

From tragedy to redemption

Posted by Hashivalisesonyishecho - 08 Jan 2015 10:00

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 Bochor 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 Hashivalisesonyishecho - 06 Aug 2015 01:34

[yiraishamaim wrote:](#)

Even if it is possible, is having her employed a good idea or even mutar?

Remember the gemarah? If there are 2 ways to go. One way is a possible tayva and 1 is not. If the person takes the way with the possible tayva and passes the nisayon. Is he not still called a rasha for needlessly putting himself in tayva's way?

There must be good male workers. Here there is already a tayva for her.

Sounds like "head for the hills" and replace the woman employee.

It's a tough test though because she is a competent worker.

You may be right, but this case isn't the same as what the gemara is talking about. The gemara is talking about a shuk shel zonos. Do you have any idea what that is like? My understanding is that is a place where every man who passes by will be approached and heavily and aggressively solicited by zonos trying to sell their wares of the oldest profession.

This case is a case of a problem which isn't a real problem except by this person's own creation. You can certainly avoid a shuk shel zonos, but you can't forever avoid the yetzer hora from within. It may be better not to get rid of this employee because by doing so it validates the idea that every woman is a zona, which is an idea which shouldn't be validated because it isn't true.

I don't know the answer but it seems clear to me that it isn't what the gemara is talking about.

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Re: From tragedy to redemption
Posted by yiraishamaim - 06 Aug 2015 01:45

Two points 1)I see I forgot the gemarah for I thought it was awhere women are doing the laundry at the river and he may peek at them while they are not so tznus

2) But if in this case this particular woman has something that you like(I assume not every woman does that to you) so the very fact she is there, is to a certain degree like that.

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Re: From tragedy to redemption
Posted by cordnoy - 06 Aug 2015 02:51

[Hashivalisesonyishecho wrote:](#)

Cords, good bumpin'!

Gee thanks!

I bump it for one reason, and all these guys do is go back to the female launderer sellin' her wares in the shuk when the male from the hills could get praised if he wasn't a goy!?

I'll take my discussion elsewhere.

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 06 Aug 2015 04:51

[cordnoy wrote:](#)

[Hashivalisesonyishecho wrote:](#)

Cords, good bumpin'!

Gee thanks!

I bump it for one reason, and all these guys do is go back to the female launderer sellin' her wares in the shuk when the male from the hills could get praised if he wasn't a goy!?

I'll take my discussion elsewhere.

You mean if he wasn't a goyta.

I guess I just don't chap.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 06 Aug 2015 05:10

Lately I've been searching for a particular thing. Lately when I've been reading someone's success story, I've been trying to figure out on practical aspect of the recovery. That is - what could be a way to be sure that the actions taken and the attitudes practiced for the sake of recovery won't fizzle out over time. While the responses given were full of many wonderful insights they didn't answer this one question which is very pressingly on my mind. The rambam says shinuy kol maasov letova, in order to achieve the perception that 'ahcer hu' What setting or mindset will act as the cocoon for my metamorphosis? For some people it might be the forums on GYE. For others that might not be a major chidush but rather just like another online forum of discussion. It depends how the individual sees and experiences it. Some people need to join a group which needs to become a life long tradition, so that even when they are no longer acting out they still continue in the group by being there for others, and thereby for themselves to stay sober and not to leave the tradition and fizzle out.

So recently I re-learned the words of The Rebbe Reb Meilach who says that a person should have someone with whom he discusses his every thought that is keneged Hatora, and I noticed that he says '...???? ??? ???' meaning that every time that there is an issue it warrants the

discussion and the disclosure. I think therefore that this might be a permanent and constant setting because our avoda is never complete.

I was recently zoche to find someone through this forum, with whom I have begun to do this. I hope it is what the doctor ordered. The Rebbe Reb Meilach says it is a segula nifla'ah so I hope I am not so sick and out of the picture that this wouldn't apply to the likes of me. Or maybe hopefully he is speaking to everyone even someone who is highly problematic.

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Re: From tragedy to redemption
Posted by newaction - 06 Aug 2015 05:57

Shlomo hamelech said that ????? ??? ??? ??? ?????? meaning if you see a person that his derech is correct in his eyes then ????? ?????? ????? meaning that the "ksil" that knows he is one has more hope.

In short there is no one main way to do this.What is THE KEY for success in my opinion it is knowing yourself. It is being aware of your thoughts.For many long years i did not realized that what i think at any given moment its not necessarily me , it is only a thought.Any thought you have its always a program for action. What a sponsor or any other tool does is try to make a meeting between you and yourself. We are used to react and think in certain ways to certain stimuli,awareness on how and why we think what we think is the secret.

Let me tell you one technique that works for me in the street.After much listening and learning and reading plenty i came to the realization that when i go out to the street (the old way), i resembled a big hungry shark that goes in the ocean ready to devour anything that presents itself in front of him.(there are many beliefs here about myself and the world).Women were plain simple objects of entertainment (that is a belief,deep deep by the root, whether you are aware of it or not).I couldnt have enough of them. Today (the new way) I resemble an old "sabale" (????? ???) Thinking all this people in the street are people they have struggles with health, parnasa, children, etc. i wish them well i wish them good ?? ??? ????? ?? ???, ?? ??? ????? ?? ???; I fill myself with ?????? and understanding on them.

My urges to see and to "swallow" somehow minimize themselves. This technique did not come just like that,a lot of listening i did until the "aha" moment.

I hope i helped you , not sure though. KOT !!

