Hello from Blind Beggar
Posted by Blind Beggar - 28 Aug 2010 21:19

Hello Tzaddikim! I just found this site last week. I think it is going to make my Rosh Hashono and Yom Kippur. I think the newness of the 90 day chart will get me 40 clean days to Shemini Atzeres but I am afraid of what will happen next. Does anyone have any suggestions?

I have read enough of the forum to see that you are all tzaddikim and all serving Hashem every day clean and again after every fall.

The holy Baal Shem Tov taught that the yetzer horo is more interested in the post-sin depression than in the sin itself.

Blind Beggar who wants to have eyes only for Hashem.

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Re: Hello from Blind Beggar
Posted by ZemirosShabbos - 05 Jun 2013 23:32

Mazel tov BB!

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Re: Hello from Blind Beggar
Posted by Dov - 11 Jun 2013 13:43

Mazel Tov BB!

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Re: Hello from Blind Beggar
Posted by tehillimzugger - 11 Jun 2013 16:38

Meron is a holy place.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 14 Jun 2013 11:06

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200 days on the Chart. My record is 221. It's a lot easier to stay SA sober than to stay on the Chart.

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Re: Hello from Blind Beggar
Posted by Dov - 14 Jun 2013 14:01

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Stop the silly counting ritual, you sweet goofball.

Just a suggestion. But a sincere one.

Like with a siyum on learning. For teenagers, *the siyum **IS** the ikkar*. But that's losing sight of the truth. The real ikkar is ***the simple day spent learning!*** That's the *real* beautiful thing, there.

Understand?

The the living right is what it is all about, not the #. Not perfect living right, but just the ***being***. *Avadeh* there is no 'being' if we are not clean today. And *avadeh* the # of consecutive days ***is*** precious and ought to be appreciated!

But that's not what it is all about - and making a big deal about the counting makes it sound like that IS what it is all about. It's encouraging the missing of the point.

I hope you understand that I am not saying to stop counting completely and ignore it - all I am

saying is that I just hope it is not an important ritual to you. Let a little wind out of it's sails - not all, mind you.

(...and here comes the counter arguments from our fellow black-and-white thinkers about how counting helps them stay clean, etc, etc...yeah I know it helps. But do you at least hear my point?)

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 14 Jun 2013 17:53

Thank you, Dov. I was going to click on something questionable and I clicked on the Chart instead. It was a nice surprise to see a round number. I don't live to count days but it feels good to see big numbers. I don't count anyway, the Chart counts for me and a Twitter app counts my sobriety.

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Re: Hello from Blind Beggar
Posted by Dov - 18 Jun 2013 22:03

So glad it helps you!

But I keep meeting so many who say the same exact stuff like:

"I just blew my count, so - I masturbated three more times (if it's not *counting* to another count, why not?),"

or

"I finally got to the big 90 day mark - and I am so shocked that I fell *right after*! (hey, it's lonely at

the top, no?)",

or

"Oy, I'm *just at the* ***beginning*** of another count...big deal, so I stay clean today and I'll be able to say "*I've been clean for* (a measly) *two days!* Or a WEEK!" - but there are guys clean for a month, a year, or ten years!"

So I get lots of chizzuk from my sobriety date! For it proves that I really do want this thing called life, and it demonstrates to me just what my G-d can do even for an addict like me. Absolutely amazing. But it does not define me and I hope I do not depend on it.

On this, Mishlei says "*Leiv chochom l'ymeeno, v'leiv k'sil l'smolo*" - and old vort on that is that a wise person - one who may not *be* wise, but values wisdom - wants to do well. So he does not **care** how he is 'evaluated', what his 'madreigo' is...puleez. All that stuff is *G-d's* issue, never ours - just childish yiddishkeit and ego, of course. Our issue is only *to do*. So the chochom is focused on being good and doing good today - **right now**, period. Not paying any mind to figuring out 'how good he *is*'. He smiles, knows he is lucky, and moves on. "One Day at a Time" means that right now ***is*** really what matters. So ***if he looks anywhere at all***, it is to the right in his gemorah, at what dafim he already learned. He takes whatever he can get, for chizzuk - ***but he is not a prisoner to it!***

If the chochom falls and sees a big zero behind him, it does not hurt him much. It's just a zero, *not a negative*. It's the past - over and done with, so it is not relevant. The future that starts right now - today - is what's relevant to him. That's maturity.

