

seeing some bright light!

Posted by altehmirrerr - 27 Dec 2024 05:54

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!!

=====
=====

Re: seeing some bright light!

Posted by altehmirrerr - 15 Apr 2025 17:34

Ah gutten moied! bh i'm doing ok, just thought i'd stop by and say hello, bh yom tov was very nice, had some real positive family time as well, still not perfect but light years away from what it used to be!! gonna iyh focus on having a positive chol homoied with my family, to be present....., wishing us all continued growth!!!

=====
=====

Re: seeing some bright light!

Posted by altehmirrerr - 16 Apr 2025 03:27

Just wanna share a powerful thought i had during hallel, one of many issues is/was that i viewed myself that i am a durch uhn durch ?? like that was my ?????? and ????? in the ??.....,

because that was the only way i was able to make sense of myself.....,

Either way we say in hallel ????? ?? ??? ?????, ????? ?? ??? ?????, ????? ????? ??? ?????? ??
???????, now i think that we can safely assume that we are going up and up in ?????? just like by
?????....., and there is a ?????? here ?????? ?? ????????, that means to say that as long as you
have ????? ????? it doesn't matter if it's alot or a little!!!!!! it's all the same!!!!!! ?????? ?? ????????,
so as long as i can confidently say that i have some ????? ?????, while yes hopefully it will
continue to grow, but i am already on the highest ???? (atleast when it comes to praising
hashem) to me the lesson is huge, hatzlocha to us all!

=====

====

Re: seeing some bright light!

Posted by proudyungerman - 29 Apr 2025 03:18

Everything ok in the mir? Did they lose electricity or maybe even

Warning: Spoiler!

=====

Re: seeing some bright light!

Posted by altehmirrerr - 30 Apr 2025 03:54

[proudyungerman wrote on 29 Apr 2025 03:18:](#)

Warning: Spoiler!

Halevay!! Hi chevra!!!! i'm here! and i just checked and saw my loooooooooooooooooong

Either way bh i'm doing ok keeping busy and since i am in contact with some people constantly i therefor don't feel the need to come on here as often, also to be honest with you it's prob. better for me bietzem not to come on here that much, as i don't really have access to a internet..... (it's hard for me to go in the time capsule... and then my chaveirim in the mir wanna know what happened to me), and i have to go to a place that has internet, and if i'm not really getting much benefit than it's prob. smarter for me not to, as i should really keep busy and active....

???? ?? ??" now that i am here... last week i did have a fall 1 day, my 2nd one since joining, again bh not as bad as a fall as iv'e done in the past, and bh i'm not taking it as hard as last time, but still it's a stark reminder that i have to always be on top of my game, always always always reach out to people when i'm having a hard time, internalize (thanx co) that although bh i am a good guy who really tries to be a good yid/person it's still not a stira to me having these struggles, and the proofs in the pudding! so when i am having a harder time my goal is to be able to tell myself that hey this is not some out of the body experience that your having now, it's not the other you..., rather it's all me the same great person who also is struggling, hopefully that will help me be able to be more present with myself, to be able to have the clarity of mind to do something about it!, bh along this journey i am learning to be able to be comfortable with myself, to be able to look in the (alteh) mirror with a confidence that i am a good person, i am a person who's looking forward! and yes i am a person with a goal in life with a purpose.

p.s. i thought i'd share an amazing book that i am reading, which helps with the proper attitude toward sin, secrets of the soul volume one (R' shlomo hoffman), i'm crazy over it, read it you will see why.

Hatzlocha to us all from the mir! (and py please don't get musk to send me starlink, after all the mir is buggyable from burma)

=====
=====

Re: seeing some bright light!

Posted by altehmirr - 02 May 2025 16:33

Hello chevra! bh were doing great, there is a stressful situation that i am dealing with, where a very close family member who i care deeply about is upset at me.... it's hard as they are in a very vulnerable situation, but i know that what i am doing is right, i spoke to daas torah (a person they respect), but it's still so hard as they feel like i don't truly care about them, i wish they weren't like that, but it's ok and the truth is that i do care about them immensely, it's just that what they want me to do would end up really damaging someone else, but again i don't blame them they are blinded right now and in a tough situation, i'm gonna plow ahead and do my shlichus in life (no worries the mirrer aint becoming a chabadsker so quick!).

It just feels good to get that out of the way, hatzlocha, and have a great shabbos!

=====
=====

Re: seeing some bright light!

Posted by altehmirrerr - 06 May 2025 03:31

BH doing great!

=====

Re: seeing some bright light!

