enough of that Hassid stuff about *Mochin* -We're just recovering addicts, come on... ... what does this mean for us.

Okay...

Here's my take on it (or at least one of my takes -you could probably say tens of shticklech Torah on this piece). Let's analyze what the R"R Meilich said -What's wrong with being up when I'm Davening and Learning and Down in my everyday life. Well, if you ask me the RR"M is saying that anyone who wants to be an ovoid Hashem has to realize that as Shlomo Hamelech said "**B'yom Tov Heyei B'tov, Uv'Yom Ra'ah Re'ei**". R' Wolbe actually has a whole piece of chizuk on this concept, which is that nobody (who hasn't had a frontal lobotomy) is so stable

that their days -or the periods of their lives- are homogeneous; there are good days and bad days, good years and bad years, good hours and bad hours... and so on and so forth. If you keep on going up and down -you're going to get about as far on your journey (and probably feel) as a yo-yo does! That's what's known as *Kiyyum HaTohu*.

Sounds like a roller-coaster, no?

Well, it depends who is driving. One who flies high when the wind is strong, and plummets when the wind is knocked out of him -that person's life is definitely akin to a roller coaster. Not only that -he's not an airplane -he's a glider. But one who is truckin' along and coasting down the mountain in order to gain momentum so that he can give it his all when he gets to the bottom of that hill and chug-a-chug-chug up the next mountain at clipper speed- HE'S TRUCKIN'.

What's the difference between the two?

The first one doesn't know the secret. When he feels close to Hashem, he figures that this is the way it's supposed to be... and doesn't bother using his clarity in those moments to put anything away for later. And then when he comes down from his good experience, the time comes for him to approach his ordinary dealings and battles with the YH -his gas tank is empty... he gets confused **because he forgot to remember that most of life is ordinary day in day out travails, and we will only be able to persevere and actually enjoy life by bringing Hashem into our challenges... not into "our" success stories** when we have a good *davening* or a *geshmake* session of Torah study. The truth is that this good feeling and clarity that one feels at moments of D'veikus are actually heavenly gifts, on loan to us by G-d's grace in order that we utilize them. The proof is that sometimes we can invest our best efforts in an act of *Avodas Hashem* and not feel anything. That's just life.

The second person knows the secret... and he uses those times of clarity to remind himself that just as at this moment I am clear on what I want from my life and what Hashem wants from me... **more often are the times that we are involved with mundane affairs** (that's why they're also called "everyday" run of the mill affairs *because that's the bulk of our life, and that's when we are showing that we're true servants of Hashem-*) **and even at those times I will recall the clarity and connect with Hashem in my mind....**

This piece is about me and you and all of us (even non-addicts, because everyone has to come on to Hashem's help). Get so much chizuk and put some away for the bleak days. Remind

yourself to remind yourself how good it feels to be close to Hashem. And what connects us to Hashem more than our little mental communication countless times a day...Hashem, I cannot manage this by myself, Hashem I know that you can help me, Please take this nisayon away from me, You can handle it etc. (everyone has their own "shprach" with the RBS"O) Remind yourself that when the YH jumps out from behind a bush you will talk to Hashem...and not dare to mess with the enemy's guerrilla soldiers. Such a person can with Hashem's help KEEP ON TRUCKIN'.

Okay, well I just remembered that I have to fill up those jerry-cans which I keep down in the hatch next to the steps just in case.... I guess I'll stop off at the next exit...

KEEP ON TRUCKIN'!!!

Elazar Ben Durdayah

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 12 Jan 2011 00:21

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Woooosh

Bendy that was gOod

Since when were u yoiresh the bardichever mehalich of answering your own questions

The yeso of yom tov hayeh bitov is soOooo huge

I once heard a pshat (I'm sure I posted it somewhere. Zemmy or yosef hatzaddik will help find it)

Viyirayu oisanu hamitzrim

The mitzrim convinced us that we are bad

Its a teefer yesod

A yeed is good. No matter what. Even if he acts bad he IS b'etzem good

KOT

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Re: Ki Nafalti , Gam Kamti  
Posted by mnman415 - 12 Jan 2011 02:57

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beutiful!

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Re: Ki Nafalti , Gam Kamti  
Posted by chaimhelp - 12 Jan 2011 11:25

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Thanks ben for the chasidishe part and the litvishe part. It was really a big chizuk.

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 12 Jan 2011 11:38

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[chaimhelp wrote on 12 Jan 2011 11:25:](#)

Thanks ben for the chasidishe part and the litvishe part. It was really a big chizuk.

There is no Chassidish part and no Litvish part... it's all one holy Torah!

(All the big Litvishe Ba'alei Machshava learn and give shiurim in Tanya -for example R' Moshe Shapira. All the Chassidish Mashpi'im and Mekubalim learn and give Shiurim in Nefesh HaChaim -for example R' Tzvi Mayer, and R' I.M. Morgenstern. The deeper you go, thhe more you get down to the *Achdus HaPashut*).

