

Navigating the ocean of my life

Posted by amevakesh - 17 Apr 2024 10:21

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 choppy, 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 than 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 amevakesh - 01 Sep 2024 18:08

So, after a long summer that I worked my tail off, I finally have some time to breathe. As long as I was busy, it was tough, there were challenges, but in terms of lusting and ?????? ??????, I did pretty well. No second looks, no watching anything bad, I even managed to stay away from anything borderline. Finally, I have a week of a real vacation where I can just relax a little and WHAM, I'm getting killed by the fantasy bug. It happens specifically when I sit down to learn. I didn't look at anything I shouldn't, in fact recently I managed to avoid a few really tempting second looks., but when I sit down to learn, my mind starts wandering places that I haven't been to in over a year. I reached out to a few of the good people here, and received Chizuk, (much appreciated) but it's not getting any better. This morning when I was learning, I came close to a disaster. I'm trying to hold on tight until the Zman starts hopefully then the urges will dissipate. I guess there's an upside to life's pressures. Onward.

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Posted by hopefulswan89 - 01 Sep 2024 18:21

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Chazak vematz

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Re: Navigating the ocean of my life
Posted by yiftach - 01 Sep 2024 18:59

I had a machshava the other day. If it helps, epic, if not, also good.

I was walking in the street and a nice looking, fresh, cute girl was walking in front of me and I was lusting. A few minutes later, she was gone and a new one was in my way, and the lust returned. Vechulu.

It was killing me, foreal?!

Then I thought, what do I want from this? Do I want to marry her?! No. Cuz I'm content with what I have (or at least, not ready to throw away all that I have for this). And then I'll have to remarry every girl I see. So what's my matara?! Just for a minute worth of pleasure?!?

Personally, when I think about what I'm doing and what I want from it, the stupid feeling it brings to heart helps the lust go away.

Obviously it's different when fantasies come to mind, but when you think deeper about what your doing and what you want, it could help...

Just sharing my thoughts. You're in my prayers regardless.

All the best!!!

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Re: Navigating the ocean of my life
Posted by Heeling - 02 Sep 2024 20:54

Hows the captain doin' today?

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Re: Navigating the ocean of my life
Posted by amevakesh - 02 Sep 2024 23:09

Thank you for asking. Today was a bit better. Not out of the woods yet. 1 day to go until my schedule will become so busy that I won't have time to think about these ?????? (Hopefully)!

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Re: Navigating the ocean of my life

Posted by Hashem Help Me - 04 Sep 2024 03:19

Learning alone tends to cause anxiety in some of us. With a chavrusa the tension levels are lower so certain muscles don't start tightening up....

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Re: Navigating the ocean of my life

Posted by amevakesh - 04 Sep 2024 19:16

Summer - I can't do without you, I need you, even though it's so hard to get through you unscathed. I attended a camp where as posted before, I worked quite hard. In my personal life, I had a few times where my boat was rockin and was steadied by some dear friends. Then I came home and all was calm, finally some peace and tranquility, when a storm of urges hit me out of the blue. I can say that in all probability, if not for all of my dear ?????? and ?????? that called, texted and posted to give me ?????? and showed interest when I needed it, I would have fallen. BH, as the Zman resumes, my life heads back to the proverbial treadmill, where I'm running and running and can't seem to catch up to myself. The benefit of it all is that I am in a structured schedule that doesn't leave me any time for nonsense.

To my dearest friends - Thank you all so much for helping me make it to the finish line. As I gratefully update my streak, I know that the only reason it says 408 instead of a different number, is because of you.

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Re: Navigating the ocean of my life

Posted by Hashem Help Me - 08 Sep 2024 11:17

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Re: Navigating the ocean of my life

Posted by amevakesh - 10 Sep 2024 10:51

[minhamayim wrote on 29 Aug 2024 00:27:](#)

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Beautiful vort.

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I once heard a vort on this pasuk Al pi derech drush.

We all have many different personal nisyonos in our lives. Many of us can point to one thing, one particular test, be it a physical, emotional, or ruchniyus struggle, that we wish we would've been spared from having. Often people can think to themselves "if only I wouldn't have this one problem my life would be manageable or even great".

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and overcoming this obstacle will be the me that Hashem had in mind when he created me come out.

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And when I come out on the other side of this test, I'll hug and kiss this challenge with respect and reverence for its instrumental and vital role in being the cornerstone of the me that Hashem had in mind the whole time.

Maybe that's the pshat in goizer umekayim. We praise Hashem for not only making gzeiros, but for sustaining them because we trust Him that he made them for our own good. That they are necessary for our growth. That we need them. That without them we just wouldn't be able to be us.

Perhaps, as we beg Hashem to help us with our struggle, realizing that our struggle gufah **is** us can help give us the proper perspective when it comes to tefila.

