

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 - 06 Jul 2014 23:10

I had two interesting experiences over the weekend

1) On Friday morning my internet wasn't working, or rather the filter wasn't letting anything through. I was royally annoyed and was seeing if there was something wrong with my computer.

Well, obviously, Zlatah Yenta and Stan woke up then and needed to be attended to. I was getting very frustrated that they were asking for attention, don't they see that I have other things to do?!

Well, it seems they did, and they weren't about to take it sitting down, and they just made it more clear that *they* wanted the attention!! Kids these days!!

BH, I somehow realized that I had put my internet first on the priority list, over my children. Not something that is really correct, but I was so frustrated, and maybe I'd have to give in my computer, and who knows what!! SO I took the kids out and called a friend telling him what I was feeling, and with him on the line, asking Hashem to help me accept it for whatever it was and be there for my children as I am supposed to be. Day passed great, BH!!

2) I woke up late on Shabbos morning and missed the minyan that I wanted to daven at. I was very disturbed by it, and hence penned a new syndrome...Korach Syndrom. That is when one wants to serve Hashem in a certain way, and Hashem clearly shows him that He doesn't want that service from him, and that person gets upset that that's not what Hashem wants from him.

BH, I was able to acknowledge that as well, and had a pretty nice davening. It's so much fun to be Human!!!

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Re: Yaakov's Ladder

Posted by cordnoy - 06 Jul 2014 23:21

[Pidaini wrote:](#)

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I know that there are many people on this site who are closer connected to God than I am, so correct me if I'm wrong, but where in that story did you witness that God doesn't want that service from you? You woke up late! Now, I don't know if you had too much to drink Friday night; perhaps you didn't set your Shabbos alarm clock; maybe a bunch of stuff....but why blame it on God? You didn't get up in time to service Him at that minyan! You're upset!? Perhaps God is!

I will conclude with what I started: I am not so connected, so I don't really know.

[This discussion, has bearing on the whole picture Reb Yankel, but that would be for our chats or emails.]

b'hatzlachah

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Re: Yaakov's Ladder

Posted by dms1234 - 06 Jul 2014 23:30

Pidaini

I woke up late on Shabbos morning and missed the minyan that I wanted to daven at. I was very disturbed by it, and hence penned a new syndrome...Korach Syndrom.
Love it. Is Pinchas syndrome when you wake up really early to go learn before netz? When one wants to do Hashem's will against all odds and Hashem helps him with mighty Zrisus?

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Re: Yaakov's Ladder

Posted by kilochalu - 07 Jul 2014 01:55

[Pidaini wrote:](#)

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shmoozing with your friend about your internet problems and about surrendering and talking to Hashem and accepting etc etc,

sounds pretty busy,

did that leave you anytime for real living, i.e. paying attention to your kinderlach?

just wondering

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Re: Yaakov's Ladder

Posted by Pidaini - 07 Jul 2014 05:28

[cordnoy wrote:](#)

[Pidaini wrote:](#)

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b'hatzlachah

There are really two answers, the theoretical one and the factual one. I guess the factual one comes first.

I woke up on time, but there has been a stomach bug going around in the Pidaini family and I woke up feeling very nauseous, based on that I went back to sleep in order to make sure that my body would have the rest it needed to fight it ("v'neshmartem m'od l'nafshoseichem").

The theoretical answer is that regardless of what I was supposed to do to get up early, when I wake up late there is still something that Hashem wants me to do NOW in my present situation. It is very similar to my mindset of my currently being a sexaholic, I don't know if there were things that I could have done so much differently (not a discussion for right now) but the fact is that this is how I am now, and for right now THIS is how Hashem wants me to serve Him, even though I would pick other things if I had the choice.

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[kiloichalu wrote:](#)

shmoozing with your friend about your internet problems and about surrendering and talking to Hashem and accepting etc etc,

sounds pretty busy,

did that leave you anytime for real living, i.e. paying attention to your kinderlach?

just wondering

Yes, when I wrote "took the kids out" I meant taking them bye bye with me to makolet. The conversation with friend took maybe....3 minutes (estimated) and after that I had plenty of time

to be with them and after that with my wife and after that doing things that come before the internet, all of which I probably would not have done for I would have been too involved (both physically and in mind) in the internet.

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Re: Yaakov's Ladder

Posted by shivisi - 09 Jul 2014 10:44

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Re: Yaakov's Ladder

Posted by chesky - 09 Jul 2014 14:45

[cordnoy wrote:](#)

I know that there are many people on this site who are closer connected to God than I am,

WELCOME BACK TO PAGE 2 AGAIN

Sorry to interrupt, but I have to ask Avrom, what makes you think that there are other people more connected than you are? Is there a scoreboard which shows what level of connection?

