

Life of Division

Posted by berelfiner - 14 Jul 2015 20:30

Hi I've been involved with this since the age of 13 on the internet and a couple years earlier from magazines and catalogs, but it hasn't disturbed my general view of my self as someone who's involved in learning and davening.

I'm not saying that it hasn't disturbed my spiritual progress, obviously it has, it hasn't changed my outlook of myself.

The cause for this is that all these years I've been learning chassidus and lately thinking about certain points of what I've learnt a lot, which brought me to the recognition of two major points:

1. The divide that I'm composed of two souls and being involved in other and even contrary things doesn't restrain me from relating to the truth.
2. It's not my fight, it's not all dependent on my abilities, Hashem has placed within me the power to overcome anything.

Actually regarding this second point there's a vort from the Baal Shem Tov (Kesser Shem Tov', pg. 7).

In the sugya of Matan Torah in Mesichta Shabbos there (amongst many others) two mamarei Chazal !. The Yidden said Naaseh V'Nishman 2. ??? ????? ?? ?????- the Eibishter held the mountain above the Yidden thereby forcing them to accept the Torah.

The question arises if they have already accepted the Torah why was it necessary for Hashem to force them?

The Baal Shem Tov explains that if the Yidden would have only accepted the Torah themselves then the keeping of Torah and Mitzvos would be dependent on their abilities and if in certain situations they wouldn't have the ability to keep them they would be considered "Onus" - forced whom "Rachmono Patrei" - Hashem exempts him. Therefore Hashem forced them to accept the Torah, thereby ensuring that the fulfillment of Torah and Mitzvos is NOT dependent on the Yidden's own ability to overcome disturbances and even in a situation that they wouldn't be able to overcome the challenge alone just being aware of the fact that Hashem is "forcing" them to persevere gives them the power to do so.

Actually contemplating on this idea many a time is what gave me the final push to turn to GYE for practical tools to withstand the major temptations of modern computer usage.

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Re: Life of Division

Posted by berelfiner - 07 Aug 2015 11:53

Has sort of a slip, had a wet dream, second time on the way to ninety days.

I've figured out the situation when it happens, sleeping by day or when I just stay in bed and go back to sleep in the morning.

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Re: Life of Division

Posted by berelfiner - 07 Aug 2015 11:59

Forgot to say, that means no more sleeping by day and getting up as soon as I wake up, I'll start a count on that.

What I learnt from it is that It's a sign I'm not healed in my subconscious mind I'm still in there all the way, and there's absolutely no way I can let my guard down (no pun intended) even after a full 25 days of sobriety.

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Re: Life of Division

Posted by newaction - 07 Aug 2015 12:58

[berelfiner wrote:](#)

What I learnt from it is that It's a sign I'm not healed in my subconscious mind I'm still in there all the way, and there's absolutely no way I can let my guard down (no pun intended) even after a full 25 days of sobriety.

About the letting the guard down, your 100% right;all that we do needs constant chizuk.

About the not-healed subconscious , not sure about that.Maybe its doing self-cleaning, so in the process all the dirt comes out to light. It could actually be a positive sign.

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Re: Life of Division

Posted by serenity - 07 Aug 2015 13:23

The most common advice is to ignore dreams, but if something is working for you I don't think anyone would want to interfere with that. It is very common to have a wet dreams, especially in early sobriety. I can definitively relate to analyzing the cause and lesson from the dreams though, just so long as the lesson is positive for me.

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Re: Life of Division

Posted by berelfiner - 07 Aug 2015 16:02

A good Shabbos to the whole world, I'm giving this Shabbos and only this Shabbos's struggle up to Hashem that he should do with me as as He see's fitting.

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Re: Life of Division

Posted by berelfiner - 10 Aug 2015 04:45

B"H, had a good Shabbos.

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Re: Life of Division

Posted by berelfiner - 10 Aug 2015 04:48

I just fell,

Was by sheva brochos drank a bit too much wine...

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Re: Life of Division

Posted by berelfiner - 10 Aug 2015 04:52

Today I'm prone to fall again.

No chance of me dealing with this myself, got to give it up to Hashem.

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Re: Life of Division

Posted by berelfiner - 10 Aug 2015 10:37

Had bit too much wine...

Then I was on the computer for about 6 hours, reading, then it struck and did 2 hours of arousing imagery which caused their natural implications.

Well it's only for the next three days that I'll have unlimited access to computer, afterwards I'll be changing environment to safer surroundings.

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Re: Life of Division

Posted by Bigmoish - 10 Aug 2015 12:02

2 things:

First, "it" didn't strike after the wine and 6 hours of browsing. "It" struck when you took the first sip - literally! As soon as we begin doing things without thinking and looking at what the ramifications of our actions may be, that is when we are "stricken."

Second, let's clarify something. "It" is "you." No magical entity forces us to do anything. By pretending that the mysterious "it" gave you no choice, you only further encourage addicts like me to continue pretending that we are victims of circumstance.

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Re: Life of Division

Posted by berelfiner - 10 Aug 2015 12:20

1. We ARE victims of circumstance, orchestrated by ourselves.

2. Admitting powerlessness is admitting that we are powerless to stop once WE have made the first step, not powerlessness of not taking that first step?

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Re: Life of Division

Posted by Bigmoish - 10 Aug 2015 12:51

Wow, I didn't know that.

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Re: Life of Division

Posted by berelfiner - 10 Aug 2015 18:13

As I await inspiration, all I get is dissipation.

As my hopes, beliefs and desires dissipate, higher ideals, convictions and resolutions fill the space they vacate.

Then awareness does strike, this is what it's supposed to be like.

A full vessel can contain no more, not so, one empty to the core.

Thus, I begin to see, dissipation and emptiness are the only key,for great inspiration to flow upon me.

Admit powerlessness and surrender, heal your ruptured heart so tender.

Set your will aside and let His be binding, behold the road to recovery bright and shining.

As you rejoice - with your fellow share the word, ensure you don't fall back into the absurd.

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Re: Life of Division

Posted by peloni almoni - 10 Aug 2015 18:41

[berelfiner wrote:](#)

1. We ARE victims of circumstance, orchestrated by ourselves.

that's like a kid murdering his father and then demanding the judge have mercy on him because he is an orphan

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