

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 - 09 May 2011 19:15

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Great Thank Hashem, and thanks for asking!

I haven't been maintaining my thread lately -I do most of my posting by others...

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Re: Ki Nafalti , Gam Kamti

Posted by heuni memass - 09 May 2011 19:40

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Never isolate your own.

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 09 May 2011 20:05

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Re: Ki Nafalti , Gam Kamti

Posted by Yosef Hatzadik - 10 May 2011 22:27

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I finally see this thread in the new replies list. I rush over & all I see is a statement that you are  
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Re: Ki Nafalti , Gam Kamti

Posted by Shteeble - 10 May 2011 22:45

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Yosef, your smileys are upside down.

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Re: Ki Nafalti , Gam Kamti

Posted by pinokio - 11 May 2011 04:52

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it seems when i am online now, no one else is.

if not that i see durdaya everyday at the kinyon, id be a gonner.

i really miss the shmooz with everyone. im online, ey time, from 630-720pm

if you could wing it, cool. if not, sent your old buddy an email so he doenst feel *too*isolated.....

thpppp!!!!!!-8 month old wisdom

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 22 May 2011 22:04

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Regards from Reb Shimon to all of you GYEs.

If I was there, you all were with me.

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Re: Ki Nafalti , Gam Kamti

Posted by mnman415 - 21 Jun 2011 20:10

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how you doing?

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 21 Jun 2011 21:10

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Dear fellow GYE's,

In response to those who have inquired or wondered as to where I've been lately, I would like to post the following (taken from PM's I sent in response to PM's of the same nature):

Thanks for asking.

B"H in many ways my life has improved lately, although recovery wise I've had some ups and downs. This led me to a more serious study of the 12 steps, most especially by listening to the very entertaining shmoozen by the gedoilim known only as Joe and Charlie...

Even though I haven't really started working the steps (at least not beyond 1-2-3) -I have gained an important understanding as to how they work and even more so **that** they work.

*(I have to admit that one of the fringe benefits of having those two guys ~~drawling~~ drawling in my ears is that I have starting understanding dov's posts on a new level. Southern drawl makes great trupp for his posts! I'm serious! Now I chap a lot more of the emphases that he places on certain words or phrases -try it, it really makes him even more understandable!)*

I was inspired to do so by the fact that I saw how much Avi/tzaddik90 and eye.nonymous (I got the link to the Joe and Charlie series from his thread -Thanks eye!) among many other GYEs had gained from them, and also that most of the guys who have really changed their lives here did so after slowly realizing that this is their way out, either through the DC Calls or through live SA groups -neither of which are an option for me at present.

Also, I am now B"H employed (*at least this zman*) in the afternoons and my previously defunct Kollel Erev has reopened -keeping me away from the computer at peak GYE times.

(I was previously either doing freelance translations or stalking jobs, which had me sitting before the screen for many hours daily.) I just barely have time to flit in and out of the forum and check up on what's going on. I really do have a lot to write -I just don't have the time to do so, and even when I have the time -I don't always have the strength...

I've also noticed that every once in a while the site goes through these kinds of transitions, where some veterans leave (*hint hint -he drives an ice cream truck and wears a red baseball cap*) and a wave of newbies washes up on the GYE shores. Then the world turns into a shteeble... (*as dear la'ag would say: lol gggggggg*)

I have been thinking about becoming more involved in the forum once again -because at present this as close to a "fellowship" as I have (*Although there are people with whom I speak on the phone about recovery, some of whom I have met with in the past and others with whom I hope to meet in the future. However, these are meetings as individuals, and not as part of a greater "fellowship"*), and this is a place where perhaps I can share in a way that is useful to others. On that note, I was considering starting a new thread as I feel that this thread has become obsolete in light of how much I've learnt and experienced since coming aboard the good ship GYE. We'll see when and if that happens.

This was pretty rambling -almost dovish -but hey, it was good to hear from you all,

KOT and KIT,

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 21 Jun 2011 21:21

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great to hear from you!

great to hear you are employed

great to hear that you are enjoying Southern drawl krias ~~haterah~~ ha-Big Book

great to hear you still have you sense of humor and your writing skills intact

above all, remember not to think about '???? ?????????'?

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Re: Ki Nafalti , Gam Kamti

Posted by mnman415 - 21 Jun 2011 21:28

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[ZemirosShabbos wrote on 21 Jun 2011 21:21:](#)

great to hear from you!

great to hear you are employed

great to hear that you are enjoying Southern drawl krias ~~haterah~~ ha-Big Book

great to hear you still have you sense of humor and your writing skills intact

above all, remember not to think about '???? ?????????'?

he took the words right from my mouth

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 21 Jun 2011 21:52

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Thanks!

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Re: Ki Nafalti , Gam Kamti

Posted by Shteeble - 21 Jun 2011 22:04

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[ben durdayah wrote on 21 Jun 2011 21:10:](#)

Then the world turns into a shteeble...

Best Regards!

Thank you for stopping by and making this place a bit warmer.

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Re: Ki Nafalti , Gam Kamti

Posted by Yosef Hatzadik - 22 Jun 2011 15:26

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Tei'erer Reb **Ben Durdaya**,

Many of us would be much better off if we learned the skills of Moderation! No. I am not talking about being a Moderator. We will leave that for **Kedusha**. (And his secret admirer, **Me3**, a moderator-wannabe!) What I mean is knowing how to take things in Moderation.

Spending time on GYE is a good thing. Too much time over here is not. Quite often, newbies show up. Spend all their time on GYE. It begins to affect their life. It affects their life too much .... at the expense of other healthy pursuits. They go on hiatus. They return. They find themselves too addicted to the GYE Forum again. They run away again. (Some of them even try to cut off all connections. Deleting posts, usernames, email addresses, etc.)

Please, please, for our sake if not for yours, DO NOT LEAVE US FOREVER! *Al ta'azveinu  
netzach! Assei l'ma'aneinu im lo l'ma'anacha!!*

Just one or two posts every time you flit in will make a difference. It will keep you in the 'posting  
mode'. It will you connected to us.....

BUT.....we love you anyway!!!!!! :-\* :-\* :-\*

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