

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 - 07 Feb 2011 22:17

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We better be careful before they move my fuddem to "Just having fun"

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 07 Feb 2011 22:19

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i got the same threat about my thread

we can split the moving costs...

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 07 Feb 2011 22:22

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For me that'll be Toiv LaTzaddik Toiv Lischainoi -but for you...

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 07 Feb 2011 22:24

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how about a timeshare?

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Re: Ki Nafalti , Gam Kamti

Posted by mnman415 - 08 Feb 2011 02:48

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i could be the moving agent maybe?

well i dont know anything about real estate.

ill just wear a suit and a tie and look good.

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Re: Ki Nafalti , Gam Kamti

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Posted by pinokio - 08 Feb 2011 16:20

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Reb d, how'r u today? It's been awfully quite lately....perhaps in the expressive sense i sense...my 2cents....the dapper author of yore.....his pen, thine pen.....

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 08 Feb 2011 17:50

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You're right, I'm sort of down in the dumps -but feeling pretty stable as far as the struggle is concerned, at least right this minute...

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 08 Feb 2011 19:04

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reb EBD,

when i think of you i think of chizuk and good cheer, you're that type of guy.

keep on trucking, scooping up roadkill, and defending hapless heroines from dapper dysfunctional doctors.

BNGE.

with you and rooting and tooting for you

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 08 Feb 2011 21:05

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EBD

I begg to differrr

Simcha is key

If u feel unsimcha

And yet shtarkkk

Remember ur gonna want simcha

And YH has a very cheap brand of it

Joking aside

The neshama yearns taanug

Taanug is only from the closeness to Hashem

Get the real thing

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 08 Feb 2011 21:17

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Gotcha Rebbe -your warning is right on track.

But today's closeness with Hashem was talking to Him while trying to learn even though the cheishek was far from me (that's another story -I'm learning what Libi is Aino Chafetz for a myriad of reasons, and another couple of reasons besides the timtum halev from my aveiros), and telling Him how dead I feel inside, and that only He can help me and that He can help me, and that I'm trying to do what I can to let Him into my life.

It's a longer story than that, but I've gotta run.

You GYEs are the greatest,

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 08 Feb 2011 21:35

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Timtum shmimtum

Trukk along

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 09 Feb 2011 15:48

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ebd, how are u today, my friend?

i woke up today with rid, bigtime. i began to shout "

M

A     D

Y     A

Y!"

then, i held myself together long enough to turn on some purim music. I picked up one of my children and danced with them. my 6 month old son was in his chair, and when he saw us dancing he understood the simcha and he smiled alot. Then i pulled my family into the circle and we danced together-no, not just a stale clockwise death inducing hora- a living beetui of kal atzmosay tomarna, and i did it for a long time-

The people here may be nuts, but theyre right-SIMCHA is the key!

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 09 Feb 2011 16:17

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Psssst what ppl figger out in adar

I say all year

Simcha is the secret

Look in todays chok in the mussar part

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 10 Feb 2011 10:56

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What a coincidence/ Hashgacha Pratis - I get two posts on my fuddem about simcha, and I wasn't here at all yesterday because (for a change) I went to a simcha (bem'sirus nefesh) to be mesameach the little durdayalech!

Happy Adar to all!

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