

Good intentions

Posted by Machshovo Tova - 19 Apr 2012 21:34

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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 - 11 May 2012 14:13

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Thanks all for the positive feedback. It's the vibrant give and take on this forum that keeps us

going, i.e. 'living in the solution'.

Which reminds me - in this week's Mishpacha magazine (or Hamodia) there is an interesting mention about Novardok and its Mussar approach. They had something known as the 'marketplace' where the talmidim would get together to discuss their issues and share ideas of what worked for them or what is bothering them, and receive chizzuk from one another (yes, a live forum).

So for those who claim that 'mussar' never worked for us, the Novardoker reply would be, "It only works if you work it." So that, my friends, is what we (speaking for myself) are here for - to work the program - to integrate these values into our way of life, instead of just reading and then going on with our unchanged lives.

There is a moshol of an ill person who went to the doctor and received a perscription. After a month he complained that the medicine was not helping. The doctor said he wanted to see how the patient takes the medicine. He noticed that the patient takes the bitter medicine into his mouth, swishes it around for a few seconds, and then spits it out. "Aha!", said the doctor, "There's your answer. How do you expect the medicine to heal you if you spit it out? It needs to be digested and become part of you for it to heal you."

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Gut Shabbos

MT

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Re: Good intentions

Posted by tehillimzugger - 11 May 2012 15:41

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My dear Reb MT [Monstah Trucker], You have no idea how you hit the nail on the head!

Novogrudok is THE official chassidus of GYE see lemashal [here](#): ;D

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Re: Good intentions

Posted by Machshovo Tova - 14 May 2012 15:21

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Dear friends,

1) As you are well aware, we need to daven every day to Hashem for assistance in this challenge (and in all matters). I'd like to share a Tefila that I use (among others), which we say on Yomim Nora'im:

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2) Also, I'd like to let y'all know that every day upon awakening (right after Modeh Ani) I daven for all of us who rely on Hashem for assistance that He grant us our wishes. I use the following prayer (from Shmoneh Esray):

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May our Tefilos be niskabel lerachamim uleratzon, amain

MT

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Re: Good intentions

Posted by tehillimzugger - 15 May 2012 11:21

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[Machshovo wrote on 14 May 2012 15:21:](#)

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Thanks, Z(....)! Melikes. that is the official GYE motto,

One day at a time!

I was going to put it in my Akdamut ([here](#)) somewhere as

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but it didn't fit, oh well...

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Re: Good intentions

Posted by Machshovo Tova - 15 May 2012 14:43

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**An important message to fellow GYE members from today's Chumash/Rashi  
(Vayikra 25:35)**

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If your brother falls on bad times and "slips", you must be mechazek him, whether  
he is a newbie or a veteran, so that he continues to stay alive with you.

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Do not let him go down and "fall", for then it would be difficult to get him back up.  
Rather be mechazek him as soon as he starts slipping. This is analogous to a load on a donkey  
(i.e. "truck") - as long as it's still on the donkey (although slipping), a single  
person can grab it and put it back in place. Once it falls, even five people cannot get it back on  
track.

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MT

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Re: Good intentions

Posted by Gevura Shebyesod - 15 May 2012 15:43

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This place needs a "Like" or "+1" button!! ;D

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Re: Good intentions

Posted by Machshovo Tova - 15 May 2012 15:50

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...and a 'thanks, buddy' button

MT

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Re: Good intentions

Posted by Eye.nonymous - 15 May 2012 21:58

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[Machshovo wrote on 11 May 2012 14:13:](#)

Thanks all for the positive feedback. It's the vibrant give and take on this forum that keeps us going, i.e. 'living in the solution'.

I think it's "give and give."

--Elyah

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Re: Good intentions

Posted by Gevura Shebyesod - 16 May 2012 14:07

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Re: Good intentions

Posted by Machshovo Tova - 16 May 2012 14:12

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MT

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Re: Good intentions

Posted by tehylimzugger - 16 May 2012 14:49

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Hey MT, I guess Facebook "iz nisht fahr deine tzeiten".

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Re: Good intentions

Posted by Machshovo Tova - 16 May 2012 18:36

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[TehylimZugger wrote on 16 May 2012 14:49:](#)

That looks more like a "shebchol halaylos" button

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Hey MT, I guess Facebook "iz nisht fahr deine tzeiten".

"nisht gezein by mein tatten un nisht by mein zeiden".

Like the story I heard from a chaver who learnd in some chassidishe yeshiva and the Admor Shlita would sometimes come check up in the classrooms. One day a kid brought a professional football (with the laces) to class and the melamed took it away and put it on his own desk. Then the Admor Shlita walked in and sees this strangely shaped leather thing with laces on the desk. He asked, "Voos is doos? Ah Chalitza Sheech?"

MT

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Re: Good intentions

Posted by Gevura Shebyesod - 16 May 2012 18:42

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Hehe. Reminds me of about 20 years ago there was a tumult about baseball gloves possibly being Shatnez. Supposedly they took one to show a Choshuve Chassidishe Rov and he asked "Vee leygt men dos? Oif di hent tzu oif di fees?"

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Re: Good intentions

Posted by tehylimzugger - 16 May 2012 18:47

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I've seen a chalitza sheech AND a football, they don't look at all alike... But that button does look a bit like shebchol haleylas so i'm not toally discrediting you.

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