

Yaakov's Ladder

Posted by Pidaini - 08 Mar 2013 17:33

Starting my log a little late, i'm BH holding by today, which is number 53 of all the todays, but Bein Hazmanim is coming and i need to keep in check, and might not have time for all the chatting that usually helps me clear my mind (thanks guys!!).

i've been using AlexEliezers advice, that he gave me right when i first posted, of bulletproof Shemiras Einayim, or trying at least, and BH got to Today. but it's all changing now, it's not the same streets that i walk down every day, know exactly where to go so not to look, the dangerous places where i have to be careful etc.

now i'm entering the lions den, going to the airport, the airport itself, a few hours on the plane, etc. it's really scaring me!!

anyone have any ideas?

also been struggling with dreams, i know it shouldn't affect me, but it does, because it makes me realize that my mind isn't clean during the day, which leads to the next question how to keep my mind clean?

Wishing all you a Great Shabbos and it's Parshas Hachodesh so may we all be zoche to renew ourselves!!

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Re: Yaakov's Ladder

Posted by Pidaini - 28 Jun 2015 19:31

I always learn from my falls, the determining factor is implementing what I learn, *that* I didn't do very much.

Humility is certainly a big part of the game, although it's more of a realization than something to work on. When I notice how little I actually manage my life, how little I am actually in charge of, it

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Gonna try and go to sleep now, have a great day/night y'all!!

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Re: Yaakov's Ladder

Posted by Pidaini - 03 Jul 2015 14:18

Hi Hi!!

Exciting day 'tis, it's

Warning: Spoiler!

It is also going to be my first "Mi'Shabbos L'Shabbos" clean and mostly sober in quite a long time!!

Being back on GYE really has lifted my spirits. Thank You y'all!!

I can't say it's been all smooth though, I've been having very intense and soul searching conversations with my parents about how I view myself, and how I have labeled myself in ways that are rather detrimental to my potential. With regard to some things, they are right, with other things, I disagree but can't explain myself well (I'm much better in writing than I am in talking).

One thing that they are certainly right about is my disqualifying the learning and serving Hashem that I did in my Yeshivah days due my lust activities at those times, and even though I may not have been happy, and may have even been miserable, I still learned and davened and did plenty of good things. I seem to have empowered those negative feelings over more than they deserve, convincing myself that I am/ am not certain things.

Obviously, a LOT of thinking has been going on. I really need to stick to the things that work- Keeping in touch with my dailies and at least a bit of GYE.

May you all have a good Shabbos!!

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Re: Yaakov's Ladder

Posted by Palti-Yossef - 03 Jul 2015 14:22

Thanks for the boost just before Shabbes !

Please keep telling us your progress regularly !

Hope you'll have a great Chabbes like all GYE members and all the Jews of this world and the other one !

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Re: Yaakov's Ladder

Posted by Pidaini - 10 Jul 2015 13:41

A gutten Shabbos y'all!!!

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Re: Yaakov's Ladder

Posted by cordnoy - 10 Jul 2015 15:08

[Pidaini wrote:](#)

A gutten Shabbos y'all!!!

Likewise

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 13 Jul 2015 14:49

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Re: Yaakov's Ladder

Posted by Pidaini - 15 Jul 2015 04:09

Moods, emotions, feelings.....I give them so much acknowledgement, so much attention, as if they were the absolute truth and reality!!

Sometimes I can take a step back, remove myself from them temporarily and I can see how deceitful they are, how they exaggerate and dramatize little details that can so easily be dismissed, turning them into their own saga.

Maybe writing about it a bit, expressing it externally, will help me remember not to take them so seriously.

May Hashem help us all be able to be subjective and honest, and to use our potential to it's utmost capability!!

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Re: Yaakov's Ladder

Posted by TehillimZugger - 19 Jul 2015 21:03

Rule 62

Don't take yourself so damn seriously.

The Story of Rule 62

The story is described in Alcoholics Anonymous book The Twelve Step and the Twelve Traditions (known in AA as the 12 and 12). The basic story is that early in the history of AA, a group out in the hinterlands somewhere convinced the local town to fund a

recovery/treatment/AA facility. This was going to be an elaborate facility with space for medical treatment, residential recovery, and AA meetings. The local group setting all this up started coming up with rules on how the place would be run, who could be admitted etc. And naturally, there was much disagreement over all this. To try to resolve their differences, they sent a copy of their 61 rules to the NY office of AA. The volunteers at NY had no idea on how to run a large facility or what to say to this group about their rules. While they were discussing it, another message from the group was delivered saying simply: Rule 62, don't take yourself so damn seriously. Apparently, they had decided that the potential ego-driven rewards of running a big facility were not worth the risk of tearing their group apart.

This episode is used to illustrate the development of AA's fourth tradition: Each group should be autonomous...

[-www.spiritualtoolkit.com/rule-62.html](http://www.spiritualtoolkit.com/rule-62.html)

The story is referenced b'kitzur nimratz on page 148. ayin sham...

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Re: Yaakov's Ladder

Posted by Lizhensk - 20 Jul 2015 10:35

Where did TZ come from?

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Re: Yaakov's Ladder

Posted by cordnoy - 20 Jul 2015 10:57

[Lizhensk wrote:](#)

Where did TZ come from?

???? ??????....like the rest of us.maybe he had some tomato dip as well.

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 21 Jul 2015 15:54

[Lizhensk wrote:](#)

Where did TZ come from?

from the Five Towns

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Re: Yaakov's Ladder

Posted by Pidaini - 22 Jul 2015 19:21

Movies.....that's all for now....

Going to sleep.

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 28 Jul 2015 16:11

y'all?

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Re: Yaakov's Ladder

Posted by Bigmoish - 28 Jul 2015 18:20

[Pidaini wrote:](#)

[Hi Moish!!!](#)

Thanks for the wake up call!!

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