

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 choppier, 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 BenHashemBH - 19 Sep 2024 19:56

[amevakesh wrote on 19 Sep 2024 19:44:](#)

~~Small,~~ **yet Huge and** meaningful victory for me. This Sunday, as I was returning from Yeshiva, I noticed the neighbor that lives 2 doors down from me. They are a Jewish reform couple, who are very nice people, with whom we have a cordial relationship with. Usually this doesn't pose a problem, however sometimes they exercise, they are big joggers, and they do so in their full glory, him in shorts only, and she, without going into detail, almost matches him. As I was coming around the bend of my street, I noticed that he was doing lawn work cutting down branches from his tree. I also noticed that he was talking to "someone". I figured that I knew who that someone was, and she's quite pretty, especially when (un)dressed in such a fashion.

Now the normal thing I would do in such a situation would be to first find out who he's talking to, and after I see who it is, if not appropriate - look away immediately. But I thought to myself, why is it important to find out who he's talking to, you know who it probably is, and who cares anyway. Pleased to report, that I still don't know who he was talking to. To me this was significant because i believe that the root of many of my falls were rooted in the ??? of curiosity. If the YH felt it was important enough to push me to find out who it was, then I guess it should be important to me as well, to consider it part of the fight. Onward.

I figured that you knew that someone would go ahead and correct you from downplaying an incredible win.

That takes a lot of koach and BezH you should continue to be matzliach.

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Re: Navigating the ocean of my life
Posted by 138eagle - 19 Sep 2024 20:30

Amazing!

Don't downplay it. It is HUGE!!

Take a minute to reflect on the greatness of this and of the power that you have and of how far you have come to be able to do this.

Internalize all that you have done to get here and you will continue to fly!

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Re: Navigating the ocean of my life
Posted by amevakesh - 30 Sep 2024 16:34

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

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.

When I originally wrote these words, I knew they were true, but I didn't know how it would happen, or in what way it would express itself. On Wednesday morning I got my first taste.

As I've written in the past, my marriage comes with a unique challenge. Suffice it to say it's hard. It's not something I wish to discuss on the forums only to give context to what happened this morning. Over the course of the last week I've had a rare, deep and meaningful conversation with my wife. I owe a debt of gratitude to a couple of friends here which impacted the way I empathized with my wife's pain and understood her point of view. She felt like I really "got it" and the result was a significant uptick in my Shalom Bayis.

On the day we usually have (scheduled) relations, my wife was exhausted. I told her that we can postpone it for a day. She told me that she feels it coming so she can't guarantee that it will be Nogeia that next night. I responded that it's fine, I'll be okay. The next night, she had a pounding headache, and relations were off the table. She would do it for me, but I wasn't going to accept her offer when she was in such distress. If it wouldn't happen for another few weeks, then so be it. We BH have a rambunctious 2 year old with boundless energy, going through a healthy dose of the terrible twos. He wakes up very early in the morning, and with his awakening goes our sleep. He isn't content with waking us up, rather he jumps all over his tired mother. That morning, after the three of us were already up, I sat down on my wife's bed, and she started rubbing my forearm softly. Nothing too intense, but for me, I felt the love of that caress pulsating through my whole body. It made me feel so complete and filled me with a sense of joy no sex could ever do for me. Now without my challenges, this is something I would definitely have taken for granted, but the challenge has taught me to appreciate the finer, more subtle gestures of love that marriage has to offer. The ability to find intimacy in a stroke on the forearm, to allow myself to feel her love through expressions of endearment (especially with 2 year old jumping all over us) was an eye opening experience for me.

So, is the challenge getting smaller, perhaps not yet, but I'm learning to embrace it, trying to allow it to build me in to something better. ??? ????? ?????? ????? ?????? ?????.

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Re: Navigating the ocean of my life
Posted by Heeling - 30 Sep 2024 17:30

wow! a beautiful story! Thank you so much for sharing.

The fruit of your hard work that you keep on putting in. Stunning! You are an inspiration and a superb husband.

Keep rocking it!

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Re: Navigating the ocean of my life
Posted by Muttel - 30 Sep 2024 19:27

Palti x2.....

Impressive work, brother...

Muttel

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Re: Navigating the ocean of my life
Posted by Hashem Help Me - 01 Oct 2024 11:18

[amevakesh wrote on 30 Sep 2024 16:34:](#)

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

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This post is the stuff of heroes!! Every chassan rebbi should give shiur on it!!

