

Ki Nafalti , Gam Kamti

Posted by ben durdayah - 30 Dec 2010 08:14

:(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 - 03 Apr 2011 12:37

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from a fiendfriend

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 03 Apr 2011 14:22

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 03 Apr 2011 14:30

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 03 Apr 2011 15:16

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Re: Ki Nafalti , Gam Kamti
Posted by ben durdayah - 03 Apr 2011 16:10

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 04 Apr 2011 06:25

i wanted to post, but i think there's something wrong with my glasses,, iimm sseeeeeinnngg
ddoouubbllee, ssoo iivvee ggoottttaa ggoo

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 04 Apr 2011 07:36

Seeing Double? I think maybe you should see a doctor!

Seeing Double? I think maybe you should see a doctor!

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Apr 2011 20:16

Okay folks,

Here I am.

Ate my keziasim, cut myself off from technology for 7 days.

And now I'm back.

And I am powerless.

It is now that I feel how sick I am.

Yes, I am sick. No, I am not a Rasha. Just sick.

I feel ill.

I feel compelled to slip and slide and look at things that I shouldn't be until I finally fall.

Why do I want to?

I don't want to.

I really feel sick.

The YH wants me to feel dirty. As if I soiled myself with a few careless looks.

I don't want to.

I'm rambling.

I think that only after such a long break from the outside world do I feel so sick.

Not as if I was flying in the seven heavens for seven days.

My Pesach definitely had its ups and downs. As a matter of fact I spent the first day and a half of chol hamoed in total depression over some things that I can't change and am hoping for yeshuas Hashem.

But now I feel how sick I am.

I am a lust drunk. I smell it, I want it. No matter how much it doesn't pay. No matter how much I want not to blow it. I have this little demon inside of my trying to push me closer and closer to the red line. To toe it, and finally cross it.

Hopefully this post will help me to remind myself why I am here in the first place.

A gezinten Zimmer y'all,

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Re: Ki Nafalti , Gam Kamti

Posted by 2nd-chance - 27 Apr 2011 00:58

Hey BD

keep it up use the GEVURAH from this weeks sefira

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 28 Apr 2011 06:01

r twerski just came out with a book called gevurah

saw it in manny's, good old manny's

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 28 Apr 2011 14:45

[tzaddik90/Special Weapons And Tactics wrote on 28 Apr 2011 06:01:](#)

r twerski just came out with a book called gevurah

it's a great book, classical R' Twerski, some biography, lot of divrei torah, lot about the Steps, and some great stories

a gezint zimmer reb EBD,

remember to adjust your bike helmet strap to accommodate the sefira beard. see you at the Haas Promenade. bring a bottle of petel and we can get a circuit or two: talpiot-neve yakov.

zemmmmmmmssssss

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 29 Apr 2011 08:50

i know for a fact that ebd lives neither in neve yakov or talpiot, and zems, you forgot he is a chassid and has the same beard all year round

ebd, did i represent you right?

quite the escape artist, my cuddly gingy friend,

the dapper durdaya will return?

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 29 Apr 2011 10:07

Avi!

Be careful...

You're going to blow my cover.

Now everybody knows that I live in Ashdod, Elad, Beitar, Ramat Shlomo, Bet Shemesh, Ramot Gimmel, Emanuel, Sorotzkin, Har Nof, Bayit Vegan, Kiryat Sefer, Brachfeld, Gush 80, Arzei, Beis Yisrael, Meah Shearim, and the Rova...

Git Shabbos,

E

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 29 Apr 2011 14:03

now, don't be tooo obvious at disclosing where i live, mr eskimo (vidok!!!lol) but hey, i guess i did the same to you, so eye for an eye, they say

gee, it's good we both have one eye left

so durdaya, what i meant to pull with pliers was,what are your thoughts? where are you holding? how's recovery? what insights can you share, fears, or hindsight?

this makes the man, not his suit, not his willpower, rather by his rigorous honesty and mutual vulnerability

to ice coffee,

-mr hyde

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