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 06 Aug 2015 08:47

Newaction, Thank you for you words of wisdom.

Let me ask you something. Do you have a sponsor, partner or do you go to group meetings? If the answer is yes to any of these, how often do you speak with him or attend the meetings, and how often did you do this when you first began with it? Etc.

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Re: From tragedy to redemption

Posted by newaction - 06 Aug 2015 12:44

At the beginning of the program i listened to what people wrote in the forums. Also from the beginning i joined Duvid Chaim's phone conferences. I read the AA book some of the white book and now i am dealing with Over eaters anonymous. I actually meet weekly (already about half a year) with a sponsor who also is a life coach. Besides i started to meet weekly with another sponsor for codependency addiction. And i will soon be meeting with a trainer for exercise. Now in the summer i cant join the phone conferences that much Because of the time difference. Duvid Chaim lives here in jerusalem and i am very much in contact with him. And as i said i myself sponsor somebody who is starting his way with the program.

Listen Hashiva with all of that, i still find difficult to change a reaction that i was used to it for decades. I never new i had another options. If i come home and my wife has a bad sad ugly mood face i learned that it is not for me to take it personally; she has problems in dealing with life so i wont get an automatic bad sad ugly mood myself. (like the way i used to do). I can not explain all the cases and stories. Your case is particularly yours and your coach will help you in dealing with it. In short, reading the program , 12 steps , learning humility, not controlling the uncontrollable, let Hashem run your life, listen to forums and telephone conferences, having a coach to direct you and eventually be a coach yourself. Listen this is crazy but a lot of people today , me included, do not know how live. Just plainly how to live a life , why is it so difficult to do ? Maybe because 60-70 years ago life was a struggle . just to put bread on the table. Or just to be a jew among the goyim was not easy at all . But now we have all or most of the basic things. So we have extra time or less worries so we lose contact with reality . I dont know myself just thinking out loud . Today one of the most difficult sciences is how to live your life in a normal way.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 06 Aug 2015 14:08

Thank you, Newaction. Now you're talking!

I think all of the hashkofos and ideas you say are wonderful words of wisdom, but you didn't just become a baal kishron yesterday with the capability of wise thoughts. Nor did you just yesterday begin to want things to be good in your life. And you at many points in your life could have done this or that better for a tekufa. But it had no extended kiyum. This time is different. It seems to be a lasting change this time besiyato dishmaya. So what is the real foundation of your change? I think it is the fact that you are bound to your changes by the fact that you have connected yourself with several people in connection to your growth and made schedules with them and thereby made yourself accountable to them. You put yourself into a setting which keeps you bound and connected to your growth.

I think each of us has somewhat different issues and different nuances and the exact same ideas may not work the same for all of us or at least they may need tweaking and modification, but there is a tzad hashoveh, and that is the fact that we all need to be immersed in the mode of bettering ourselves. That is something that we can certainly learn from each other.

That, I think, is the thing I was searching for.

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Re: From tragedy to redemption

Posted by Hashivalisesonyishecho - 06 Aug 2015 14:40

[cordnoy wrote:](#)

So, without getting involved in specifics of my case....at least here, my issue was that since recovery, my desires have become more specific and exclusive to a certain area and things that would excite me in the past have fallen off. The observation seems to be as follows: recovery leads to reality, so even in fantasy land, our desires become fine-tuned to what appears to be

more real, rather than stuff that is more fantasy.

I wrote in short, but does that make sense?

[shlomo613 wrote:](#)

If I understand you correctly it makes sense. So for example, if in the past you had fantasy x that was a bit off the charts (I'm not sure whether examples that come to mind might be too titillating for this forum), now it's simply for a nice pretty frum Jewish girl who might even not be married.

Did Shlomo understand correctly what you are saying? I certainly don't. Please explain.

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Re: From tragedy to redemption
Posted by Bigmoish - 06 Aug 2015 14:55

I don't think that's it.

What he's saying is that although we are all attracted to fantasies, there are varying degrees of realism in each fantasy. Using pornography as an example, some videos are designed to be ridiculously fantastical, while others attempt to mimic "real" situations (much like "reality" TV).

He seems to be suggesting that the further into recovery we venture, the more "realistic" we need our fantasy land to be, because we are being more "real" with ourselves.

I'm not sure I agree.

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Re: From tragedy to redemption
Posted by cordnoy - 06 Aug 2015 14:56

[Hashivalisesonyishecho wrote:](#)

[cordnoy wrote:](#)

So, without getting involved in specifics of my case....at least here, my issue was that since recovery, my desires have become more specific and exclusive to a certain area and things that would excite me in the past have fallen off. The observation seems to be as follows: recovery leads to reality, so even in fantasy land, our desires become fine-tuned to what appears to be more real, rather than stuff that is more fantasy.

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Did Shlomo understand correctly what you are saying? I certainly don't. Please explain.

He might have.

If I get a chance, i will rethink how to write.

Thanks

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Re: From tragedy to redemption
Posted by Hashivalisesonyishecho - 06 Aug 2015 15:01

[Bigmoish wrote:](#)

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He seems to be suggesting that the further into recovery we venture, the more "realistic" we need our fantasy land to be, because we are being more "real" with ourselves.

I'm not sure I agree.

If that's what he's saying, what's the point? Either way it's no good.

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Re: From tragedy to redemption
Posted by Bigmoish - 06 Aug 2015 15:06

There was no indication of there being a "point" other than to attempt to understand ourselves better.

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