From tragedy to redemption
Posted by Hashivalisesonyishecho - 08 Jan 2015 10:00

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I am a middle aged person, highly talented, but leider unaccomplished. I seem to have some strengths but not the strength and the resolve to do what it takes to use my talents to be what I can be. I have had lot's of tzaros in my life which have gotten the better of me and eventually removed me from my learning and my general Ruchnius success. I was not omed benisoyon. I am ashamed of myself. On the outside I still seem like a basically Choshever person but nobody knows what I really am. When I was a Bochur and a young yungerman, everybody was sure I would turn out to be one of the Gedolim. That hasn't happened(yet). I would never tell anyone of my worst failings, but this failing of me not succeeding to fulfill my potential is known. I guess people may have long ago forgotten what was supposed to become of me but looking at me now they see nothing but an empty wasted soul. I haven't forgotten the original plan and somewhere deep down I still hope Hashem will give me back my neshama. My Boosha is maybe a good thing in a way because it keeps things from getting more out of hand. But it makes it impossible for me to get the support and encouragement that might help me do what I should. Maybe I could get the support here. I am middle aged but my mind knows that it isn't too late. I need my heart to know it too.

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Re: From tragedy to redemption
Posted by newaction - 16 Apr 2015 11:13

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O G.OD , DIRECT MY THINKING, SO THAT IT MAY BE DIVORCED FROM SELF-PITY AND FROM DISHONEST AND SELF-SEEKING MOTIVES. LET ME MAKE EVERY DECISION AND BEGIN EVERY ACTION IN YOU AND CONTINUE IT ONLY THROUGH YOUR INSPIRATION. THROUGHOUT THIS DAY SHOW ME THE NEXT STEP TO TAKE AND TO TRUST IN YOUR CARE OF ME AND MY PROBLEMS. FREE ME FROM ALL SELF-WILL AND SELF-SUFFICIENCY AND HELP ME TO NEITHER SEEK NOR PRAY FOR SELFISH ENDS.

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Re: From tragedy to redemption
Posted by yiraishamaim - 16 Apr 2015 21:19

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You know you have what it takes to stay sober, your number of days alone prove that.

The advice you've just been given is good solid sound advise but no chidushim for Hashiva.

You yourself are hinting that your difficult situation is hammering away at your defenses.

As was mentioned already turn your focus to shamaim and daven. However, may I suggest that right now you need a little curve ball to up your emotional ante.

How about closing your eyes and singing your favorite inspiring niggun out loud for a few minutes. a little swaying(or tears) wouldn't hurt

MUSIC WILL GIVE YOU THAT KICK START YOU DESPERATELY NEED!

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 16 Apr 2015 22:42

Thank you wonderful chaverim. Serenity that's amazing that you had such a feeling. This last slip/fall was not even with any lust. I was just typing in bad names in skype search as though just out of curiosity and then when some skype members popped up some having bad pictures in that tiny circle, I didn't even look and I immediately deleted everything. So it's a fall because I deliberately searched for erotica but not a fall because I didn't look at the shmutz when it arrived. I had no pleasure in this. It was just a self destructive act for no gain at all. I will say that I had been lusting earlier in that day and my eyes and thoughts were wandering where they shouldn't. Maybe the weather didn't help either as Palti Yosef suggested. It seems that that put me in a bad frame of mind and I didn't feel worthy of not falling so I went ahead to do what I did without even being interested. This followed a very hard day in other aspects. You're probably right yiraishamaim that the song would help, or even just a good shmona esray or something like that to let me taste my soul whose light feels like it's smothered and needs rekindling. As it says in Mesilas Yisharim about Parohs tichbad ha'avoda tactic to break our spirits and make us forget about our kedusha. I had been planning to learn this week and I had an entire schedule planned but I was thrust into dealing with tzaros instead. You are certainly correct newaction that self pity is destructive and I should be mekabel Hashem's will be'ahava. I am a tiny man and that calling is so great. Hashem can help me do it. I need to turn to him. demishtakchin betzaara dilhon ve'oskin bechedvasa dili. I love those traits an those people who do that. I pray that Hashem accept my love for those middos as if I myself had them.

Sorry for the ramble.

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Re: From tragedy to redemption
Posted by newaction - 17 Apr 2015 05:40

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Baruch Hashem that no falls were reported by you.I got real worried.

About the tzaros that you keep on writing; we are really sorry for whatever it is that you are dealing with and i definitely and with all my heart empathize with you and your family.My youngest son since the first day he was born was very sick; he was in a really bad situation ; besides treatments , operations and transplants that i never new existed . In those days all was dark for me and my wife ; for months she had to be at the hospital day and night , he was a baby that needed to nurse or have mothers milk . In short our lives were changed like america . There is an America before 9/11 and there is another america after 9/11. Our lives were one way before he was born and were different totally afterwards.