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Re: Navigating the ocean of my life
Posted by amevakesh - 08 Oct 2024 18:54

Don't know what's happening to me. Since after Rosh Hashana, I've been bitten by the fantasy bug. The urges are coming and going the past 2 days. I know we aren't responsible for the actual urges, only with how we deal with them, but right now I'm having a hard time doing so. It peaked last night. Usually when I go to bed, it takes me less then 30 seconds to drift off into lala land. Last night I was exhausted, but strangely enough when I lay down I didn't fall asleep. Instead I began lusting like crazy. The fantasies were so real, I had trouble letting go of them, which almost resulted in ejaculation. I had to white knuckle to get myself back to normal, then it repeated itself. At a certain point I told myself, if I'm not sleeping in 10 mins. I'm getting out of bed to call someone. I must have fallen asleep, because the next thing I knew it was four and a half hours later and I awoke hard but still dry, and still lusting. So I called the one GYE friend that I know wakes up at the unearthly hour of 3:45 and he promptly picked up. Once I got through, the urge subsided and I was able to begin my day. Tired, yet somewhat happy that I didn't go all the way. If anyone has any advice on how to get rid of unwanted thoughts, once they're already in the head, I'd appreciate it.

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Re: Navigating the ocean of my life
Posted by Bennyh - 08 Oct 2024 19:03

[amevakesh wrote on 08 Oct 2024 18:54:](#)

If anyone has any advice on how to get rid of unwanted thoughts, once they're already in the head, I'd appreciate it.

Humanize them? Pray for them?

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Re: Navigating the ocean of my life

Posted by richtig - 08 Oct 2024 19:13

I had this on RH, vivid dream right before I woke up, couldn't get it out of my head. Trying to remember what i did.

Breathing it through can help (imagine letting go of the thought as you breathe out). Thinking about other interesting thing can help too. Staying calm! Do something (especially if it requires some thought). Grounding techniques

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Re: Navigating the ocean of my life

Posted by BenHashemBH - 08 Oct 2024 19:37

Shalom Brother,

Sorry to hear about your uninvited brain guests.

Rosh Hashana, esp 3-dayer is intense. Have you had a chance to decompress? Maybe exercise, a leisure walk, music, or something might interrupt the cycle. Perhaps if it happens in bed you could turn on an interesting shiur, or a moving zemer? The mind can't really focus on two thoughts at once. Focused breathing and calming meditation could go either way, but worth a try. I find certain thoughts that work to push out other thoughts. Picture yourself dancing with the Sefer Torah on Simchas Torah - hug it tightly. There is a weird tug-of-war, but I can never focus on impure thoughts while 'holding' the Torah. Maybe your Rebbi is dancing with another Sefer Torah across from you. All your chaverim are holding hands in a circle around you. Hear your favorite song being shouted by all present. Immerse yourself in that image so thoroughly that nothing else has space in your mind.

You can make your own scenario, have it clear and detailed, rehearse it, and when needed, summon it to banish those unwanted thoughts. If they push their way back in, immediately do it again until you can focus on something else.

Sometimes I add special effects, like the images going up in flames as I try to incinerate them from my conscious.

Hoping that you find peace from them soon.

Hatzlacha

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Re: Navigating the ocean of my life
Posted by menuchashanefesh9 - 08 Oct 2024 19:38

Stop thinking about how to get them out of your head.... just start thinking about something else.... for instance:

"Wow, I'm freakin awesome!! I've gone 442 days straight without falling!! I've made 442 (or more) friends on GYE and have helped each and everyone of them tremendously!!! I have 442 people out there who mamesh care about me!!!"

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Re: Navigating the ocean of my life
Posted by Heeling - 09 Oct 2024 00:12

I'm sorry that you have this bug, it ain't no fun. But kudos to you for fighting it.

I find reading a book helps me. Also, thinking about the work I have waiting for me the next day or anything that will require me to focus on detail and might stress me out a bit.

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Re: Navigating the ocean of my life
Posted by jewizard21 - 09 Oct 2024 05:25

I think the last time I was in your predicament I almost cried and asked myself and Hashem to just help me be clean for that day (night). I would ask Hashem "please help me just go to sleep, I'm so tiered and exhausted and I've put in so much effort to stay clean, can you please just help me here to stay clean and fall asleep"

Hope this helps

Keep on Trucking, One Day At A Time!!

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Re: Navigating the ocean of my life
Posted by chaimoigen - 09 Oct 2024 23:31

Before discussing how to **get rid** pf unwanted thoughts, I want to make a few quick points.

1. It's normal and natural for thoughts to pop up in your head. It's not even Assur. (The issur is to **dwel on** and **explore** the thoughts. ?? ?????? means don't **explore**).
2. A thought is just a thought. Nada (Hirhur is a stronger level, and unwanted hirhur is barely more than a thought. Which is just a thought).
3. Based on the above - theres no guilt or negativity in the fact that the thoughts popped in. You don't have to worry about them.
4. Ok. So no guilt. But you want to think about other stuff. Proactively. Not in a reactive way- to "**quickly** eradicate the scrounge of horrific evilness rah rah! ". Just cause you want think about something better.
5. Ain't nothing better to make you fall asleep in the whole wide world than thinking in learning!
6. If you're hard and uncomfortable and can't think of other stuff, getting up and calling someone is the right plan.

If it's not such an issue, it won't be. Magnifying the issue magnifies the issue.

This is how I think about thinking about thoughts. (Meta-meta-cognition!). It's what works for me.

Gmar Chasima Tova!

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