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 12 Jan 2011 18:31

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EBD, wow!

beautiful and masterly presentation

thank you!

and rebbe b that was a great vort as well, any idea where i should start looking to find it?

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 12 Jan 2011 18:38

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I THINK ITS IN A BELZER HAGOODAH

BUT THE HAGOODAS ARE PACKED AWAY IN THE PASSOVER SECTION

OF THE BARDSTOWN SYNAGOUGE

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Re: Ki Nafalti , Gam Kamti

Posted by chaimhelp - 12 Jan 2011 18:51

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Thanks for biting i knew you would say thay

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 12 Jan 2011 18:53

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possums dont bite

zanvil and zemmy dont mish on pesach

when all tha chamets is sold to billy

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 12 Jan 2011 19:03

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reb EBD,

there once a discussion about how does one go about putting away inspiration for the days we

we can take concrete action to protect ourselves when we have the proper clarity but we cannot reach across time and insert the inspiration when we need it.

can you shed light on that?  
don't feel it. It is sort of impossible to save an inspiration for when we are not inspired

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Re: Ki Nafalti , Gam Kamti  
Posted by bardichev - 12 Jan 2011 19:07

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EBD

IM A T-----S on the tish guy

whats going on??

VEE IS THE SIMCHA/ THE LITZONEESA DIYITZRA DI-ARAYIS?

NUUUUU

KKEEEEEPPPP PPPPONN TTTTRUUUKKININIGNG

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 12 Jan 2011 20:50

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Sorry Reb B., the leitzanusa d'yitra d'arayos doesn't wake up until at least 12 AM Israel time...

Zemmy, you've raised a good point, and I thought that I had answered that in between the lines in yesterday's shtickle.

## **DAY 13**

IMHO the way to utilize the times of clarity in order to prepare for those moments of fuzziness, is simply to bake in to ourselves **then** when we are clear, that nisyonos come along, and that even then we will just turn to Hashem and talk to him B'pashtus.

It's not the high-falutin' feelings and ideas that talk to us when we are feeling spiritual that are going to help us in harder times that inevitably come; it's remembering even when things are going good, that when the going gets tough, we turn to Hashem.

I think that on a spiritual level by just reminding ourselves in the 'clear' times that in the murky times we will turn to Hashem... then and there we have elevated those mundane times, and connected them to Hashem; and thereby drawn Hashem's Presence into those harder corners of our lives.

An example of how this works for me (Hashem should help that I should always remember this), is a post I made on a day that I was feeling good and clear, but even then -I was in tune with myself and worried what would be when this 'high' passes me over. So I posted this:

B. I realized that I must be starting to feel some gaavah over the fact that I've been clean for a

few days now -and it really feels great to be clean even though it's only been a few days. So I reminded myself how little self-control I have shown in these areas in the past -even very recent past -and that my life has become unmanagable on my own. Therefore I acknowledge my limitations and turn to HaShem and place myself, my addiction, and all of my problems in His hands -because if I stop trying to play His role and control my life - I am allowing Him to enter my life, giving Him a place in my heart -and only in this way do I allow Him to help me, and ONLY He can help me and He CAN help me.

To remind and clarify for myself **when I'm doing good** (*LeHazhir Gedolim*)--when my mind is open and receptive--exactly how I should behave when things get mundane (*Al Haketanim*) which is to bring Hashem to me and Myself to Him --which is the only eitzah.

Which is the kind of thing that helped me here:

## **DAY 11**

The scenery out there was a bit too good. Don't get me wrong, we're not talking about anything major, as Reb Bard's calls it -vanilla, Plain Jane -or Plain (I wrote ????? in English and it came out a disgusting word) Yentie if you're talking about my neighborhood...

But for a guy like me that's too much. And I was very happy to raise my eyes up to Tatte in Himmel and say, "RBSO, this is big on me, and I can't manage it... Help me and take away this bad chemdah and irrational teshukah, and let me direct those koichos to Your holy Torah V'Avodah".

And B"h -it worked... it was over in an instant. Just have to keep on doing that and not get bogged down.

Turning to Hashem when the nisayon comes (was I feeling GYE-ish B'sha'as Maaseh? Not really) and bringing Him to me and me to Him on Day 11 instead of starting up with YH as shown above was only possible through the hisbonenus when the hisorerus and geshmack of

having found the attitude was still fresh on Day #4 -and I was on a spiritual high.

Sorry if this wasn't such a clear post but even the chelek ha'avoda here as I see it is pretty abstract. And sorry for filling this post with re-runs...

KOT!

Ben-d

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But hey, If Reb Guard can send re-runs...can't I?