

FINALLY FEEL IT

Posted by dp2 - 06 Sep 2016 17:41

I've been reading Gye emails for over a year now but never really heavily participated or been part of the programs etc. I always read from the heroes/big book that we are essentially sick etc. however I never really bought into that thinking they must be referring to heavily dysfunctional addicts. I always thought I had a choice in this and not really a "sickness" even after some pretty big falls of watching porn for few hours etc. Till.....

This morning I was in Selihot prayers and was sincerely praying to Hashem to be kind to us in a way of pity fatherly love etc. with true emotions especially for the sick people etc. It was a broken heart feeling that I have absolutely no zechut to request anything other than be like a beggar and beg to be treated like a son and be let back into father's house etc. Right in the oomph of this feeling a bad image/thought sneaks in to my brain. Normally this would make me quite angry and I would pray/finish faster to not have these thoughts creep in again, hindering my prayer. However I suddenly thought to myself here I am broken praying to g-d with purity, how could this image creep in? There was nothing that lead to it etc. and that's when the feeling hit me. I felt the true sickness of my Nefesh. That even though I may not be a terrible addict, I am indeed "sick" for this thought to enter at this time. At this point I begged Hashem even more to heal me because "you see, I am really sick" just like the other sick people we know in hospitals. I didn't have any more bad thoughts after that, I guess the Yetzer Haraa plan was reversed against him in this instance (not that he gave up).

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Re: FINALLY FEEL IT

Posted by Markz - 06 Sep 2016 18:00

Did you have to bring him with you to the Bet Kneset

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Re: FINALLY FEEL IT

Posted by dp2 - 06 Sep 2016 18:19

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Re: FINALLY FEEL IT

Posted by Markz - 06 Sep 2016 18:53

The reality is we never will

The YH is like a spice (?????). Spice tastes real bad. Allowing the YH to control is like eating spice with no food - Yuck

But outside of synagouge do you struggle with Porn / Mast at all?

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Re: FINALLY FEEL IT

Posted by serenity - 06 Sep 2016 20:36

Thanks for sharing your experience.

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Re: FINALLY FEEL IT

Posted by gibbor120 - 06 Sep 2016 21:18

Welcome! I'm glad you decided to participate.

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Re: FINALLY FEEL IT

Posted by dp2 - 06 Sep 2016 22:55

Thanks all for feedback. Yes ofcourse i struggle outside the shall, it would be pretty twisted to only struggle in shall hehe. The computer is the strongest challenge but i try my best to tighten up the filters etc. I really hated this summer, just hated it, way too much stress and uncovered women all over. wish i can escape to lakewood or mountains for better environment if possible for the summers

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Re: FINALLY FEEL IT

Posted by Markz - 06 Sep 2016 23:06

There are SA groups in Lakewood

How did you know

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Re: FINALLY FEEL IT

Posted by dp2 - 07 Sep 2016 05:33

Well actually I was just referring to just spending summer there with family for more kosher environment etc.

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Re: FINALLY FEEL IT

Posted by Markz - 07 Sep 2016 05:52

I know

And there's women in the mountains too...

And pray tell me how has the winters been for you..

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Re: FINALLY FEEL IT

Posted by dp2 - 07 Sep 2016 15:45

im starting to appreciate winters, the structured schedule and lesser distractions from unclothed women in the street.

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Re: FINALLY FEEL IT

Posted by Markz - 07 Sep 2016 15:49

[move to Iceland](#)

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Re: FINALLY FEEL IT

Posted by Markz - 07 Sep 2016 17:30

Did you click on the words I just posted?

Chill out - please do and stay cool

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