

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

Hi everybody,

After almost 6 months of observing this forum as a guest, I finally decided to introduce myself (...painfully shy - even in anonymity). I'm not a youngster - over 40 years on the roller coaster; so obviously my addiction started long before the internet. Like many of you, I've tried and failed over and over, but B"H never gave up. Until finally Hashem helped me discover GYE. I had a good streak of 168 days which ended this week (still not ready to say "f-e-l-l"). I am starting again be"H. The following is my 3-point plan, based on what I learned on this forum.

I am using a Mishne in Pirkei Avos to remember these 3 points:

Im ein ani li mi li - I must avoid all forms of lustful images and thoughts at all times.

Uchshe'ani le'atzmi moh ani - I must surrender my lust to Hashem and pray and ask for his help.

Ve'im lo achshav eimosai - Forget about yesterday or tomorrow - one day at a time.

Looking forward to meet you

MT

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Re: Good intentions

Posted by Machshovo Tova - 09 Aug 2012 16:02

Careful there! Don't follow that female! You may drown!

In this week's Parsha (Ekev 11:4) it is mentioned how Hashem drowned the Egyptians in the Sea. The Baal Haturim mentions a Medrash which says the following (see Tanchuma Shoftim 14):

Hashem saw that Paroh did not want to go into the sea. What did Hashem do? He rode on a small cloud and transformed it into a female horse. He positioned Himself in front of the male horses of the Egyptian army, and the male horses chased after the female horse. Hashem then went into the sea and all the male horses followed after Him.

So the lesson we can learn from this is:

Careful there! Don't go after that female! You may drown!

MT

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Re: Good intentions

Posted by tehillimzugger - 09 Aug 2012 18:32

MT is saying:

We're all male horses!

[Sorry about the mussar, but I felt that if it was done be'rabim, we need to be mocheh be'rabim]

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Re: Good intentions

Posted by JustKeepGoing - 09 Aug 2012 18:39

@Meir

Ya so I guess thats more of a q-te answer for those less religious, that was the point of the class. How to answer those questions and I think a (maybe this only applies to irreligious who wont dress tzniyus anyways) woman would rather hear and might actually accept an answer based on logic and being considerate to others over a blanket "G-d said so"

Im not trying to blow up R' Orlofsky lol Its something I heard in a tape ages ago I could be totally mis-saying what he said

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Re: Good intentions

Posted by Machshovo Tova - 09 Aug 2012 18:58

[TehillimZugger wrote on 09 Aug 2012 18:32:](#)

MT is saying:

We're all male horses!

No. MT is saying: Don't act like a male horse.

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Re: Good intentions

Posted by JustKeepGoing - 09 Aug 2012 19:13

Lol

I heard a nice mashal that our neshamot and the body is like a rider and his horse, If we behave in a fashion were our neshama is in charge of the horse it will follow the neshama and do its bidding becoming the extension of the rider. BUT if we are not strict with the horse and allow it to do what it wants, then the horse will not be broken and the rider and horse will be in constant conflict.

So at least according to that mashal we are horses.

But were also souls.. hmm... efshar a paradox?

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Re: Good intentions

Posted by Dov - 10 Aug 2012 00:00

The Kotzker said horses *bichlal* should not be followed, for they all go in the middle of the road, "And who needs that?!" he would say.

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Re: Good intentions

Posted by Kevin Pond - 11 Aug 2012 22:55

this thread is very interesting and informative.

your discussion re the plane-ride reminds me of this:

once, on an in-european flight, an extremely non-tzniusdik and attractive lady sat next to me,

and I had to sit facing the other direction the whole time... interesting and funny experiečne.

i felt like i was in some kind of cartoon or a candid camera show.

a bit of humor never fails. laugh in the face of the yetzer!

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Re: Good intentions

Posted by tehillimzugger - 20 Aug 2012 17:00

Anyone that's wondering, MT is silent because he's on vacation, he should be returning by the end of this week...

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Re: Good intentions

Posted by Machshovo Tova - 21 Aug 2012 17:11

[TehillimZugger wrote on 20 Aug 2012 17:00:](#)

Anyone that's wondering, MT is silent because he's on vacation, he should be returning by the end of this week...

Thanks TZ for keeping my memory alive. I'm B"H back, with lots of catching up to do (i.e. real work, and also GYE). The main thing B"H doing OK a day at a time, and hope to keep trucking (or senior-scooting) a day at a time.

MT

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Re: Good intentions

Posted by Gevura Shebyesod - 21 Aug 2012 17:52

Welcome back!

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Re: Good intentions

Posted by Machshovo Tova - 22 Aug 2012 15:14

What is Elul all about?

I heard - I think in the name of the Chofetz Chayim:

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"The world says that Elul is a "bear" (i.e. a scary time, full of heavy teshuva activity); but I say that Elul is a "turn" (i.e. just simply make a turn towards the right direction).

Which brings to mind a vort (don't remember from whom) on a possuk in Tehillim (103:12):

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As the distance from east to west, He removed from us our sins.

One might think that the distance from east to west is as far as from one end of the world to the

other end, which would require a great effort to accomplish. But in reality, all that's required is a turn in the right direction, as when one was facing towards east and turns to face westward.

Good luck in (y)our move.

MT

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Re: Good intentions
Posted by Dov - 23 Aug 2012 10:51

Amen! Thanks

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Re: Good intentions
Posted by Machshovo Tova - 03 Sep 2012 15:05

???? ???? ????? ???- Protect my eyes from seeing improper sights

I saw an insight in the name of the Sanzer Rav zt"l: The possuk does not say "remove the immodest sights", because we need to face reality that those sights are here to stay. Our "focus" needs to be on keeping our eyes away from such sights. And yes, davening sincerely for hashem's assistance is the way to go.

Amen

MT

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Re: Good intentions

Posted by Machshovo Tova - 03 Sep 2012 16:21

Parsha Tips

We find in this week's Parsha two similar pieces of advice:

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???? ??? ?????? ???, (??"?) ??? ??? ????? ?????? ?????? ??? ??? ??????

i.e. we must approach every single day as if it is the first day that we started working on our recovery. As the saying goes (in Yiddish) "a new broom sweeps well". So too, all we have is today, and we must give it all we got!

Kol tuv,

MT

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