"Be holy"- search for the holy grail
Posted by be holy - 30 Nov 2008 05:19

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day ten complete - but starting to wish my wife had things that she doesn't. the y"h is the biggest illusionist of them all. i feel weak and lonely again- my middos are on edge and i am scared. Chanuka is coming!!

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Re: "Be holy"- search for the holy grail
Posted by Ykv_schwartz - 03 May 2009 22:08

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Thank you for sharing these inspirational words. What happened with SA groups?

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Re: "Be holy"- search for the holy grail
Posted by be holy - 04 May 2009 05:52

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i asked reb zvi meir if i should join a group and he is still under the impression that it is not needed at this point. additionally i seriously have no time and it is way across town. if there a way to get to a group just to talk about things it would be cool,but i live near ben yehuda and the closest was in french hill.

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Re: "Be holy"- search for the holy grail
Posted by the.guard - 04 May 2009 12:03

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Rav Tzvi Meyer may not be aware of the nature of addictions and the power of these groups. We can trust Rabbi Twerski on this. This is the surest way to go for someone in your exact situation.

SLA is in the French Hill.

I suggest you join an SA group, NOT SLA.

(And SA is **not** in French Hill).

Do yourself a BIG favor (the best you can possibly do) and call the SA hotline in the jerusalem area: 02-676-9583.

Leave a message and they will get back to you.

May Hashem be with you!

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Re: "Be holy"- search for the holy grail
Posted by be holy - 04 May 2009 17:32

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i left them a message guard- thank you

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Re: "Be holy"- search for the holy grail
Posted by the.guard - 04 May 2009 18:56

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A courageous knight in shining armor has just begun a valiant journey to slay the mighty dragon.... that lies in wait inside his heart.

We salute you for your courage and we await to hear of your brave adventures!

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Re: "Be holy"- search for the holy grail
Posted by the.guard - 10 May 2009 13:16

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Be Holy, we want to hear from you. Did SA call you back?

Right click on the links below and select "Save Link/Target As" to download the handbooks to your computer.

1) The GuardYourEyes Handbook

This Handbook details 18 suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. For the first time, we can gauge our level of addiction and find the appropriate tools for our particular situation. And no matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

2) The GuardYourEyes Attitude

The Attitude Handbook details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

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