

Life of Division

Posted by berelfiner - 14 Jul 2015 20:30

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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 - 11 Aug 2015 17:58

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Holding by day ONE.

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Re: Life of Division

Posted by serenity - 11 Aug 2015 19:54

I have a taiva to reset my count every day, then I'll only be counting one day.

There is only today.

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Re: Life of Division

Posted by berelfiner - 12 Aug 2015 12:22

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[serenity wrote:](#)

There is only today.

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... Stacked upon the last who knows how many days.

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Re: Life of Division

Posted by serenity - 12 Aug 2015 13:13

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Hashem constantly creates the world anew every second (as you are aware). Our actions today are what define us and are brought into fruition in part through our past. So our actions today define our past as well. The yeridah of yesterday is part of what brings us to the aliyah of today and that yeridah is encompassed in, enclothed by and elevated by my actions today. The only negative effect of past actions that remain is the damage that I have caused to others and for that I obviously must make an amends.

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Re: Life of Division

Posted by Gevura Shebyesod - 12 Aug 2015 13:39

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Saw this recently (on a sign in front of a church, of all places!) and liked it...

“We are products of our past, but we don't have to be prisoners of it.”

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Re: Life of Division

Posted by berelfiner - 12 Aug 2015 14:10

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Flying tomorrow, first time since I joined the program, quite apprehensive of what's forthcoming.

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Re: Life of Division

Posted by berelfiner - 12 Aug 2015 14:34

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I'll try answer that as if someone asked me for advice.

1. Bring along an interesting book, at least one, so you have what to do and be focused on.
2. Travel with a friend who you'd be uncomfortable acting out around. (Which I'm actually doing)
3. Whilst sitting "doze off" or keep focused on your book, no need to let your gaze wander when your stationary.

Any more tips, ideas, advice etc are most welcome.

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Re: Life of Division

Posted by cordnoy - 12 Aug 2015 23:35

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[berelfiner wrote:](#)

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2. Travel with a friend who you'd be uncomfortable acting out around. (Which I'm actually doing)
3. Whilst sitting "doze off" or keep focused on your book, no need to let your gaze wander when your stationary.

Any more tips, ideas, advice etc are most welcome.

Yes....connect with God today...admit to safe person (if you are an addict) that we are powerless over this and it is humbling.

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Re: Life of Division

Posted by Gevura Shebyesod - 14 Aug 2015 16:00

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Hi Berel, how was your trip?

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Re: Life of Division

Posted by cordnoy - 14 Aug 2015 22:18

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[Gevura Shebyesod wrote:](#)

Hi Berel, how was your trip?

Depending on how much one inhales, one trip can take longer than the next.

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Re: Life of Division

Posted by berelfiner - 17 Aug 2015 17:46

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Boruch Hashem, took a sefer I wanted to read and went through quite a lot of it. Slept the rest of the flight.

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Re: Life of Division

Posted by ZemirosShabbos - 17 Aug 2015 18:38

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good to hear!

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Re: Life of Division

Posted by berelfiner - 02 Sep 2015 18:43

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Do not allow past occurrences to define your identity, define yourself with your future actions.

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Re: Life of Division

Posted by berelfiner - 04 Sep 2015 08:08

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My excuse for not posting lately is that I was at home, where the internet is password protected, so I barely managed to check my email. (I really don't owe anyone an explanation, but just wrote that anyway.)

While I was at home I spoke to the Mashgiach, who I've already spoken to about the issue 5 years ago. However I spoke with him to arrange **when** I would speak him, but I didn't manage to speak to him in the end. I went through the whole emotional turmoil... for nothing?

First of all, hope is not all lost, I'll see again Sukkos and then we could talk.

Second. as I was thinking what to tell him, I went through my whole history of addiction in my head, what came about when? When I thought I had recovered, How I then fell again etc. Which of it's own is a positive thing.

Besides I thought to my self, why am I only focusing on the bad side of my history? So I made an account of all the good, When I was intorduced to Gemoro, Rashi. Tosfos, learning gruntig etc. When I developed this way in Davening. How I gained a geshmak in Niggunim etc etc.

Which helped a lot to put everything in perspective.

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