Posted by altehmirrerr - 07 May 2025 02:12

Hello chevra, though i'd share something with you guys, mainly to get it clear, and who knows maybe one of you ????? ????? will identify,

As i'm moving along in this journey, and becoming more self aware and self confident and self accepting, i'm realizing how much of a slave i always was, i'm not referring to being a slave to my taivos, (which of course is also true), I mean that i was never focused on my true self, rather always pretending (to myself and others) that i am something that i'm not, since i had a picture in my head of what a real good yungerman looks like, i felt that it's the only way to really be...., so even though i didn't feel true to myself i still had no other choice, that's what gave me some small feeling of purpose, i was a true slave, living for a image, and not being my true self, and i was really not happy, really not fulfilled, i didn't choose to sit and learn, i didn't choose to daven..., i was doing it because that's what's expected of me, and it wasn't feeling real, there was no meaning and no purpose, so of course as time went on it got harder and harder, because it's hard to keep on doing something so demanding when i felt like i was actually doing nothing, and as i got older and got less and less motivated it only got harder, my image didn't matter as much..... (i could be maarich on all the details but ????? ????? ??? ?? ????)

Either way since bh i really started working on myself, and i am becoming ok with myself, actually more then ok, i am so so jubilant to be who i am, while yes i did make many mistakes.... and though i really hope never to do it again, who knows? still i am now able to be comfortable with who i am, it's not hard for me to face what i've done, while it was very very bad, and i own it and i have to do teshuvah, what was was...., i now understand how and why i evolved...., i'm not judging myself, but the main thing is that i am honestly doing my best today, that's all that matters, to be able to wake up with a plan to do what's right today, to further my growth today, to be brutally honest with myself, after all hashem gave me back my neshoma for a reason, and not trying to just fit some image, while yes maybe there is some truth about the optimal yungerman vision that i have...., (which of course has some room for debate), but right now that's not who i am, maybe one day but today let me just focus on honest growth, right now i am

my optimal yungerman, and today i am making hashem as proud as possible with me, because i am doing my true best! (It's funny but the actual truth is that now i even fit in closer to "that" yungerman, because bh i am comfortable davening (usually), and learning most of the time).

One small observation that i had recently was that it is my choice to be in beis medresh today, i'm only here because that's what i want to do, not because others expect that from me, it is so geshmak to be learning because i want to, and to daven bec. i want to, ????? ?????, it is so good that i am spending my day doing what i want to do, is it perfect? no there are some times that it's still hard, but bh it's light years better then what it was, and it's amazing!

Another point is that in the past i always felt like a good yungerman sits and learns the entire seder.... so whenever i took a break i felt guilty, and if i felt guilty you know where that leads....., either way while yes it is true that it is so so special to learn full sedorim without any batalah whatsoever, but you have to be really holding there, bh there are people that are there, i'm not one of them (yet), iyh one day...., so i decided that i will take a intentional coffee break (around 10 minutes) halfway through seder, guess what? i don't even feel guilty, it's not wrong for me! it's where i am holding right now and that's ok, so while my chavrusas don't leave their seat at all, i get up get a coffee shmooze a little, then i return to him confidently ready to continue shteiging, feeling like i am doing my right thing right now, (btw the coffee room is teeming, seems like many others had my plan for a while, i'm just late to the game).

There's a path for everyone, the key is to stick to your own, were all heading to the same place, but each of us at our own pace,

Wishing us all the best from the mir.

=====

Re: seeing some bright light!

Posted by cleanmendy - 07 May 2025 11:26

I am absolutely blown away!

The clarity that you have, thought out, with a plan. Every word you wrote rings so true. I, and I'm sure many others gained from your words of wisdom.

Keep on inspiring!!

CM

=====

=====

Re: seeing some bright light!

Posted by chosemyshem - 07 May 2025 12:49

Dov tainas there's apparently a stereotype of 12 steps guys stopping to go to minyan or whatever.

He says it's because they're finally stopping to live based only on whatever everyone else is thinking and finally starting to live their own life.

(I assume that means there are perhaps people in the world who only go to minyan out of a sense of duty and social obligation, and not because they sense a cosmic pleasure in connecting with ten other men to ~~get through shachris in 35 minutes daven.~~)

KOTIYOT

=====

=====

Re: seeing some bright light!

Posted by alex94 - 07 May 2025 13:40

Reb Alter!

Thank you for sharing your beautiful clarity and Emes!

I connect very much to what you are saying.

For me, it was crucial to realize that underlying the fight (and extensive failures) with lust was a mission from Above of birur - clarifying to myself who I am in the most basic and foundational way. As you are saying, this extends into all of life, not just in the realm of our lust related choices.

Yasher koach!

[chosemyshe wrote on 07 May 2025 12:49:](#)

because they sense a cosmic pleasure in connecting with ten other men

Or (probably more importantly) because they are looking to be aligned with their true selves which includes being surrendered to the fact that the mindset of making choices based on pleasure is a largely lust based and limiting perceptive.

