

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 ben durdayah - 26 Jan 2011 18:04

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## **DAY 27**

Today has been a sort of Icchy day. SE was not at it's greatest, but no outright slips or falls.

Have to keep remembering that this is not **My** battle to win, and keep turning it over to the One who can smash the YH.

Have to keep remembering what Reb bard's always SAYS NO LOOKING BACK JUST KOT!  
and that "Simcha is the secret".

But I'm just in a Yucchy sort of mood.

It's been one of those days.

I'll try to drown my ucchiness in a few bletter, though my concentration today wasn't who knows what.

GYE's hold my hands...

Your friend,

E. Ben Durdayah

PS The story is basically finished... stay tuned for the epilogue, the post-story show -where we will discuss the more serious messages of this story, and of course...

A. **But No Green Elephants** The Movie.

B. **But No Green Elephants** The T-shirt

C. **But No Green Elephants** ~~The baseball cap~~ Schwartz's (TM) original 'possum tail shtreimlach

(Two models are currently available -Zaidi'ish Zanvil's Zingel Zunav Zpecial or Yingerman Yanky's Double decker -offer valid while supplies last)

**D. But No Green Elephants** The coffee mug

**E. But No Green Elephants** Trading cards

**F. But No Green Elephants** The Bardsway Musical

**G. But No Green Elephants** Action Figures

**AND OF COURSE But No Green Elephants** the sequel...

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 26 Jan 2011 18:15

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EBD, you are doing awesome-super-gevaldig, 27 days away from the garbage!

there were/are/will be hard times

you've got the RBSO and his messengers - all of GYE and anyone else who assists you - who will "hold your hand" in the tough times

tzadikim said on the maamar chazal "Haba letaher mesayin oso", the lashon rabim, 'mesayin' refers to the RBSO and to tzadikim, they both help.

keep on trucking, you bring up the team's stats with your efforts

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 26 Jan 2011 18:18

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and don't forget BNGE bobbleheads

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Jan 2011 18:19

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[ZemirosShabbos wrote on 26 Jan 2011 18:15:](#)

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keep on trucking, you bring up the team's stats with your efforts

Thanks for the chizzuk

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 26 Jan 2011 18:31

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reb EBD,

an important idea to remember is that you need to be patient with yourself. a habit formed over months and years will need time and effort to change. especially something like lust. which chazal say is ????? ?? ??? ??????.

it took a while to pick up the ability to learn gemara, ride a bike, hunt ~~green elephants~~, this is not different. as rebbe b says, winning is staying in the game.

continued hatzlocha

zemms

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Jan 2011 18:44

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BH,

I can say with certainty, that without the Koiach HaRabbim here, I'd be history...

Even if not BiKammus, at least B'aichus.

I've definitely had longer clean streaks than 270 days as well, but I've never quite counted the days, never quite appreciated them, never focused on the positive, always focused on the negative, and felt worn out and dirty even when clean from fighting my own mind.

I never appreciated my cleanliness, because hey -that's what you're supposed to do, no?

I could go on and on, but not right now.

You GYE's are the best,

EBD

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 26 Jan 2011 19:09

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EBD, to a newbie like me your'e an established super-hero, so if you're gonna fall then "mah ne'eneh abasrei". Just hold on tight to your armrest and wait it out. You can do it. Your'e the superhero. In the end of the movie the hero always wins (sometimes he gets alittle banged up in the process, and THAT GUFA is what makes us love him so much when he comes out on top).

Your biggest fan, who believes in you to the end, to the deepest darkest gloomiest, filthiest, darkest, godliness point, your pupil and friend, the humbleTzaddik90, hakatan shebiGYE

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Re: Ki Nafalti , Gam Kamti

Posted by Shteeble - 26 Jan 2011 19:16

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[ZemirosShabbos wrote on 26 Jan 2011 16:00:](#)

ancient lore has it that Nebuchadnezer had a predisposition for Pepsi

and Trix.

and energizer batteries.

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Re: Ki Nafalti , Gam Kamti

Posted by Shteeble - 26 Jan 2011 19:20

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[ben durdayah wrote on 26 Jan 2011 18:04:](#)

**AND OF COURSE But No Green Elephants** the sequel...

howabout But No Green Elephants        the abridged version....

for those that are too busy to read any bigbook not written by aa

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Jan 2011 19:28

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[ZemirosShabbos wrote on 26 Jan 2011 16:00:](#)

ancient lore has it that Nebuchadnezer had a predisposition for Pepsi

I figured as much,

So did the Commies, so do the Arrabers...

Coke on the other hand...

Zemmy can we be mechabed you with the Star Spangled Banner? I feel something stirring in my heart just to remember the Cola Wars...

S'benkt zich nuch Reagan

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 26 Jan 2011 19:48

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oi zug kenstee zain

bai dee lichtigkait fin der freemorgen....



in der roit-shain fin dee rocketirin

bumberdirin tzeesheesen zich in dee lift

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Jan 2011 20:52

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Oh Zemmy, always the show off!

Top this!

?, mondom, l?tod,

A hajnali korai f?ny,

Amit oly b?szk?n ?dv?z?lt?k

az alkony utols? csillog?

Amelynek sz?les cs?kjait ?s f?nyes csillagait,

kereszt?l, a vesz?lyes csat?ban,

Az elm?lt falakon n?zt?k,

annyira g?l?nsan streaming

?s a rak?t?k "v?r?s f?nye,

A bomb?k robban?sa a leveg?ben,

Adta bizony?t?ka az ?jszak?t

hogy z?szl?nk m?g mindig ott volt.

?, mondom, nem, hogy

csillag-Spangled

banner m?g hull?m

T?bb mint a f?ld a szabad

?s otthona a b?tor

Play Ball!

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 26 Jan 2011 20:53

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tell me dee trute, did Fetter Geegel help you?

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Jan 2011 22:17

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Nem, Guggil Basczi did.

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