

seeing some bright light!

Posted by altehmirrerr - 27 Dec 2024 05:54

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Hello chevrah! ah freilechin wonderful chanukah to all of us fighters!

I just docked in san francisco, it was a long rocky trip from shanghai, hope to find some steady grounding over here!

Bikitzur i am an old timer/new timer, decided to come back and say hello!!

My journey (which is far from over l'choirah) is unique (like everyones!), and if i find it beneficial i will be posting more!

sorry but i need some sleep it's been quite a journey!! hatzlocha to all!!!!!!!!!!!!!!!!!!!! looking forward to connecting and being honest and open with you all!!

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Re: seeing some bright light!

Posted by rebakiva - 27 Dec 2024 07:13

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Welcome {old timer, read: Back} R' altemirrerr to the greatest warmest family in the world.

I'm quite conflicted on how to welcome you, so I'll just say:

To the new comer, welcome aboard, although the ship has already docked, please don't unfasten your seatbelt, for we are about to embark on yet another journey, the one which will bring you to freedom island.

To the old timer I'll say, although you've unfastened your seatbelt already, please don't

disambark, we'd like you to take the co-captain's seat, and help lead the ship for us, for you've just docked at your first destination, after a rocky and stormy trip, so you presumably have the skills to lead us further to the next and final destination at freedom island.

Please keep on posting for we definitely do find it beneficial.

?With love Akiva

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Re: seeing some bright light!

Posted by Muttel - 27 Dec 2024 09:25

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Welcome!

Im only here 7.5 months so you're probably here earlier than me. That being said, it doesn't really matter. The main thing is you're here to shteig, and bh there's a lot of resources here for that!

Feel free to share your story when you're comfortable, it'll help you and us!

Stick around, learn the ropes, and make friends - because that's what help us maintain sustained success!

If I may suggest, please reach out to Hashem Help Me ([michelgelnier@gmail.com](mailto:michelgelnier@gmail.com)), he's helped hundreds, me included. (Don't know if you met him on your last gilgul, but I'm sure you know who he is)

Muttel

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Re: seeing some bright light!

Posted by altehmirrerr - 29 Dec 2024 17:31

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Hi chevra! thanks for your warm nice welcome!

As i don't see a reason to explain all my years of struggles right now, but i will say that at this point of time i think that one of the main issues that i (know that i) am dealing with (and i only became clearer recently about this) is the lack of connection that i have to real people, like in my real life i do not feel fully connected with basically anyone, (read.... all family, even wife..., friends), and on top of that there is a certain level of animosity in those relationships, so it is tough, and i do think that i am missing the basic keilim to even have a normal relationship (vulnerability, empathy), which i'm sure there is a way to explain why i became like this, and i'm sure there is hope to heal, but it's gotta be a process step by step, another big part of this puzzle is that the relationships that i did have over the years was all about me proving myself, me being better, showing off in subtle and not so subtle ways, so i hope to learn the ropes of but it's still going to be a journey, and yes i know that part of is going to be about valuing myself, so here i am buckled up!!!

(one of my fellow ship mates who was a boy with his family when we docked told me that as he was looking at these americoneh skyscrapers r' leib asked him yankелеh vus trochst du, he responded that ich vet ibernemen gontz america, so r' leib smiled and said es kehn zayn uber du dorft shtork achtung geben oz fohr ihr vet ibernemen gontz america zuhl america aich nisht ingontzen ibernemen, so i hope that the lessen for me is clear to stay focused!!

signing off as i get ready for the train ride!!

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Re: seeing some bright light!

Posted by livingagain - 29 Dec 2024 17:54

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[altehmirrerr wrote on 27 Dec 2024 05:54:](#)  
this goldeneh medina, bh i do have now 1 person

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Re: seeing some bright light!  
Posted by boardg - 29 Dec 2024 23:25

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we are all rooting for you!

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Re: seeing some bright light!  
Posted by stopsurvivingstartliving - 30 Dec 2024 00:16

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Wow very brave of you to share such honest things here. Wish you the greatest of luck.

Hatzlacha!

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Re: seeing some bright light!

Posted by jewizard21 - 30 Dec 2024 00:21

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I only found myself actually experiencing connection to others once I started becoming clean. Before I was hiding my second life and in doing that was hiding myself as a person. Living a double life doesn't allow us to truly live and build connections with others. By realizing that this way of living doesn't help us and is actually hurting us we can start to live as our true self and build and reinforce our relationships.

I hope this resonates with you. Much Hatzlacha.

Keep on Trucking, One Day At A Time!!

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Re: seeing some bright light!

Posted by eerie - 30 Dec 2024 06:24

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The like of Mir shines brightly!!! Welcome, friend, alte un yunge, we are all here to connect to the **real** you, to support you in your journey of self discovery, and ultimately, to happiness through freedom from all the unhealthy habits. There's much to learn, so I'm so happy you

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Re: seeing some bright light!

Posted by proudyungerman - 01 Jan 2025 18:54

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I am just the young whippersnapper here, but they let me out of my teacup for long enough to say hi.

Hi!

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Re: seeing some bright light!

Posted by altehmirrerr - 01 Jan 2025 22:29

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just kidding!!!!!!!!!!!!!!

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Hi thank you muttel! what makes you think that i'm not hhm

Re: seeing some bright light!

Posted by altehmirrerr - 01 Jan 2025 22:42

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Hi chevra! just came back to see all the replies! it means alot to me so thank you, bh today is day 14 for me! not just 14 days of being clean which of course is major, but that i have had in the past as well (even alot longer), but this time bh it's been 14 days of actual progress!!!!!! of working on myself (at least a little), it's soooooo hard but i don't have a choice, there aint no 2 options, basically my options are either to not really live at all, or to live with some real honest truthful work, i guess i am choosing ????? ?????, it's just that i hope and pray that i will stay in this and continue the fight for the long haul this time, and not just be complacent when things get a little better.....

signing off from the mir gotta go hurveh on r' yeruchems mamar on ?????? ??? as ????? is almost over!

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Re: seeing some bright light!

Posted by proudyungerman - 02 Jan 2025 02:02

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[altehmirrerr wrote on 01 Jan 2025 22:29:](#)

HHM is a mirrer?!?!?!?!?!?!?!?!?!?!?

On a (slightly) more serious note, I want to bring the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is) to your attention.

Trust me, they didn't have this kind of Vaad back in the alteh heim so you mat not know about it...

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Re: seeing some bright light!

Posted by chosemyshem - 02 Jan 2025 15:39

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[proudyungerman wrote on 02 Jan 2025 02:02:](#)

[altehmirrerr wrote on 01 Jan 2025 22:29:](#)

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On a (slightly) more serious note, I want to bring the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is) to your attention.

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I'd like to think the Vaad would fit in perfectly in any of the great European mussar yeshivos. Hardcore honest self-introspection combined with the support of a chevra of mavekshei Hashem? I think R' Yeruchem would approve.

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Re: seeing some bright light!  
Posted by altehmirrerr - 03 Jan 2025 05:06

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Aha very interesting! is there a forum with some feedback from the vaad?

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