=====

Re: seeing some bright light!
Posted by lamaazavtuni - 07 May 2025 22:18

May I ask r Shem what kotiyot stands for

=====

Re: seeing some bright light!
Posted by neshomo kedosha - 07 May 2025 23:55

[lamaazavtuni wrote on 07 May 2025 22:18:](#)

May I ask r Shem what kotiyot stands for

keep on trucking in your own truck

=====

Re: seeing some bright light!
Posted by hashem help me - 08 May 2025 11:08

[althemirrer wrote on 07 May 2025 02:12:](#)

Hello chevra, though i'd share something with you guys, mainly to get it clear, and who knows maybe one of you ????? ???? will identify,

As i'm moving along in this journey, and becoming more self aware and self confident and self accepting, i'm realizing how much of a slave i always was, i'm not referring to being a slave to my taivos, (which of course is also true), I mean that i was never focused on my true self, rather always pretending (to myself and others) that i am something that i'm not, since i had a picture in my head of what a real good yungerman looks like, i felt that it's the only way to really be...., so even though i didn't feel true to myself i still had no other choice, that's what gave me some small feeling of purpose, i was a true slave, living for a image, and not being my true self, and i was really not happy, really not fulfilled, i didn't choose to sit and learn, i didn't choose to daven..., i was doing it because that's what's expected of me, and it wasn't feeling real, there was no meaning and no purpose, so of course as time went on it got harder and harder, because it's hard to keep on doing something so demanding when i felt like i was actually doing nothing, and as i got older and got less and less motivated it only got harder, my image didn't matter as much..... (i could be maarich on all the details but ???? ???? ??? ?? ????)

Either way since bh i really started working on myself, and i am becoming ok with myself, actually more then ok, i am so so jubilant to be who i am, while yes i did make many mistakes.... and though i really hope never to do it again, who knows? still i am now able to be comfortable with who i am, it's not hard for me to face what i've done, while it was very very bad, and i own it and i have to do teshuvah, what was was...., i now understand how and why i evolved...., i'm not judging myself, but the main thing is that i am honestly doing my best today, that's all that matters, to be able to wake up with a plan to do what's right today, to further my growth today, to be brutally honest with myself, after all hashem gave me back my neshoma for a reason, and not trying to just fit some image, while yes maybe there is some truth about the optimal yungerman vision that i have...., (which of course has some room for debate), but right now that's not who i am, maybe one day but today let me just focus on honest growth, right now i am **my** optimal yungerman, and today i am making hashem as proud as possible with me, because i am doing my true best! (It's funny but the actual truth is that now i even fit in closer to "that" yungerman, because bh i am comfortable davening (usually), and learning most of the time).

One small observation that i had recently was that it is my choice to be in beis medresh today, i'm only here because that's what i want to do, not because others expect that from me, it is so geshmak to be learning because i want to, and to daven bec. i want to, ????? ?????, it is so good that i am spending my day doing what i want to do, is it perfect? no there are some times that it's still hard, but bh it's light years better then what it was, and it's amazing!

Another point is that in the past i always felt like a good yungerman sits and learns the entire seder.... so whenever i took a break i felt guilty, and if i felt guilty you know where that leads....., either way while yes it is true that it is so so special to learn full sederim without any batalah whatsoever, but you have to be really holding there, bh there are people that are there, i'm not one of them (yet), iyh one day...., so i decided that i will take a intentional coffee break (around 10 minutes) halfway through seder, guess what? i don't even feel guilty, it's not wrong for me! it's where i am holding right now and that's ok, so while my chavrusas don't leave their seat at all, i get up get a coffee shmooze a little, then i return to him confidently ready to continue shteiging, feeling like i am doing my right thing right now, (btw the coffee room is teeming, seems like many others had my plan for a while, i'm just late to the game).

There's a path for everyone, the key is to stick to your own, were all heading to the same place, but each of us at our own pace,

Wishing us all the best from the mir.

I printed out this masterpiece of a post and plan on giving it to a few rebbeim. It is the responsibility of mechanchim to share this concept with talmidim. The damage of "doing because society says i have to" is immense. Interestingly, in the modern orthodox world you will find many individuals that independently chose to daven better, learn with greater hasmada, work on themselves, etc., because the society's expectations are much less intense. So, although in the more chareidy world there is a mehalech to mandatorily keep everyone up to a certain standard, we must still allow space way below the level of perfection, so one can learn and daven because he wants to.

Regarding the comment about people in SA stopping to daven etc., there is a lot to be said; but it is not for on a public forum. But in order to reply, let's say the following based on conversations with many individuals who are in SA and many who left. SA is a necessary resource for those who truly need it and should be cautiously encouraged where it is clear that one is a true addict, and that that individual will actually attend consistently and do his 12-step work. However, guys who do not really need it, or those that attend for a while and then throw in the towel there as well, or those that by nature are simply inconsistent and do not keep up with what is necessary and expected in SA, often remain with the many negative behaviors and ideas after they prematurely say goodbye to SA, without reaping any of the benefits.

=====
=====

Re: seeing some bright light!

Posted by altehmirrerr - 14 May 2025 02:06

Hi chevra, i called a chatline today....., it's really really not ok, there's no way to get rid of the accessibility! it's so frustrating...., i know i should be reaching out to a friend before and i hope to do that in the future, but still it would be really beneficial if it weren't so readily available, like with porn and other stuff i would have to think long before i do it... but the chatline is right there...., if anyone has any eitzos to help get rid of my accessibility please please please... i would consider changing phone service to one where i can block it all if there is a such a option, please let me know, thank you!

=====

=====