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Re: Navigating the ocean of my life

Posted by redfaced - 10 Sep 2024 12:54

[amevakesh wrote on 10 Sep 2024 10:51:](#)

[minhamayim wrote on 29 Aug 2024 00:27:](#)

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Brother, the way you deal with your pekel, has given me such a kick in the pants to refocus on whats important you have no clue.

One of the true Hero's here!

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Re: Navigating the ocean of my life
Posted by Muttel - 10 Sep 2024 17:26

I second R' Red's motion!

Amevakesh, I'm thinking of ????? ?? ??? crying over ????? ?? ????? (his source of challenge) getting removed from him and his crying at the lost opportunity. I then think of our own Amevakesh having a bird's eye view of his lifelong test and the great person he became **because of it**, and his subsequent crying (???? ?? ?????? and then some...), your impact on me is that powerful.....

KOMT!

Muttel

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Re: Navigating the ocean of my life
Posted by amevakesh - 12 Sep 2024 02:15

[redfaced wrote on 10 Sep 2024 12:54:](#)

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From the sig.

May you slide down the banister of happiness and get many splinters of success up your career

Between the splinters and the kick, I can't imagine what those pants look like. Just saying, if you

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Re: Navigating the ocean of my life

Posted by proudyungerman - 12 Sep 2024 03:37

[amevakesh wrote on 10 Sep 2024 10:51:](#)

need a tailor, I have a friend that does a good job.

[minhamayim wrote on 29 Aug 2024 00:27:](#)

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What a beautiful vort and application!

My dear friend, you are flying high!

Knowing you, you will put in the effort and you will, Bez"H overcome this too...

(Please excuse my slight edits...)

Warning: Spoiler!

And if y'all don't mind, please stay away from my pants, thank you very much...

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Fast forward a year. The monster has been tamed. I now look at my wife with a fresh perspective. I see beautiful things in her that I never noticed before. Our Shalom Bayis has greatly improved over the past year, in ways I never thought possible.

Having said that, life is still not bliss. (If there's anything I learned on these forums, it's that even the guy you think has it all, is struggling with something.) My marriage has a unique challenge that I choose not to elaborate on in public. Suffice it to say, it's a very difficult one. There's been little written on this subject here on the forums, but even the little that is, I haven't found anyone who struggles to the extent we do. It's a ????? that potentially can greatly challenge one's Shalom Bayis in the best of times. As long as I was lusting, this challenge was unbearable. But, even now, with lust under control, it can be very difficult, and at times makes me sad. Sometimes reading about how certain people's graduated from using their wife as one who fills his sexual fantasies, to one who attains real intimacy fills me with a feeling of longing that's awfully intense. Yet, I try (and am largely successful) to remain upbeat, by counting the blessings in my life (of which there are many BH), and focusing on the beautiful and positive attributes in my wife (of which there are also many BH).

That being said, up until this Vort, my approach was "I love my wife for all the good I see in her, **despite** the challenge we have in our marriage." What this Vort has taught me is that I can reach a level, and I believe that it's in the not so distant future that "I will love my wife precisely **because** of the challenge we have in our marriage". This fills me with a sense of joy and anticipation, because I know that if I ever overcome this challenge, it will be because I make myself into something special. Then I will be at the level where I actually thank ?' for the challenge that he gave me, for without it I would not have been who I am. Thank you Minhamayim so much for posting this beautiful insight.

A slightly belated response to this post.

I really try to use this vort in life especially when things get really tough. Thank you amevakesh for showing me that it's actually an attainable madreiga. I hope to get there one day.

I thought of a couple additional areas where this yesod may be able to be applied. Here's one of them.

Someone brought up a point to me that I think many would agree with.

We obviously all have our own unique struggles. Sometimes we can look at someone else who we know is going through something very tough as well and wonder to ourselves whether we would be willing to trade our problems with theirs. I'm definitely not speaking for everyone but I think that even if we believe that our problem is "worse" or more difficult to bear, we would never actually choose to realistically give it up in return for someone else's package.

Think about it. Perhaps some of you would disagree. But on the tzad that I'm right...

The question then is, why not? Why wouldn't the obvious choice for everyone be to want to swap out our peckel for someone else's better or easier one?

Perhaps an explanation for this is that deep deep down we all know that our lot is ours because it's ~~necessary~~ essential for us to have to go through it. Maybe this knowledge is so deep down

it's only in our subconscious. Perhaps it's just our nashama that's margish it. But the truth is there. We know on some level that we would have to be crazy to give it up. Living life without our own struggles and instead taking on some other guys' seemingly easier ones would be "tafkid suicide". Life would just be pointless.

We won't give it up because we want it and can't afford to lose it. We want and need our nisyonos in order to grow into what Hashem wants us to be and therefore in order to grow into what WE want to be.

Just a thought, could be wrong.

MinHamayim

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