

**GYE - Guard Your Eyes**

Generated: 4 April, 2025, 14:18

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Navigating the ocean of my life

Posted by amevakesh - 17 Apr 2024 10:21

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For the past 267 days, there have been sunny skies, calm winds, the boat's been steady, with nary a thought to the pirates that lurk beyond the horizon.

However, clouds are gathering, waves are getting choppiier, and worst of all, a cry from the barrelman in the crow nest, "Pirates ahead"!!! I've been warned.

As they get closer, thoughts are swirling through my mind. I hear their evil whisperings in my head. "You thought you were off our radar, not so fast." Will they succeed in overtaking the ship I've put so much effort in constructing?

They're faster, sneakier, and more cunning then I, and I know that once they come too close, I'm doomed. But, I have an itch that needs to be scratched, a void that has to be filled, and I'm having a difficult time doing so.

But one thing I've learned here at GYE. There's safety in numbers. So I'm sending out a call to my fellow mates, can anyone help me out in how to overcome these Bein Hazmanim pirates?

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Re: Navigating the ocean of my life

Posted by redfaced - 17 Apr 2024 12:15

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Stick to sailing near the coast, so the GYE navy can sent out the SRT at the earliest sign of trouble.

( basically stick around and reach out to friends)

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Re: Navigating the ocean of my life  
Posted by yitzchokm - 17 Apr 2024 12:54

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Perhaps spend part of your day doing something productive that you really enjoy. My children used to work in maintenance during bein hazmanim and it helped them a lot but everyone has different interests and hobbies. Learning with a chavrusa can also help.

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Re: Navigating the ocean of my life  
Posted by chaimoigen - 17 Apr 2024 16:26

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Reaching out to friends, even the busy ones, always helps.

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Re: Navigating the ocean of my life  
Posted by Yeshayahu 41:6 - 17 Apr 2024 17:48

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methinks speakin' ter cordnoy would do yer some good ya thievin' landlubber! shiver me timbers if he don' sound like one of us!

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Re: Navigating the ocean of my life  
Posted by proudyungerman - 17 Apr 2024 18:04

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[redfaced wrote on 17 Apr 2024 12:15:](#)

Stick to sailing near the coast, so the GYE navy can sent out the SRT at the earliest sign of trouble.

( basically stick around and reach out to friends)

Who knows...maybe you'll manage to even make a few new ones...

Personally, I also need to make sure to stay positive. I know that a big trigger for me is when I am down. I have already been telling myself that even if I don't learn as much as I should or want to, no need to get grumpy. I'm still the same old great guy that I was earlier today.

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Re: Navigating the ocean of my life  
Posted by eerie - 17 Apr 2024 20:16

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Ah!!!! Ah Mevakesh! Halevai I was one!

Friend, keep being a friend. And smiling! And, of course, trucking:)

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Re: Navigating the ocean of my life  
Posted by amevakesh - 17 Apr 2024 23:32

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Thanks so much to all those that helped me steady the ship, both with your responses, PM's, texts, and calls. Friends like the one's you can open up to on GYE are hard to find. They say that when you need something done, ask the busiest people. They care the most, and I feel it. Thank you.

Nothing's changed, but my perspective, and that makes all the difference.

Onward and forward, ready to take on the storms.

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Re: Navigating the ocean of my life  
Posted by amevakesh - 18 Apr 2024 10:47

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Yesterday I You Tubed for about 2 hours. Nothing terrible (politics and sports). But for me, it can be, and in the past it has been the beginning of a slippery slope. The best defense is good

offense. Today, I'm challenging myself to put in at least 3 hours of learning before 12 noon. Anyone with Bein Hazmanim blues welcome to join. Will keep you posted.

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Re: Navigating the ocean of my life  
Posted by Hashem Help Me - 18 Apr 2024 11:19

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Stop sunbathing on the boat. Get off and swim in the waves. The physical exertion will do you good.

YouTube?! It's the portal to Hell. A steep greased slide heading in one direction. Down.....

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Re: Navigating the ocean of my life  
Posted by chooseurname - 18 Apr 2024 13:41

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Why not challenge yourself to a youtube-free bein hazmanim? That's an important geder and it'll give you a star to navigate with. (Or something like that, this metaphor is outta control).

Also, something that's helpful for learning bein hazmanim is finding a topic that's really libo chafetz and getting involved. Explore the reefs you've always wanted to see (aight, this metaphor is dead).

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Re: Navigating the ocean of my life  
Posted by amevakesh - 18 Apr 2024 17:33

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For now, the sun has come back out. Its warm rays and clarity have cowed the pirates into submission. They've disappeared over the horizon again. The void has been filled with fulfilling ideas that are now churning in my head from this morning's Seder. Ah! Marror never tasted as sweet, when consumed through the experience of learning! The ship sails on. Now, it's time to do carpool, and help out at home. (Thank you Heeling for being my Rebbe, in learning how to enjoy doing it)

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Re: Navigating the ocean of my life  
Posted by amevakesh - 18 Apr 2024 17:35

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For now, the sun has come back out. Its warm rays and clarity have cowed the pirates into submission. They've disappeared over the horizon again. The void has been filled with fulfilling ideas that are now churning in my head from this morning's Seder. Ah! Marror never tasted as sweet, when consumed through the experience of learning! The ship sails on.

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Re: Navigating the ocean of my life  
Posted by Heeling - 18 Apr 2024 18:07

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That's a captain skillfully navigating his ship with precision.

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Re: Navigating the ocean of my life  
Posted by amevakesh - 19 Apr 2024 14:11

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Challenging myself to 2 hours of learning. Will report.

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