

Shalom Aleichem

Posted by NeuroYair - 22 Dec 2011 05:42

I hope everyone is enjoying their Chanuka. I just signed up for the forum and am already very pleased with my decision. Looking forward to sharing and growing together. Hatzlacha rabba and kol tuv to one and all.....

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Re: Shalom Aleichem

Posted by gibbor120 - 04 Jan 2012 16:58

[NeuroYair wrote on 04 Jan 2012 03:59:](#)

Gibbor, my wife even SIGNED it -gibbor120 on the bottom saying kol ha'omer be'shem
In essence, I'm thanking you....you know that,
right?.....

That's hysterical ;D. Now, I really feel published! Soon I'll be seeing it on billboards, bumper stickers, mouse pads (anyone use those anymore?)... Ok, maybe I'm letting it get to my head

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Re: Shalom Aleichem

Posted by Gevura Shebyesod - 04 Jan 2012 17:24

How's this? ;D

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Re: Shalom Aleichem

Posted by ZemirosShabbos - 04 Jan 2012 17:44

omro.....Go publish something else, will ya!?

and this

(gevaldig saying btw, it's a keeper)

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Re: Shalom Aleichem

Posted by Gevura Shebyesod - 04 Jan 2012 17:59

We can sell these in the gift shop at the GYE zoo/museum/pub/cafe/monstuh truck racetrack....

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Re: Shalom Aleichem

Posted by gibbor120 - 04 Jan 2012 18:11

Sounds great guys, AMAZING! I LOVE IT! ;D

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Re: Shalom Aleichem

Posted by alexeliezer - 04 Jan 2012 19:22

[NeiroYair wrote on 30 Dec 2011 06:04:](#)

My machshavos are always filled with thoughts of lust- especially to JEWISH females. I grew up in high school with a great mashgiach who ingrained in me an aversion to TV, movies, culture, so I only search the internet to find pictures of females, not per say anyone in particular.

Neiro,

You've got the basic two areas to work on -- shmiras eynayim and intrusive, lustful thoughts. They go hand in hand. Shmiras eynayim is largely up to you. The more complete it is, in all settings, including your own wife (at least outside the bedroom), the easier it's going to be.

For the thoughts, you're going to need help from Above.

I had serious problems in this area and it only got worse over the years.

Until I came here and studied the 12 steps. I incorporated the first few steps into a tefilah, and say it as soon as I detect a lustful thought trying to land on my brain. In the beginning I said it dozens of times a day. Eventually, combined with the shmiras eynayim, the thoughts started to knock less frequently. This includes, by the way, lustful daydreams about your wife. Here's the nusach, alter to suit:

"Ribbono Shel Olam, I am powerless over lust and my life has become unmanageable.

Only You can restore me to sanity.

I turn my life and my lust over to your care and ask you to please heal me from this illness of lust. I don't want to lust, I only want You and a relationship with You and Your Torah, and appropriate attraction to my wife. Take my lust. Please, take my lust

Only when you are ready to give up LUST ITSELF will you truly be free.

Hatzlocha!

Alex

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Re: Shalom Aleichem

Posted by NeiroYair - 05 Jan 2012 06:02

Alex, THAT'S the kind of responses I've been yearning for. Thank you for being honest and sharing your experiences. They will go a long way.

gibbor, gevurah, and everyone else ganging up against me (must have to do with starting with a ;D, in reality she drew a perfect smiley face in a picture frame and then one in one of those clown mirrors that distorts your image. But those billboards were classic.

And about selling them at the zoo, I know I shouldn't be saying this, but I feel like I'd be behind a cage with the animals cause that's how I feel sometimes! :-\

Have a productive day! Thanks for all the love.....

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Re: Shalom Aleichem
Posted by Gevura Shebyesod - 05 Jan 2012 15:16

Ganging up on you? Chas Vesholom! :o

Oh well, we did sort of hijack your thread for a little fun :-[.

Sorry....

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Re: Shalom Aleichem
Posted by NeiroYair - 06 Jan 2012 02:07

I was being playful and facetious. I'm the one who should be sorry! ;D

I appreciate your comments tremendously. In fact my wife now wants me to print out your *yesdodisdike* creation (with even the font portraying the message- Nicely done!!!!) saying it beats her sign. But, I told her it would come more from the heart and mean more seeing her
:D

Have a great Shabbos!!

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Re: Shalom Aleichem

Posted by tehillimzugger - 06 Jan 2012 02:10

stop talking about your wife so much

it can be *painful* to some of us singles

;D ;D ;D ;D

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Re: Shalom Aleichem

Posted by NeiroYair - 06 Jan 2012 03:49

Hashem just knew that I was too weak to fight this yetzer with only my half of the neshama. Unlike some of us, hmmm hmmm, TehillimZugger, who Hashem has utmost confidence in can do it himself!! Kol Hakavod to you!!!!

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Re: Shalom Aleichem

Posted by tehillimzugger - 06 Jan 2012 03:52

[NeiroYair wrote on 06 Jan 2012 03:49:](#)

Hashem just knew that I was too weak to fight this yetzer with only my half of the neshama. Unlike some of us, hmmm hmmm, TehillimZugger, who Hashem has utmost confidence in can do it himself!! Kol Hakavod to you!!!!

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look hashem: i know you believe in me, thanks for the trust. can we moooooove on now?

Re: Shalom Aleichem

Posted by NeiroYair - 06 Jan 2012 18:02

Hehe. ;D Yeshuos Hashem, k'heref ayin.... And a quote from R' Aharon Kotler ZT"L - Marriage is not as good as it seems, nor is it as bad as some people make it.... Keep on zuggin'!

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Re: Shalom Aleichem

Posted by NeiroYair - 11 Jan 2012 05:21

Not to c"v be nudy or selfish, but did anyone else read my story that would like to comment? I'm still looking for some eitzos or empathy....

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