

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 pinokio - 23 Jul 2011 20:27

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good to see you still wearing polo shirts. banana republic, whew! your'e quite a preppy guy.

there is a word escrow it can also be spelled eskrow of course.

and remember friend, if there is anything i can stress to you, it will only work if you work it. not if you understand it, not if you wear banana republic in french-vil, only if we work it. that is the most important thing i can impart to you.

fox malcha mall shmoneh bigadim mamilla, Hashem yiracheim aleinu. btw they are opening up a new mall by ramot aleph. pretty close to....and they have a fox there, i saw it myself.

secret code may soon send you some morse code look for the messenger pigeon he's on your windowsill by the marpeset over and out

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 24 Jul 2011 17:44

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Actually, the messenger pigeon has been on the tzinor of the mazgan coming out of my bedroom wall. I'm afraid he's causing some serious damage.

And yes, I went to my first SA meeting on Friday.

Interesting.

It was nice to meet some of the GYEs there with whom I had spoken before either on the telephone or in person.

The feeling of fellowship and shared purpose was very nice to experience.

On the other hand no bells and whistles started shooting off, and I saw no fireworks in the background.

As Avi/tzaddik09 (nee 90) posted: "It will only work if you work it."

I realize that. It's gufa to work it that I showed up at a meeting.

Supposedly the first step in the first step is to get a sponsor, though there weren't too many potential (even "temporary") sponsors available this week. On the other hand, I think I know someone to call for advice on this issue...

(You know who I mean Avi, the guy with the Shalosh Roshim BeRosh Shehu Kemo Rosho shel Shalosh... I'm not talking about RS"H Ostropolye here... Think more along the lines of Malchus if you have any questions...)

I'll try that.

Got to go to night kollel.

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Re: Ki Nafalti , Gam Kamti  
Posted by pinokio - 25 Jul 2011 07:50

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remember, yisrael represents the tlas reishin and reisha dilo isyada, so if you meant to get the ruach dinefesh dibreya of a. or f. to sponsor you, that sounds good. wait till you see the galachim, they do program the best

you posted abt your first meeting, that too is a nitzutz of the 1st step.

remember, like you said, it doesn't work until we invest in it, and we only get back what we put in, no more, no less.

i heard a kiruv rabbi speak last week at a seminar, he says guys tell him "rabbi, i put on tefillin today for the 1st time and i didnt feel anything different".

he says back to them "you know what? you expected that the first time you put in tefillin, everyone in the shteeble will get up and give you a standing ovation. and since it didn't happen, you felt disappointed. why would you feel anything if you ARE still misuav mishukatz migooal and maley chomer achur and timtum halev?"

the nimshal here is clear. we can feel dveykus, we can actually feel shabbos and mitzvos and tahara and more. but until we are mizakeich ourselves, we cant do this.

and until we start at ground zero, either sa or whatever program merely to help us do azzevas hacheit, we can never even hope to become tahor and tzaddikim one day and reach our tikkun.

so in essence, the way for a person to avoid kaf hakelah AND to get ruach hakodesh is to actually bring his guf to a meeting, and get a sponsor, and also be honest with him, and make phone calls, etc.

since i am allowed to say practically anything on this anon. forum i will add that i am shocked at the stupidity of some people who have done program for 300 years and are still looking at porn. if program is not working for porn, then get the darnfangled internet out of your life. you are certainly chayiv to do this al pi halacha and he simply is not working program if this always happens, esp for years.

program is great, and can even allow one to walk into a bar and not have a drink, but isnt it smart to not walk into the bars or geulah the first 6 months of program, and kal shekian if after 2 years it is still happening, despite his 35 years of sobriety. i am a young one, but im smart enough to see that this is absolutely ludicrous.

thanks for listening, and for lendong the eddie bauer cap, i think it goes better with the shape of your beard, not mine. yours is more of the v shape, while i have a u, kiyadua liyodei chein shehee bisod dikna dita"t and dikna diarich, vian makom lihaarich habear, vidok

abt the pigeons, just spray some deodarant up the pipe with a match and you'll see the barbecued birds rolling out in seconds. ask a rav first if this is permissible. hey wait, you can

ask....yourself? never mind. vihavein.

