

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 Dov - 11 Sep 2012 02:26

Amen

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Re: Good intentions

Posted by E-Tek - 11 Sep 2012 18:47

Shkoyach.

Amein too.

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Re: Good intentions

Posted by Machshovo Tova - 13 Sep 2012 16:15

To all my dear GYE chaverim,

I would like to avoid the last minute High Holiday rush, so I take this opportunity to wish you all a **Healthy, Happy, Holy and Humble** new year (one day at a time, naturally).

Which reminds me of a Gemara (Rosh Hashnah 2b, 7b, 10a, 10b, 12b, etc.) Yom echod bashonoh choshuv shonoh - a single day in the year counts as a full year. We (i.e. addicts) can say pshat that the reason for this is since the only way to reach a full year of sobriety is by concentrating on a single day. Vedioi"k.

Anyhow, I also would like to suggest that during our prayers on the Heilige Teg, we should remember our GYE community and ask Hashem to help all our dear friends in the coming year(s) to have a Shanah Tovah (i.e. good - without slips & falls) Umesukah (i.e. sweet - without hardships and rough edges).

Ksiva veChasima Tova!

MT

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Re: Good intentions

Posted by Machshovo Tova - 20 Sep 2012 17:36

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The possuk says, "And it was after 10 days, and Hashem struck Novol". Chazal explain that these 10 days were Aseres Yemei Teshuva, when he was given the opportunity to repent but didn't. What a wasted opportunity! What a shame!

I once heard from R' Moshe Wolfson Shlit"a that this is what we daven in tehillim (39:9):

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Please, Hashem, let me use these 10 days properly, and don't let me end up like Novol's embarrassment.

Gmar Chasima Tova to all.

MT

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Re: Good intentions

Posted by Machshovo Tova - 24 Sep 2012 19:12

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"For as raw material in the hands of a craftsman ... so are we in Your hands"

The Heilige Rizhiner zy" a once on Erev Yom Kippur explained: Imagine a goldsmith has a piece of raw gold which he wants to fashion into a nice piece of jewelry. So he says to the gold, "You had better make yourself into a nice piece of jewelry. Otherwise, I will have to put you in the fire, hit you with a hammer, and cut you with my scissors."

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May Hashem make of us what we cannot make on our own.

Gmar Chasima Tova

MT

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Re: Good intentions

Posted by 1daat - 25 Sep 2012 05:11

Sweet. It's still Monday where I am. Gmar chasima tova. And we are clean. amen.

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Re: Good intentions

Posted by Machshovo Tova - 10 Oct 2012 17:02

B"H the Yomim Tovim were nice by me. Although it was not as "derhoiben" (spiritually uplifting) as I would have liked them to be, but be'zrat Hashem I managed to keep on trucking by keeping up my commitment to avoid all lustful histaklus and to 'try' and avoid all lustful machshovos. Daily shiurim commitments also helped me keep busy. Daily renewal of commitment, and daily accounting, and daily talks with the Boss helped keep me afloat B"H.

The highlight of my Yom Tov was when I met a GYE chaver in person (for the first time - after extended chavrusa-shaft via phone). I'm not sure whether he wants his (GYE) name divulged, but I'll share one thing I shared with him: In the back of sefer Shaarei Teshuva by Rabeinu Yona there is a section called Yesod Hateshuva. It is only 2-3 pages long, but it contains a beautiful approach that may be helpful (for some people) in breaking this habit. For a while now, I read it every day (bl'n) carefully and follow all instructions. I find it works wonders for me. If you have no problem with mixing Mussar and recovery (as many seem to have), then maybe you ought to check it out.

And finally - I would like to share an insight that occurred to me today. I received over Yom Tov an unsolicited email where the sender has a nice sounding female name, and 'her' short message was that she is my secret admirer and she is getting very excited at the 'cool' idea of setting up a date with me...

My immediate response was to delete the email without even opening it (I read the contents in the preview pane). We all understand that the female name probably belongs to a wacko who is trying to hack my computer and/or plant some malicious virus on my PC.

But then I realized: And how about all the shmutz out there? Why do we chase it as if it were some sweet stuff, while in reality it is a wacko trying to hack your soul and plant a malicious virus in your brain?

May Hashem protect us from all evil.

Ah gezinteh vinter

MT

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Re: Good intentions

Posted by tehillimzugger - 10 Oct 2012 17:30

[Machshovo wrote on 10 Oct 2012 17:02:](#)

The highlight of my Yom Tov was when I met a GYE chaver in person (for the first time - after extended chavrusa-shaft via phone). I'm not sure whether he wants his (GYE) name divulged...

Why in the world not?

[but now everybody knows that you live in lakewood... ::) [although it's possible that I left lakewood just long enough to meet you in teaneck or at that beach resort you went for vacation :P]

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Re: Good intentions

Posted by Machshovo Tova - 10 Oct 2012 17:33

...as a wise GYE member recently said (please bring up the exact quote):

"I plead the fifth."

MT

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Re: Good intentions

Posted by Gevura Shebyesod - 10 Oct 2012 18:32

www.guardyoureyes.org/forum/index.php?topic=3635.msg145496#msg145496

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Re: Good intentions

Posted by tehylimzugger - 12 Nov 2012 12:43

I wish to congratulate My [virtual] Zeidy Reb MT on becoming a **HERO MEMBER!!!!**

Mazel Tov! Mazel Tov! In my eyes you're a REAL hero!

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Re: Good intentions

Posted by Machshovo Tova - 12 Nov 2012 15:12

Thank you. I didn't even notice (too busy posting away).

Hero Member? HMmmmm....

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Re: Good intentions

Posted by LookingForwardToChange - 12 Nov 2012 15:54

MOzel TOV MT,

Try to tell the teller at the bank you are a Hero Member, maybe it will help.....

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Re: Good intentions

Posted by jewish jew - 12 Nov 2012 17:40

How does the naming like newbie and married member etc. work. Does anyone know?

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