

FEEL THE HUGS!!!

Posted by jerusalemsexaddict - 21 Sep 2009 18:08

Possibly flakiest thread in GYE's history.....

Listen,life is scary.

All of us have a lack of trust.

In the world.

In Hashem.

In ourselves.

That's why this thread is gonna change all that.

Hashem runs the world.

I know what you're all saying....

"O man.Another bitachon shmuz!"

NO!

This is the HASHEM LOVES US corner!!

Here we will come each day and share or at least acknowledge one hug that Hashem gave us that day.

And when we all feel ready,we can move up to two.

And three.

And a million.

Could be big hugs.

Small hugs.

Fat hugs.

Thin hugs.

They're all good.

The point is to just spot it and feel it!!

This is a big step in our recovery chevra!!

Who's in?

-uri

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Re: FEEL THE HUGS!!!

Posted by jerusalemsexaddict - 25 Sep 2009 13:46

I gotta run cause shabbos is in like 10 minutes

but i need to post this

the begining of my week was awesome cause i was working and busy and happy

then my boss didnt need me/want me

and i was bored and getting a little depressed

and then i got the job as the gye shadchan

i cant believe how it worked out exactly!!!!

HUG!!!!!!!!!!

and thats why my threads been dry lately

cause everything is going in the hug section!!

cause my life is one big hug

i love You so much Hashem

im about to give You a huge hug

And i love all of you guys(and girls)

Good Shabbos all

happy and content

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Re: FEEL THE HUGS!!!

Posted by TrYiNg - 25 Sep 2009 22:32

wow uri. Shabbos is like in 2 minutes here...

I jst had to say how happy I'm for you!

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Re: FEEL THE HUGS!!!

Posted by 7yipol - 26 Sep 2009 18:26

The more I think about it, the more I believe that this thread focuses on a concept *at least* as important as 12 steps. (Im ducking until projectiles stop :o :o)

I once brought it up on TrYiNgs thread a long time ago, but it fizzled.

Disclaimer: 7up's opinion only:

The reason many of us start with addictions, is as a way to numb internal pain and avoid reality as we perceive it. We seek out comfort and shelter in the lowest places, as long as we can

avoid ourselves.

We dont like what we see within ourselves, and focus on every negative; be it real or imagined, convincing ourselves that we are not deserving of real love.

By slowly learning - ***and internalizing*** the life-changing concept that ***we are lovable and that Hashem loves us always and unconditionally*** we can heal.

As we recognize the hugs, we slowly internalize the most basic yesod that HASHEM LOVES US. We are lovable, we deserve love and reality is filled with good. We just need to learn how to focus on it.

As 'good' takes over, 'bad' falls into perspective. Not only is it suddenly not a 24 hour reality, but what once was seen as 'bad, can now be re-evaluated and seen through the rose colored glasses which are reality!

And suddenly, we want to feel good *all* the time, not just for a few addiction seconds at a time (which are inevitably followed by guilty lows) We realize that the warm feeling brought on by 'hugs' is long lasting. Not only do they not wear off quickly, but the next hug comes before the last one has even worn off! All it takes is practice; open your eyes, focus on the good which is always there, and recognize Who sent it.

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Re: FEEL THE HUGS!!!

Posted by the.guard - 26 Sep 2009 18:32

GMG!

500 points

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Re: FEEL THE HUGS!!!

Posted by 7yipol - 28 Sep 2009 18:54

Go Mom Go!

Okay, okay; Im going! :-\

(and taking my points with me!)

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Re: FEEL THE HUGS!!!

Posted by the.guard - 28 Sep 2009 21:09

Wrong. It was "Go Mom Go!" not "Go Mom Go!"

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Re: FEEL THE HUGS!!!

Posted by jerusalemsexaddict - 28 Sep 2009 21:32

[guardureyes wrote on 28 Sep 2009 21:09:](#)

Wrong. It was "Go Mom Go!" not "Go Mom Go!"

im a little confused

I thought it was "Good morning,G-d"

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Re: FEEL THE HUGS!!!