I am saying all this that looking backwards we realized that there was always "Chesed" in every "Din". Things were bad and dark but always there was a little light at the end or at the beginning of the tunnel.

What i would like to say is this , do not take the "tzara" or "tzaros" personally and sentimentally.Dont say "Oy Vey , what now ?" " Oy why me ? Hashem is paying me all the bad ". That is all nonsense . Always do what you have to do and thats all. Without interpretations or philosophical debates. Stand firm with your two legs apart ready to deal with anything life throws at you and having total trust that you will overcome it. And,trust me , overcome it you will. ????? ???????? ????????.

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Re: From tragedy to redemption
Posted by serenity - 17 Apr 2015 14:45

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Isn't it amazing how it works if someone honestly seeks help before a fall instead of after one?!

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 17 Apr 2015 14:52

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newaction wrote**:**

Baruch Hashem that no falls were reported by you.I got real worried.

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Amen

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 17 Apr 2015 14:54

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serenity wrote**:**

Isn't it amazing how it works if someone honestly seeks help before a fall instead of after one?!

I see it as a fall.

Of course there are worse falls and smaller falls but if we aren't sensitive to fall level a then we

are inviting fall level b to sensitize us.

This is actually what you are saying.(I think)

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Re: From tragedy to redemption
Posted by newaction - 20 Apr 2015 21:22

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Hi Hashiva , you have not posted lately. I would like to express my feelings about your person, your courage and honesty. And your determination to have things done the right way and time is not the pressing matter. Your 3 days on your chart are most valuable and precious ; they come from an honest heart; you are a true

"???? ????" and your reward will be "????? ???". Keep up your excellent work , your growing pains are worth it because you are the one who is growing, the pains will stay in the past. Hatzlacha !

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Re: From tragedy to redemption
Posted by yiraishamaim - 20 Apr 2015 21:26

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dittos

I am also wondering/concerned about him. He means a lot to so many. I pray he is well.

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Re: From tragedy to redemption
Posted by Palti-Yossef - 20 Apr 2015 21:51

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All is said, moreover in a very beautiful way.. Thank you newaction and yiraishamaim for these words that really are emet.

May we have good news from him as soon as possible..!

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Re: From tragedy to redemption
Posted by serenity - 21 Apr 2015 02:18

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From what you were saying and because I didn't see your chart reset, I didn't think it was a fall. The main thing is what you considered it, because you know yourself. It takes a lot of courage and honesty to to admit a fall and reset your date, especially when I think you had plenty of basis to cut yourself some slack. The standard you are setting for yourself will hopefully give you a stronger foundation. It also takes a lot of strength and courage to get back up again. So thanks for showing us courage, strength and honesty!

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Re: From tragedy to redemption
Posted by newaction - 28 Apr 2015 07:58

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King Solomon said : ??? ???? ???? ??? . Hashivali be strong you are worth it.

Hatzlacha !

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Re: From tragedy to redemption
Posted by serenity - 28 Apr 2015 11:55

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Hashiva, how's it going?

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 28 Apr 2015 14:08

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Newaction and Serenity, thanks for thinking of me.

I quote myself in my first response that I made to you Newaction in the beginning of this thread. "You are very intuitive." Your words of chizuk "??? ???? ???? ??? . Hashivali be strong you are worth it." given to me at just this time are close to a display of clairvoyance. You will excuse it of course as 'simply' being a caring brother. I agree with that too. Yes I had a fall last night. I gained nothing by it, only lost. If I would know what lesson to learn...

I will say that by maariv I davened that Hashem help me not to fall and he did in a way which humbles me - that I tried to fall more after that, but didn't succeed because it simply didn't work out. Hashem saved me. But I tried to, so it still requires 'vahashem yislach'.

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Re: From tragedy to redemption
Posted by newaction - 28 Apr 2015 15:31
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Ok so i think we have to get out of some cycle here. The AA book in page xxix (4th edition) explains the bad cycle of the addict which he starts feeling RID > then he acts out, goes in a "spree".> Then he feels remorseful, regret > then he makes a resoulution "never again" > then he feels RID , then he acts out ...This is why life is unmanageable (in one of the many ways).

So where do you think we can brake the cycle ? Probably at the beginning when feeling RID.Remember this important "klal gadol" Acting out comes always as a solution to a feeling or emotion that is characteristic of a "down" . This is the place where you short-circuit the cycle and deal with the sadness, RID, etc. in a better or correct way .Not by acting out.

The bad cycle is a product of our sickness and ingrained in our habitual way of problem solving . We have practiced this for years . Now we will learn a new way. Since it is new it needs practice and yes ... falling.

So now you get up Hashiva . I am sure that if you think enough and try you will learn which

lesson to learn, only you could do that for yourself. Now ...

Hatzlacha in your Journey !!! We are holding your hand with an arm around your arm and telling you "Chazak ! , we believe you can do it " .

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