

I'll try to share some of my journey

Posted by trying23 - 03 Feb 2025 19:59

Today's Hayom Yom

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???? ????? ?? ??? ?????????? ??????. One must recite words of Torah copiously, saying Tehillim or
verbally reviewing Mishna whenever and wherever possible, in order to bolster the existence of
Creation, to be saved from chibut hakever and kaf hakela, and to merit all the highest
revelations.

I'm not thinking about the kaf hakela after 120 but this can probably also help our day to day kaf
hakela when we go from being in the world of torah and being a good person to the complete
opposite extreme where we follow our eyes and thoughts.

Maybe later I'll post more about myself...

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Re: I'll try to share some of my journey

Posted by trying23 - 24 Apr 2025 04:07

Day 29

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Re: I'll try to share some of my journey

Posted by trying23 - 25 Apr 2025 04:04

Day 30

When I hit a significant number it always feels good bh, but I need to remeber not to let my
guard down because my last streak which wasn't too long ago I reached 40 and when I messed
that one up it took some time to get back up, now I'm at 30 and I plan to continue to grow

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Re: I'll try to share some of my journey
Posted by trying23 - Yesterday 04:04

Day 32

Going back to normal schedule this week which could mean more stress, on the other hand busier.

Going to keep fighting.

gut voch

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Re: I'll try to share some of my journey
Posted by trying23 - Today 03:14

Today I found myself sitting on my device feeling pretty confident, (I still know in the back of my head that I have to be careful...) and testing my filter which is very good and doesn't let me go anywhere so I don't really have to be worried and I'm going to stop soon because I don't want to ruin my streak and I've been doing pretty well... to make the story short because I'm not really going to go into detail here, I didn't watch any p because as I said my filter works but I allowed my thoughts to wander too much and I spent too much time looking for my comfort, I also didn't end up m, but I feel really guilty and ashamed....

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Re: I'll try to share some of my journey
Posted by trying23 - Today 11:56

Still feeling this way...

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