

OK I Will give it another try

Posted by mdmjerusalem - 09 Jan 2009 14:33

Dearest friends

I know you were looking for me and wondering where i landed

Here I am, but you wont recognize me.

Well the last few weeks have been catastrophic

I found myself feeding my impulse/gloominess about once a week

Since my membership end of summer I achieved 50 days twofold.

Failing for the second time ????? was more that I could tolerate

But I am inept to persist in this manner

Now that ??????" is around the corner

I take on myself a new instigation

NEW RULE:

The net is strictly for business usage

No news or entertainment on the net for **2 weeks** Bli Neder

Your emails to me can fill the void gap of association

Please friends do keep in touch

(Btw: I hate being the *misken* so to have a good *kesher* do tell me **about yourselves too**)

I will try to respond to every comment

Gut Shabbos

Your buddy

M D

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Re: OK I Will give it another try

Posted by the.guard - 10 Jan 2009 16:57

Dear MDM jerusalem,

It's good to have you back. That is a sign of a true warrior. You may have fallen, but the 50 days is NOT LOST. That is SO important to understand. Do you realize how amazing that is? Twice 50 days! It took the Yidden 49 days to break free of the Tumah of Mitzrayim. At day 50 Chaza"l say "Pasku Zuhamasam" and they received the Torah. You have already TWICE purified yourself for 50 days. Twice already, another huge chunk of the Zohama was POSEK. This is not an easy struggle, but you are much more ready now than before. See what Battleworn wrote [over here](#) (the words "there is certainly more hope than before!").

To help you break free from this for good, and I know you will, I am going to ask you for one thing MD. I want you to announce here to all of us on this forum that you are accepting upon yourself now, at the beginning of Shovavim 5769, that no matter what happens, and no matter how many more times it takes, and no matter how embarrassing it feels to admit you fell, **you will not give up and you will not let go of us as long as we are here for you.**

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Re: OK I Will give it another try

Posted by the.guard - 10 Jan 2009 20:49

To give you a boost to help you get started, see the Ohr Hachayim Parshas Acharei Mos, 18:2. On the Pasuk "Ki'masei erez mitzrayim".

You can download it [here](#). I highlighted in "yellow" the important parts and in "red" the most important parts.

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Re: OK I Will give it another try
Posted by mdmjerusalem - 10 Jan 2009 23:02

Thank you gui for you warm welcome, every comment is very appreciated.

I hope the others will join you, in helping me.

It seems to me you dont understand the hardship in revealing a failure.

You can see that no one on the wall ever fell off, do you think they are honest with us, i doubt it.

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Re: OK I Will give it another try
Posted by mdmjerusalem - 10 Jan 2009 23:12

well to be honest i failed in my kabala

i did visit a site that prices every website which i found by googling gaurdureyes

and i searched for prices on my frequent sites like gmail, msnbc, etc

but i am stopping and wont continue bli"n, for the 2 first weeks of shovivim

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Re: OK I Will give it another try
Posted by BentleyJunkie - 11 Jan 2009 01:10

MDM,

great to have you back! Stay strong! Be positive!

People are being honest with the Wall....several people, including myself have failed after significant streaks...we all came clean.

We all knew the embarrassment, the pain, the shame, the despair, and the bewilderment that you may be feeling now. But we did not hide or deny the fall...we came back with twice the strength, will, and determination to fight the yh.

After you've spent some time learning from your fall...FORGET ABOUT IT! Put it behind you...and only look forward!

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Re: OK I Will give it another try
Posted by the.guard - 11 Jan 2009 13:05

If it wasn't hard to reveal a failure, the whole system wouldn't work. Be THANKFUL it's hard, and undertake to come clean whatever it takes. In this world, an embarrassment is temporary and fleeting. And on this forum, it's even ANONYMOUS - for goodness sakes! But if you wait for the embarrassment of the next world, **you will wish you had ran through the streets shouting "FIRE!!" when you were still alive** - maybe someone could have helped you then before it was too late...

Dear MDM, Indeed no one has fallen off the "wall of honor" yet B"H. These are people who made it to 90 days. That's for two reasons.

- 1) Hitting 90 days seems to help change the neuron paths in the brain and make it easier to stay clean, as the study says.
- 2) Anyone who makes it to 90 days is someone who takes this very seriously. And such people are less likely to fall.

However, on the "90 day" chart, many people have fallen off. I've had to remove and restart at least 10, if not 15 people, since it started a few months ago...

MDM, in your honor I want to bring the Ohr Hachayim in one of the coming Chizuk e-mails. I scanned it in and marked it especially for you, this past Motzai Shabbos. It's a very important Ohr Hachayim and helps us understand the nature of this struggle. You can download it [here](#). I highlighted in "yellow" the important parts and in "red" the most important parts.

Stay Strong!

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Re: OK I Will give it another try
Posted by mdmjerusalem - 11 Jan 2009 17:03

thanks PostalServicio for your comment

I really hope to be a good boy

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Re: OK I Will give it another try
Posted by battleworn - 11 Jan 2009 17:06

MDM, welcome back. You're right that it's very hard to admit it, but keep in mind -the plain truth- that the victories are infinitely more significant than the failures.

When you act the way that you want to, it has the full impact of an action of a Jew-a tzelem Elokim and it greatly effects the whole creation. The source of the action is at the highest level of Machshava, which makes it extremely powerful (in the greatest sense of the word). [The Nefesh Hachayim explains this at length.] But when you're always fighting against it with all your might, and the menuval just managed this one time to get the upper hand, then it's like a "maaseh kof" (an action of a monkey) the menuval is just used your body but the main parts of you were not involved.

The real test is, to get back up as fast as possible and to learn the maximum that you can from the experience. If you do that, then the fall becomes nothing but a stepping stool to becoming a true Tzadik!! As the pasuk says "Rabos ra'os Tzadik" - from the many "ra'os" you become a Tzadik!

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Re: OK I Will give it another try
Posted by mdmjerusalem - 11 Jan 2009 17:06

WOW GUE what an Ohr Chaim

I am still studying it

?????? ?? ??? ??????

You really give the **right message** on the **right moment**

thank you again

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Re: OK I Will give it another try
Posted by mdmjerusalem - 11 Jan 2009 18:54

Thanks battleworn

Do you mean to say that every good deed, being it comes from the real will, it is considered more dominant then a petty thought.

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Re: OK I Will give it another try
Posted by mdmjerusalem - 11 Jan 2009 18:56

OK day 2 is passing successfully

put I expect many more battles ahead

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Re: OK I Will give it another try
Posted by mdmjerusalem - 12 Jan 2009 12:02

ok day three I am not feeling so well

and hope i wont turn to the net for fun

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Re: OK I Will give it another try

Posted by the.guard - 12 Jan 2009 12:56

I also hope you won't light a big bonfire and jump in.

Feel better ;D

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Re: OK I Will give it another try

Posted by mdmjerusalem - 12 Jan 2009 13:49

Don't worry rebbe

you will use the time to strenthen others

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