But a fool - the one who does not value wisdom *for it's own sake* - sees nothing but the left side of his gemorah: the pages he has yet to go...and he gives up. To him, it's all about him: "Is it gonna be *uphill* from here? Aye, then I am sooo far behind!" He feels he is 'a realist'. Ha! Mishlei calls him a k'sil - just a fool.

Now, my Lust has made a great fool out of me for years, masturbating and wasting my life over my complex lying and deep faking, my schmutz, my worshipping the pretty ladies, etc. And my own back-yard was empty, to me!

A real fool.

It's time to turn the tables and become willing to use my foolishness in my favor!

That's why there are many times I agree to be 'a fool' about certain negative thoughts, cuz it makes it easier to stay right. Better an ignoramus toward my own stupid negative thinking, than a *real* fool by chasing my lust again.

I am dead serious about this.

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Re: Hello from Blind Beggar
Posted by Dov - 18 Jun 2013 23:36

Sorry about the megillah again....

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Re: Hello from Blind Beggar
Posted by gibbor120 - 19 Jun 2013 00:09

Dov wrote**:**

Sorry about the megillah again....

Keep em comin!

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Re: Hello from Blind Beggar
Posted by moish u.k. - 19 Jun 2013 16:05

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gibbor120 wrote**:**

Dov wrote**:**

I think we have enough megillahs to trade in for a Sefer Torah!
Sorry about the megillah again....

Keep em comin!

I think we have enough megillahs to trade in for a Sefer Torah!

That would indeed be appropriate. Because they are precious, heilig, and provide nourishment

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Re: Hello from Blind Beggar
Posted by pischoshelmachat - 21 Jun 2013 19:22

HI BB,

Mazel Tov on your achievements. I am a little guy at the bottom of the ladder and you cannot imagine how much chizzuk I derive from seeing your progress. I know Dov is not into the Chart thing but I surf the Wall of Honour just to see what so many brave people have accomplished so that I can get the confidence to try myself. I know you were once at Day 5 just like me and now you are soaring.

for the soul

I cry as I write this tears of hope and humility.

May the RBSO bentch you with sobriety and every good thing and especially yiddishe nachas from your children to enjoy with your wife with health and wealth until 120.

And now I want to thank Dov who I see frequents your blog. Ever since we spoke several months ago my life has changed and I read your comments daily. They have a real impact on me. I am always awed or maybe even discouraged that I could never achieve 14 years. It seems that I am a different even lesser person for whom 14 years is impossible. I would have loved to read Dov's chronicles from day 5 to see a roadmap that would show me that he struggled just like I do. I will work the steps and hopefully one day, I will have consistent sobriety as well.

May the RBSO pay you back for all the neshamos you have saved.

Thank you from the bottom of my broken heart!

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Re: Hello from Blind Beggar
Posted by Dov - 21 Jun 2013 22:46

Wow, thanks for the chizzuk, Pischoshelmachat! I promise you that I never guessed I'd ever look back at 16 years sober and growing. And by the same token I will be pleasantly surprised if i die a sober (and old) man. Thinking of a year or even another week of sobriety is poison for me. It makes me meshugah with fear and self-doubt, G-d doubt, and other wacky stuff like that. I feel it in my very bones when I fantasize about taking the luxury of thinking imagining the future. It's a luxury I simply can't afford, just like sweet lust-fantasies are. Just like raging is, just like sweet resentment, or reckless worrying, or feeling my body in a sexual way. Whether they are mutar or assur, they are all luxuries that normal people can handle but I can't. Nu.

...how did we get to all that?

Oh, wishing for the future, right.

Today is so kedai, believe me.

[And now back to the sponsor of this thread: BB!]

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 23 Jun 2013 00:57

I have been on day 5 hundreds of times. Since I joined GYE, maybe 20 times. I also get chizzuk from the old timers on the Chart and, of course, from the one and only Dov.

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Re: Hello from Blind Beggar
Posted by Blind Beggar - 11 Jul 2013 15:12
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I have just logged into the new and much improved 90 day chart. I have broken my old 221 day record and I am now at 227 days and in awe of Kedusha at 1550 days.

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Re: Hello from Blind Beggar
Posted by pischoshelmachat - 19 Aug 2013 18:06
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Dear Harav BB,

I am in awe of your accomplishment. I have read many of your blog entries and find great chizzuk from them. I have been slipping and sliding for 6 months now and am trying so hard to get traction.

Please have me in mind in your tefillos and may the rbs"o grant you a sweet clean year!

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