

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 ussually 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 lavi - 07 Sep 2014 00:32

if you don't mind, please let us know how do you plan to take the plunge?

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Re: Yaakov's Ladder

Posted by TehillimZugger - 08 Sep 2014 00:48

How's bout you post a biur on the long shach b'inyan chukikoi ilb'soif chibroi?

That should give you something to do...

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Re: Yaakov's Ladder

Posted by lavi - 08 Sep 2014 08:55

[TehillimZugger wrote:](#)

How's bout you post a biur on the long shach b'inyan chukikoi ilb'soif chibroi?

That should give you something to do...

i don't have to suggest anything for you to do. your name says it all. gy zoog a poor kapitlach in loz mir uup

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Re: Yaakov's Ladder

Posted by lavi - 08 Sep 2014 08:57

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Re: Yaakov's Ladder

Posted by Pidaini - 08 Sep 2014 10:41

[lavi wrote:](#)

if you don't mind, please let us know how do you plan to take the plunge?

As far as I know, there is only one secret to doing something.

Get ready!!

Get set!!

It's gonna shock you!!

Warning: Spoiler!

I know, it's not that easy, but it is that simple.

I've had a stomach bug since last week, which had two effects. One was that I'm in the bathroom more and longer, the other is that it really takes energy out of me.

In the bathroom I've made the wrong choice and started watching an awesome series, Band of Brothers. It's really addictive (or rather I'm addicted to it) and last night I stayed up late watching, so I got up late, and even then I still watched more before I left the house.

On the other hand, I have BH taken the plunge (i just took this "life vest" with me).

That's all for now. More to come.

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Re: Yaakov's Ladder

Posted by gibbor120 - 08 Sep 2014 19:18

Do you know the secret to stop watching TV and Movies....

Warning: Spoiler!

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Re: Yaakov's Ladder
Posted by lavi - 08 Sep 2014 19:35

[gibbor120 wrote:](#)

Do you know the secret to stop watching TV and Movies....

Warning: Spoiler!

(at least i don't think so, but you never know)

i mean if someone is used to movies or anything kinda of time consuming habit, just saying "ok, i had enough", is that gonna do the trick? granted we may feel disgusted with it after a few times, but after, lets say, a week or so, the emotional push may wear off, k'yoduah l'hamavinim. but if you get some good philosophy and other barriers between you and a movie, i think you stand a higher chance.

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Re: Yaakov's Ladder

Posted by ineedchizuk - 08 Sep 2014 23:04

This mehalech (one that happens to work, by the way), may be simple, but at the same time it's also actually very deep. It's not superficial at all.
just my thinking.

Imagine a smoker for thirty five years. He hears it's gonna kill him, he feels it's gonna kill him, he KNOWS it very well may kill him!

And he keeps smoking, two packs a day.

Why? Obviously, he hasn't really internalized that metzios. If he spoke with dying lung cancer patients daily for an hour, about all their pain, about that the Dr doesn't think he'll make it to the end of the year to be at his son's bar mitzvah r"l, etc., we understand the chances of him quitting are so much higher.

Why? He knew the same info before visiting the sick people?

Of course, the answer is that there's knowing, and there's knowing!

Yes, many here on the forum DO spend most of the time affirming what they probably 'knew' a long time ago. Guess what? IT WORKS! Is it simple? Yes. But people are doing what works for them! Eventually, it actually seeps in, and has a lasting effect. It's an avoda called ?????? ??
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One of the terms the Ramcha"l uses when he tries to 'define' the Rbsh"o is '????'. Apparently, ????? is not so ????.

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Re: Yaakov's Ladder

Posted by lavi - 08 Sep 2014 23:42

thanks pal, but r.yankel didn't mention anything about what you said,

he referred to some kind of plunge, which i'm still trying to understand,

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 08 Sep 2014 23:49

i think he meant the

Warning: Spoiler!

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Re: Yaakov's Ladder

Posted by lavi - 08 Sep 2014 23:51

agreed. most movies ARE difficult to watch in a cold mikva

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Re: Yaakov's Ladder

Posted by ineedchizuk - 09 Sep 2014 00:37

[Pidaini wrote:](#)

[lavi wrote:](#)

if you don't mind, please let us know how do you plan to take the plunge?

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That's all for now. More to come.

The question was: how are you gonna snap out of it and move on?

The (too simplistic?) solution the oilam is repeatedly rehashing is 'just do it'.

But not with the Nike niggun. More like the niggun you hear at a good mussar seder.

Kapeesh?

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Re: Yaakov's Ladder

Posted by skeptical - 09 Sep 2014 01:00

I think the answer is, "With Hashem's help."

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Re: Yaakov's Ladder

Posted by ineedchizuk - 09 Sep 2014 01:34

[skeptical wrote:](#)

I think the answer is, "With Hashem's help."

(????? ????? ain't that ???? either!)

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