

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 Yosef Hatzadik - 19 Jan 2011 20:29

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[ben durdayah wrote on 03 Jan 2011 23:04:](#)

Hey there, **Benny Guy!** Howdie?

Yep, see there I wuz rippin' down this here road.... I wuz mindin' my own bizness, tinkin' 'bout

that ol' tractor....

An' out of the blue one of them confounded Jew girls in one of them unifomms frum da schools... howdie y'all call 'em? Eis Yaakovs?

Anyhow, as I was sayin', me wuz drivin' down the way an' dem girly comes a'runnin'. She was cryin' and yellin' bout sometin'. I couldn't make out not a single wurd.. Boyyy was she shreakin', I tell ya!

Have you gotten any clue wat's buggin' her?

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Re: Ki Nafalti , Gam Kamti  
Posted by ben durdayah - 19 Jan 2011 20:32

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Hey, hey....

Don't be stealin' my next chapter...

'else I'm gwain ta hafta send that Devoirah after you!!!

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Re: Ki Nafalti , Gam Kamti  
Posted by Yosef Hatzadik - 19 Jan 2011 20:49

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I was just trying to give you some inspiration! ;D

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Re: Ki Nafalti , Gam Kamti  
Posted by bardichev - 19 Jan 2011 21:04

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Re: Ki Nafalti , Gam Kamti  
Posted by ben durdayah - 19 Jan 2011 21:39

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[Yosef Hatzadik wrote on 19 Jan 2011 20:49:](#)

I was just trying to give you some inspiration! ;D

Me Mad!

Never...

Um, almost never...

Well, maybe this minute not...

:D ;D ;D

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Re: Ki Nafalti , Gam Kamti  
Posted by Shteeble - 20 Jan 2011 02:52

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8) world sneaking into this thread.

nobody notice.

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Re: Ki Nafalti , Gam Kamti  
Posted by mnman415 - 20 Jan 2011 03:21

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[world wrote on 20 Jan 2011 02:52:](#)

8) world sneaking into this thread.

nobody notice.

i noticed!!!!

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Re: Ki Nafalti , Gam Kamti  
Posted by Shteeble - 20 Jan 2011 05:00

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Re: Ki Nafalti , Gam Kamti  
Posted by ZemirosShabbos - 20 Jan 2011 05:09

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if the whole **world** sneaks in don't you think it would get noticed?

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Re: Ki Nafalti , Gam Kamti  
Posted by Shteeble - 20 Jan 2011 12:29

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Now's a good time for a name change.

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Re: Ki Nafalti , Gam Kamti  
Posted by bardichev - 20 Jan 2011 18:00

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Can we have the rest of the story ich verr imgidildiggg

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 20 Jan 2011 18:07

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rebbe b, i am sure you meant to say this:

[bardichev wrote on 03 Nov 2010 21:32:](#)

we want to hear as pauuul harveyyy saiid the-hhh ressst of the-hhh story

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 20 Jan 2011 18:28

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No guys, it's been a lousy day, so first I get to vent; and then if there's time I'll try to update Zanvil and Devoirah and co.

## **DAY 21**

Right, like now I'm a reeeeeeeaaal Tzaddik'l no?

No.

I had a lousy day. I ate the fruits anyway, and said the tefillah for the esrog word by word with peirush hamilois but I felt like a hollow tree.

But the battle now is not on my turf, I'm b"h not bombarded by hirhurim, but the YH is trying to sneak in with milchemes HaYetzer on his turf -i.e. Shmiras HaEyneim. And when you're not "oifgeleibt", it's not easy (ah mefurishe Tanya).

So I've got to change the track which has been playing on "repeat" all day, and put on a different song:

**TODAY, THIS MINUTE** do you have as much \$\$\$ as you need for this minute?

**TODAY, THIS MINUTE** do you have with what to make Shabbos?

**TODAY, THIS MINUTE** are you clean?

**TODAY, THIS MINUTE** do your feet work?

**TODAY, THIS MINUTE** do your hands work?

**TODAY, THIS MINUTE** do your eyes see?

**TODAY, THIS MINUTE** do your ears hear?

**TODAY, THIS MINUTE** are your wife and kids safe and healthy?

**TODAY, THIS MINUTE** can your mind think straight?

**TODAY, THIS MINUTE** are you doing the ratzon Hashem?

If you answered yes to all of the above questions, then **CHILL OUT, and KEEP ON TRUCKING** everything is just fine b"h.

Your pain and depression stems from either the past or the future.

If that didn't help, then you obviously have gotten into "melumadah" mode as far as the recovery and GYE attitude is concerned, and need to go back to basics and start fresh -even if you are

clean.

Thank you for your support,

EBD

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Re: Ki Nafalti , Gam Kamti  
Posted by bardichev - 20 Jan 2011 18:32

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Ebd

Bards zoogt andersh

Even

If u answer no to the questions

Still keep on trucking

shikk meech a pee em

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