

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?

=====

Re: Navigating the ocean of my life

Posted by 138eagle - 25 Jun 2025 20:51

---

Oy

I have not much to add, just I feel you and I am in a very similar place.

Let's hang in there fly together.

=====

Re: Navigating the ocean of my life

Posted by amevakesh - 10 Jul 2025 13:15

---

Although it's been over 2 weeks since I last posted, and the experience I went through emotionally has dimmed somewhat, I will try to recapture and reflect on what I went through. When I put out my previous post, I was in full lust mode, like I hadn't been in around 2 years. There were times during my current journey that I felt myself slipping, but this time it was different. Not only in intensity, but I almost felt like I wanted to "by mistake, on purpose (can't explain what that means, if you've been there, you understand) mess up". The only thing that kept me from taking it to the next level was the fear of losing my streak. But I was willing to explore anything that wouldn't mess it up. I felt like for the first time in a very long time, the YH was completely in the drivers seat, and I was a meek passenger going along for his ride. It was brought on by some factors that are beyond my control, that I allowed to get me down. I allowed the YH to slowly stick his foot in the door, then make himself comfortable, and finally take charge. My main mistake was spending approximately four days in this situation, knowing that I had friends that could and would help me, yet I didn't, and was too emotionally depleted to reach out. I mentioned to my wife (not for everyone) that I'm going through a difficult time lust wise, and it was she that pushed me to reach out to my GYE friends. I was too tired and lazy to do so, so I figured the next best thing was to post, which I did. Not ten minutes went by when the calls, texts, and responses started coming. It took another day for the lusting to subside, but thankfully it passed. The core issues weren't resolved, but I find it amazing that things that seem completely overwhelming one day, can feel almost trivial the next. One can live life with challenges and still really be happy. I can't begin to thank everyone that reached out, it is all to your credit that I was able to eventually pull through without falling. Better late than never, but going forward, the lesson I've learnt, is better right away and on time, than late.

=====

=====

Re: Navigating the ocean of my life

Posted by amevakesh - 25 Aug 2025 16:23

---

Had the opportunity to visit the holy Ribnitzer Rebbe's Kever. Needed to pray for some personal matters. When I was done, I spent a while Davening for all my friends here. I went through everyone that I know. I mentioned any Hebrew names from the past that I have from previous times shared. I Davened for whatever I remembered about each individual's needs. Then I put in prayer for all the holy people here that I don't know, and that HHM should have Koach and Siyatta Dishmaya, and that his services shouldn't be needed anymore.

=====

=====

Re: Navigating the ocean of my life

Posted by hashemisonmyside - 25 Aug 2025 17:16

---

TYVM!

next time you go, keep in mind the Kosover Rabbi, is right there on the right side of the Rivnitzer, he was known to help people all day long especially in this area so now that he's up in heaven i'm sure he's continuing helping people there even on an higher level.

=====

Re: Navigating the ocean of my life

Posted by menuchashanefesh9 - 26 Aug 2025 01:13

---

I'm just sayin that I felt the extra ?????? ????? today, thank you!!!

I'm also just sayin that if there is anyone I know that I could have pictured spending the time davening for all your brethren at the Kever it would be you! There ain't many like you, what a friend!! We're all so lucky to have you as part of this best family ever!!

BIG HUG,

????? ?????

=====

Re: Navigating the ocean of my life

Posted by amevakesh - 29 Aug 2025 16:47

---

Had a good summer, in terms of staying away from the bad stuff. Didn't lust too much. Overall was a good, productive, and busy summer. However, I wasted a ton of time on following sports and politics. This lead too a significant disconnect in other areas of Avodas Hashem. My life challenge doesn't make things easier. I want to upgrade my connection to Hashem, especially over the Yomim Noraim. I've made ????? in the past, hoping that it would lead to more learning and better Davening, with pretty limited success. I'm telling myself, that maybe if I try to go completely off sports and politics by banning all recitational internet usage until after Yom

Kippur, it will hopefully impact my relationship with Hashem in a positive way. So far since the 2nd day of Rosh Chodesh Elul, I've been successful. Hope it leads me to good places. All joiners welcome!

Good Shabbos Friends

=====

Re: Navigating the ocean of my life  
Posted by vehkam - 29 Aug 2025 18:58

---

[amevakesh wrote on 29 Aug 2025 16:47:](#)

Had a good summer, in terms of staying away from the bad stuff. Didn't lust too much. Overall was a good, productive, and busy summer. However, I wasted a ton of time on following sports and politics. This lead too a significant disconnect in other areas of Avodas Hashem. My life challenge doesn't make things easier. I want to upgrade my connection to Hashem, especially over the Yomim Noraim. I've made ????? in the past, hoping that it would lead to more learning and better Davening, with pretty limited success. I'm telling myself, that maybe if I try to go completely off sports and politics by banning all recitational internet usage until after Yom Kippur, it will hopefully impact my relationship with Hashem in a positive way. So far since the 2nd day of Rosh Chodesh Elul, I've been successful. Hope it leads me to good places. All joiners welcome!

Good Shabbos Friends

Kol hakovod and Hatzlocha on your continued growth.

I have found that the best way to be successful with this is to expand your aseï tov commitments in a clear organized way so that there isn't as much time available for the distractions that waste your time.

=====

Re: Navigating the ocean of my life

---

Posted by frank.lee - Yesterday 19:49

---

To spell out what R' Vehkam is saying, if you spend so much time on sports etc. that indicates that you have a lot of free time. Add more learning and good deeds to your schedule to fill it up.

For example, do you learn Daf Yomi?

=====

=====