I am writing this because I think you are amazing and that since I have "known" you on this site, you have made tremendous progress. It pains me to see you feeling this way about your connection with Him.

With love

Chesky

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Re: Yaakov's Ladder

Posted by cordnoy - 10 Jul 2014 00:14

Thank you Chesky

Your post is inspirin' to me.

Yes, I have grown on this site in many ways, but as our conversations with the fellows and the chevra goes, my recovery has to do with other things; it is very much non-God related.

I will concede that my connection is gettin' closer, but it is a far cry from where others are holdin'.

They always speak how they pray to him and collaborate with Him.

they mention all their divrei Torah which are mechazek them.

That doesn't resonate with me....yet.

Continued hatzlachah to all

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Re: Yaakov's Ladder

Posted by kilochalu - 10 Jul 2014 02:52

your impeccable honesty (which we all can learn from) here which is chosomo shel hkb"h definitely puts you in a great position for kirvas elokim

this kirva can be realized no matter how far away you believe you may be

because in reality the kirva is there in yourself being that your neshoma is a cheilek eloka memaal

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Re: Yaakov's Ladder

Posted by lavi - 10 Jul 2014 20:51

i agree (does that matter to anyone?)

avrum/cordnoy is the man

i can understand (a little bit, ok?) that recovery can be made in a very technical way and leaving religion out of it, and if this works so far for a/c so be it. but sooner or later i think you will appreciate the jewish aspect of it. think about it, you definitely need siatta dishmaya to help you with everything especially addiction, and siatta dishmaya is connected with religion, believe it or not

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Re: Yaakov's Ladder

Posted by cordnoy - 10 Jul 2014 21:04

[lavi wrote:](#)

sooner or later i think you will appreciate the jewish aspect of it.

Perhaps yes; perhaps not....but it is not somethin' I spend time thinkin' about.

[lavi wrote:](#)

avrum/cordnoy is the man

A "man" I know he is; "the" man...I do not know.

thanks

b'hatzlachah

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Re: Yaakov's Ladder

Posted by chesky - 10 Jul 2014 22:30

[cordnoy wrote:](#)

They always speak how they pray to him and collaborate with Him.

they mention all their divrei Torah which are mechazek them.

[lavi wrote:](#)

i can understand (a little bit, ok?) that recovery can be made in a very technical way and leaving religion out of it, and if this works so far for a/c so be it. but sooner or later i think you will appreciate the jewish aspect of it.

Thank you Avrom,

I don't know what you imagine connection to G-d to be, but whatever it is i am sure that it is similar to what I imagined it to be before I came to SA.

So firstly, regarding what you wrote above, how one relates to G-d is very personal and individual.

Secondly (regarding what Lavi wrote) - on a basic level relating to G-d has nothing to do with Yiddishkeit. (Of course Yiddishkeit gived added value, but that is a different issue). It has to do with being a human being, who relates to His Creator.

When I came to SA i saw that a bunch of alcoholic goyim could talk about and to G-d in a perfectly natural and normal way. They related to a Higher power who is completely real to them. That was what i wanted. And i am thankful that it came. It came from going to meetings and seeing and hearing people who had been given a knew life by a Power which they did not have in themselves, it came from sharing with friends and admitting (at the beginning it was weird) that i could not on may own and it came from talking to Him and telling Him my problems (sometimes through friends) and asking Him for help.

How come we are able to relate to faceless people on anonymous forums with names like Cordnoy, without even knowing whether he really is a man or a woman, whether he is twenty five or sixty five? Why is that more real than a real Abba who cares about us?

May He grant us sobriety, sanity and serenity.

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Re: Yaakov's Ladder

Posted by cordnoy - 10 Jul 2014 23:10

Chesky,

Because you spent so much time and energy into my recovery process in the beginning, as this post attest to:

[chesky wrote:](#)

Cordnoy,

I thank you for sharing your feelings so openly and honestly.

I feel that I need to clarify something.

I started posting on the forum again (after nearly three years), not because I have what to teach people here but because I lusted for many years and tried to stop without success. Even after I found this website and was clean for five months, once I started falling again, I could not do anything to stop acting out. Even after I started SA, for a year and a half, I could not stay clean for more than a few days at time. (In SA people like me are called chronic-fallers). No, I am no big shot, I am a failure. But the more I accept that on my own I can never win, that I am up against something way more powerful than me, the more I realize that I have to turn to my Abba for help.

And I learnt that he CAN help me. First and foremost I saw this at meetings with other addicts. As frustrated and confused as I was, I knew many other addicts had recovered and they claimed that He had helped them.

Slowly I discovered that he could help me too, and today I am thankful for every day of sobriety, because today I know that I cannot take sobriety for granted at all.