Posted by letakain - 29 Sep 2009 00:57

and here i was thinking it was

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Re: FEEL THE HUGS!!!

Posted by jerusalemsexaddict - 29 Sep 2009 08:09

Hug of the day

"great, mom! GEVALDIIIIIIIIIIIG!"

I woke up on time for shacharis this morning, but was not feeling particularly up to it.

I logged onto gye and started reading the posts.

I saw trying's y'k post and it fired me up big time

I had a very good shacharis baruch hashem and it was a great start for the day.

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Re: FEEL THE HUGS!!!

Posted by jerusalemsexaddict - 29 Sep 2009 08:10

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come on guys!!!!

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Re: FEEL THE HUGS!!!

Posted by 7yipol - 29 Sep 2009 09:38

K, heres a rather intense "wake up" hug.

Ive been dealing with various medical issues for a while. For one of them, the doctors have been trying to find the correct diagnosis, treatment and medications for the past few years. One of the problems is medications. Every one they prescribe either gave me crazy side effects which no one has ever got so I had to stop immediately, or the Kupah (HMO) wouldnt give permission, or they no longer make the specific med etc etc. B'kitzur, no logical reasons for something which really aught to be quick and simple.

I was feeling very frustrated last week about all of this. All these med issues are things which docs cant cure (BH nothing life threatening) but are trying for relief treatments. I kept kvetching to myself "Why is it just not working", " what is the purpose for pain and symptoms which stop me functioning as I want to?" etc etc.

I guess Im a slow learner, but better late than never bH:

The answer is just so clear that Im embarrassed that its taken so long.

Doctors are shlichim. I know that clearly. But what I was missing, is that if they *arent* being allowed to be the messangers, then Hashem has His reasons. You see, I was forgetting the G-d factor.

Im not all there yet, and need to sit down and figure this out more (internalize it to a lev level instead of only rosh) but finally, Im facing the right direction. Up. Of course Im not stopping with the doctors, and perhaps now that Im remembering where true healing comes form He may even allow them to help, but Im feeling much calmer for the first time in years.

Thank you Hashem for opening my eyes for me!

Because I know that hugs come in all shapes and sizes!

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Re: FEEL THE HUGS!!!

Posted by Sturggle - 29 Sep 2009 09:42

inspirational...

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Re: FEEL THE HUGS!!!

Posted by Momo - 29 Sep 2009 11:30

OK, I'm feeling down, but 7Up suggested I try to write a hug.

I just spoke with Uri, and I feel a hug from HaShem that He gave me a friend, Uri, who I can call anytime and get chizuk, and a laugh, from.

So, thank you HaShem for Uri. And, thank you Uri for being you!

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Re: FEEL THE HUGS!!!

Posted by 7yipol - 29 Sep 2009 11:45

Thanks for visiting us here Momo. The fact that you pushed and posted is a hug for us and Hashem!

Why not read post 48? It may talk to you.

And please keep coming back here...

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Re: FEEL THE HUGS!!!

Posted by jerusalemsexaddict - 29 Sep 2009 13:14

[Momo wrote on 29 Sep 2009 11:30:](#)

OK, I'm feeling down, but 7Up suggested I try to write a hug.

I just spoke with Uri, and I feel a hug from HaShem that He gave me a friend, Uri, who I can call anytime and get chizuk, and a laugh, from.

So, thank you HaShem for Uri. And, thank you Uri for being you!

Ill add that to my list of huge hugs today from Tatte in Himmel

Thank you Momo

I love you man

Its amazing how when one just opens his eyes,the hugs are everywhere.

For one example,I was walking through geula today on my way to take a bus home

I hate buses.

And who do i pass?

A person from my town.

Half an hour later Im home.

Another couple of big hugs came today but i cant really share them without giving away my

Thank you Hashem

Have a great day everyone!

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identity completely,so ill save that for a different time

-uri