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Re: Ki Nafalti , Gam Kamti

Posted by ZemirosShabbos - 25 Jul 2011 14:58

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EBD, congrats on taking a big step

here's wishing you hatzlocha and success in finding your path

ZS

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Re: Ki Nafalti , Gam Kamti

Posted by Shteeble - 25 Jul 2011 16:01

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me thinks this thread renders the gye glossary long obsolete.

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Re: Ki Nafalti , Gam Kamti

Posted by mnman415 - 25 Jul 2011 16:03

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[ZemirosShabbos wrote on 25 Jul 2011 14:58:](#)

EBD, congrats on taking a big step

here's wishing you hatzlocha and success in finding your path

ZS

ditto!

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Re: Ki Nafalti , Gam Kamti  
Posted by Shteeble - 25 Jul 2011 16:06

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ditto

that's almost as easy as

hi

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Re: Ki Nafalti , Gam Kamti  
Posted by ZemirosShabbos - 25 Jul 2011 16:16

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[Shteeble wrote on 25 Jul 2011 16:06:](#)

ditto

that's almost as easy as

hi

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Re: Ki Nafalti , Gam Kamti  
Posted by ben durdayah - 25 Jul 2011 20:36

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Thank you all for the warm wishes.

The truth is that at 27 days clean, I have been feeling much withdrawal today.

I spoke to one of the people who is also the contact for SA around these parts (a Frum guy who looks like he just walked out of BMG twenty years ago...) and he said that be'emes this takes time before you actually do start working the program. But I told him that what I'm finding a bit frustrating is that acharei kichlos hakol I shlepped my guf to a meeting, but I'm still white knuckling it just like I was before the meeting. Still, he said even before you start working the steps, by coming to the meetings you get fellowship.

Then I spoke to our dear friend Blind Beggar, and he told me that he also didn't feel a major difference from the very first meeting. He also said -and I very much agreed -that this is in part because we at GYE are used to sharing details of our past and present struggles with others who identify with them. We have already come somewhat out of isolation, and many of us have met with other GYEs from the site in person and even shared our foibles and failings with them face to face.

Therefore, fellowship on and of itself is not that much of a novelty to us. We already knew that we are not alone.

I have to remember that "Easy does it..."

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Re: Ki Nafalti , Gam Kamti  
Posted by Eye.nonymous - 26 Jul 2011 06:00

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[ben durdayah wrote on 25 Jul 2011 20:36:](#)

Then I spoke to our dear friend Blind Beggar, and he told me that he also didn't feel a major difference from the very first meeting.

I can second that.

It takes time to get used to the place. Then you start to share a bit. Then you start to feel a part of it.

But, I can say one thing. I recently had a pretty bad bunch of slips. One thought that kept me sober is: I'll feel really stupid to go to that room and face so many people, in person, and say "Hi. I'm a sexaholic. I've been sober for 12 hours" when just the week before I was announcing somewhere over 4 months.

I don't feel nearly the same accountability to have to re-set my 90 day chart and write a faceless, anonymous post to a bunch of faceless, anonymous other users "I fell, I'm back on day 1."

It didn't keep me sober, but it gave me an extra push to get up and take the necessary steps not to fall. To take a personal inventory, though it was very late, and then to call someone.

--Eye.

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Re: Ki Nafalti , Gam Kamti  
Posted by bardichev - 26 Jul 2011 20:22

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WHERE IS DVOIREH DAPPER DUKTIR SHTRAYMIL MACHER??

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Jul 2011 20:24

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B"h busy above his ears.

My creative writing has been on hold for quite a while.

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Re: Ki Nafalti , Gam Kamti

Posted by bardichev - 26 Jul 2011 20:28

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HOLD SHMOLD

BUY A MALTSTAR WITH A HALF OFF LABLE

STICK IT IN THE FREEZER

TAKE IT OUT

PAPITTAS

CHOCOLATE COVERED CHALVA

POUR PETEL ON YOUR NOTES

SIT ON THE MARPESES

AND START WRITING

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Re: Ki Nafalti , Gam Kamti

Posted by ben durdayah - 26 Jul 2011 20:30

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Yep, he's back allright...

Yeehaaw!

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