So, I am here to share the hope that if a failure like me can recover then so can others here.

[cordnoy wrote:](#)

He is with us..in the addiction??

what does that mean?

I don't answer for G-d. But I can identify with your resentments and frustrations towards G-d.

With me before recovery, since I knew all the answers or at least felt that I was supposed to, when things did not go the way they should have, that was the perfect reason to act out. After all, clearly He either is not interested, or does not care, and anyway if He cared then why doesn't he punish me....

In recovery I learnt to communicate with HaShem, no differently than I would with anyone else I know. I try to share with Him everything; my frustrations, my fears and my resentments and my gratitude. After all He is my Abba. If I cannot talk tell my Abba that something is bothering me,

then there is a problem. Yes, I can be angry with him too. There is nothing wrong with telling Him that I cannot understand why something happened to me; it is the truth. Neither do I accept the answer to come to me in some miraculous or inspirational or divine way. Things don't get better just because I feel they ought to.

I finally was able to talk to Him about lust too; about the women who have such power over me, about my fantasies which have such power over me and everything else.

And I found that when I have an Abba who cares, then I can switch off from worrying and obsessing. Neither do I have expectations nor disappointments. I don't need answers because when I have an Abba who is watching me, then I don't have to worry.

Yes, He is there with me and he is there for everyone. We just have to talk to Him about it.

I will therefore respond to you, but in some ways, it is chazaras hashiur, although now I am also an SA go'er. You, MendelZ, the Good Doctor, Skep and others tried hammerin' it home to me. I even claimed at one point to be davenin' better because of it.

However, one of the points you made in your recent post is actually somethin' I was thinkin'. All those SA people talkin' and prayin' to their "Higher Power," who are they talkin' to? As it says in the book, "God, as we understand Him." But, us, as frum yidden, can we really truly say that the addict across from me is gettin' help from the same Higher Power that I, the frum addict is gettin' help from?

Now, I wanna conclude with three things.

1. I will not go back n' forth with this, for I get worked up; it makes me somewhat tense, and for right now, it doesn't help me on a practical level.
2. I wrote earlier this mornin' that we shouldn't get involved in philosophical issues. This one has direct mitzvah connotations and is an integral part of the SA meetin's.
3. As I was writin' this, I stopped at one word: "gettin'"....perhaps they and us are not prayin' to the same "Higher Power," but that does not mean that it indeed is the same "Higher Power" helpin' us all.

It is my blessin' (birchas hedyot for sure) that I (and ya' all) should have the assistance (like Lavi wrote somewhere else today about siyata dishmaya) of our Higher Power to keep us safe from our lustful addictions and desires, and that we should realize that it is He who is holdin' our

hand.

May God be with us all! Amen!

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Re: Yaakov's Ladder

Posted by chesky - 13 Jul 2014 20:16

[cordnoy wrote:](#)

Chesky,

Because you spent so much time and energy into my recovery process in the beginning, as this post attest to:

[cordnoy wrote:](#)

However, one of the points you made in your recent post is actually somethin' I was thinkin'. All those SA people talkin' and prayin' to their "Higher Power," who are they talkin' to? As it says in the book, "God, as we understand Him." But, us, as frum yidden, can we really truly say that the addict across from me is gettin' help from the same Higher Power that I, the frum addict is gettin' help from?

I am really not sure I understand where all this is going.

Just to clarify where (I think) I am holding:

Step One: I have admitted that I have no control over myself when it comes to lust. I have also come to the realization that my life when I act - out is emotionally unstable, and not very pleasant. To a large extent it is unmanageable.

Step Two: I have come to believe that all is not lost. I am not hopeless. By admitting that I cannot on my own and with the willingness to be prepared to ask for help, my sanity can be restored.

Step Three: I try to the best of my ability to live one day at a time focusing on what my Creator / Abba's (however I understand Him) Will is. In general terms this means for me focusing on giving and not taking, being useful and not self - centered.(Often I am so messed up with myself that without calling a friend I cannot focus my thoughts like this, but if I have a little bit of willingness and I make the action, I normally get refocused).

ZEHU!!!!

It is as simple as that.

I don't claim that HaShem connects with me. I don't claim to "feel" connected,spiritual or holy. (Most of my life was run based on how connected I "felt"). Neither do I philosophize over whether Bill and I are getting help from the same place.

I cannot say for 100% that I am doing the right thing. No one can. That is the essence of bechira. But I can say that I have a life without high's and low's and one which is (I hope) meaningful.

I am happy to have helped you if you felt I did and I am sorry if this last discussion has made you tense, as you wrote. I thank you too for all I have gotten from you. May we both merit many more days of sobriety.

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