

Duvid Chaim's calls - By Momo

Posted by Momo - 22 Jul 2009 07:23

An amazing thing happened to me yesterday and I wanted to share it with all of you.

Duvid Chaim has been asking those who join him in his conference group to come up with an Awe and Wonder (A+W) moment, meaning a moment where we see haShem in our lives. The purpose of this exercise is to raise our G-d consciousness. He's looking for small things that we might take for granted and overlook. Well, I have have had one A+W moment in 3 weeks, and he's looking for us to find one every day, so I've been feeling frustrated, and I think that came across in yesterday's call.

In yesterday's call, I asked the group for instructions, or ideas on HOW we are supposed to open our eyes and see/feel an A+W moment. I must say, I didn't feel like I received a satisfying response during the call.

However, part of the greatness of these calls is that it bothered me enough to think about it afterward.

Here's my A+W moment: After the call on Tuesdays, I have a weekly hashkafa shiur. I decided to not allow the Rav to continue with the text, but rather ask him how he thinks we can see HaShem everywhere during our day in order to bring us to Dvekut. I explained that we can't really talk about hashkafa until we get this yesod down. He agreed with me, and we both hashed it out, and together we came up with an answer. Here's what we came up with:

1. Look at anything around you.
2. Break it down into it's smallest parts. (Think an air conditioner, the human body...)
3. Think about how complicated it really is.
4. Think about what is the source of this amazing item. If it's nature, animal, or human, the answer is obviously G-d. If it's man-made, then the answer is that G-d gave man the intelligence to create this item. Anyway you slice it, the source is G-d. So, when 24 hours ago I couldn't think of any A+W moments, now I can't stop thinking about them! I see them all around me, for each item I see becomes an A+W moment!

I remembered this morning that this idea sounded familiar, that I thought I read it somewhere. I opened the sefer Belvavi Mishkan Evneh, and in volume 1, chapter 3 he speaks about how we have to look at everything around us, ask ourselves who is the creator, and come to the conclusion that it's G-d. He says we must do this to get us closer to HaShem, in order to get dveikut.

I thank HaShem that I had the opportunity to discuss this idea with my Rav, that we were able to "think about it ourselves" in order to internalize it, and that I was able to feel it. I've read that chapter of the sefer a couple of times before, but it didn't really do anything for me until today after I discovered the idea "on my own" (with inspiration from HaShem of course), and internalize it.

I need to add that the sefer Belvavi Mishkan Evneh writes about levels. First, he talks about Dveikut as the purpose of our existence (as does the Mesilat Yesharim). Then he writes about the need to believe in HaShem. After we internalize that, we can work on seeing HaShem everywhere by asking who created anything we see (its source). That is what I've described here. He says that only once we've internalized this step (he suggests at least one week working only on this), then we should work on the next step which is hashgaha pratit. Meaning, OK, so HaShem is in the world and surrounds us, but he also is involved in every aspect in our lives, not just in the background.

I'm a bit unclear which step Duvid chaim is referring to when he asks for an A+W moment since he brought examples of both (a singing bird is an example of seeing HaShem in the world while getting out paying for a traffic ticket is an example of hashgaha pratit). However, I'd like to suggest to anyone having trouble thinking of A+W moments that we should first work on seeing HaShem around us, and once that's internalized, work on hashgaha pratit, as the Belvavi Mishkan Evneh suggests.

I'm very open to receive your thoughts, comments, and criticisms.

I thank HaShem for giving me this moment of inspiration, and I pray that I will continue to see HaShem around me, always.

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Re: Duvid Chaim's calls - By Momo

Posted by Momo - 29 Sep 2009 06:31

Notes from the last Duvid Chaim call (before Y"K):

Being the last call of this series, this call was a summary session of the 13 weeks.

- In our childhood we felt pain, we hid from it and pretended it wasn't there. As a result, we disconnected ourselves from ourselves, and the world, and HaShem. We isolated ourselves. We hid and soothed ourselves with our "drug of choice", lust.
- We should start being aware of who we are, reconnect ourselves to the world, and to HaShem.
- Be aware of who you are. Start feeling joy/pain/loss. Don't go through life as a robot or zombie. Stop reacting to everything that triggers or upsets you. Take action and be proactive!
- Teshuva is not changing ourselves, it is our returning to the way we were when HaShem made us (when we were born).
- It's time for us to put away our "toys" and grow up and "get real".
- I'm here to serve the world and see HaShem's hand in it, to connect to Him. The world isn't here to serve me.
- Awareness of who we are and what drives us means we are in recovery, even if we aren't 100% clean. We should be aware that we act out because we lust. We lust because we feel R.I.D. (restlessness, irritability and discontent). We feel R.I.D because of our egos, and we are selfish. (We think we are the center of the world. We think we are in control. We think the world owes us. We think if something doesn't go "our way" we are entitled to get upset. We push G-d aside when we lust.)

The answer is to realize we are powerless of our addiction and not in control of our lives. HaShem is the driver. I should do His will, not mine. It's all good since it's all G-d, all the time! Surrender to HaShem. Be selfless. Help and constantly think of other people. Get out of your head. Whenever you go somewhere, don't think what can I get out of the situation, rather what can I do to help others.

- Quality of sobriety is more important than quantity. A few days feeling connected to HaShem is more important than weeks of unconnected clean days.

- Be happy! Nobody can take our place in this world. Become a friend with yourself; begin to like who you are.

GOOD LUCK!!!

Duvid Chaim is starting a new group after Sukkot. Stay tuned to this forum for more details.

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Re: Duvid Chaim's calls - By Momo
Posted by 7yipol - 29 Sep 2009 09:45

Momo,

Thank yo so so much for all the work that went into this thread (and Moti!) YOu brought DC to all of us who were unable to attend in person, and summarized things so clearly. Even without having been there, the messages and insights came across.

Tizku l'mitzvos and in the zchus of your work here, may Hashem send you your own healing b'karov!

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Re: Duvid Chaim's calls - By Momo

Posted by the.guard - 29 Sep 2009 09:52

Momo, this last summary is so beautiful, it's definitely an ACE. And I want to post info on the new group starting after Sukkos. Thank you so much for sharing DC calls with us, there is so much precious wisdom here!

P.S> I hope you will join the calls for group 2 as well. We all need that group support, and we need to keep learning and working the steps... It's a life time progress. You'll never stop learning new things! (and this time, you'll be one of the "pros" on the call... :D)

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Re: Duvid Chaim's calls - By Momo

Posted by Ykv_schwartz - 29 Sep 2009 14:39

Momo,

Thank you so much for sharing. You are a real inspiration to me and to so many on the forum. As a wise man once told me:

-We should start being aware of who we are, reconnect ourselves to the world, and to HaShem.

So, Momo, listen to the advise of this wise man and be aware of who you are. And if you do not know you can ask me. Except I only know a small fraction of the true you.

With the Help of Hashem and the willingness on your part, may you be zoche to continue to uncover your true self underneath.

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