

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 cordnoy - 07 Jan 2015 02:31

[ZemirosShabbos wrote:](#)

[cordnoy wrote:](#)

[ZemirosShabbos wrote:](#)

[lavi wrote:](#)

[gibbor120 wrote:](#)

[cordnoy wrote:](#)

The difficulty is acceptin' ourselves.

Hit the nail on the head. Opening up about the most embarrassing and private secrets about myself helped me to do just that.

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i heard b'sheim the alter from kelm, we learn from here that any emotion that one shares with another, helps lower the emotion impact of that emotion.

maybe that's why opening up is such a useful tool.

In chasidisher seforim (Heichal Habracha, among others) there is the same idea, on the posuk
???? ???? ?????, that when an idea is expressed it loses its potency

hopefully, only when its a 'bad' idea.

The sefarim I saw were talking specifically about good ideas/inspiration. i tried finding the source and did not locate it.

So, if one has a good idea; he tells it to someone else; it will get downgraded, so to speak?

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Re: Yaakov's Ladder

Posted by gibbor120 - 07 Jan 2015 02:47

. Really.

Ideas have no physical bounds, but they are just ideas, and not very useful.

~~I have an idea about this, but I'm having trouble expressing it~~
Once an idea is expressed or carried out, it is physical, and is limited, but, now you have something useful.

Imagine a spoon. I can be big or small, and of many different materials. The possibilities are endless, but you still cannot enjoy a bowl of soup.

Make a spoon, and you don't have all those options any more. You only have the spoon in front of you. But, you can now enjoy a bowl of soup.

Also, the imaginary spoon cannot be destroyed, but the real one can.

Perhaps that can help explain it. I think I heard something like this from a Rabbi Tatz recording once.

It is part of the difference between male and female (notice I did not say men and women). Male, is about ideas, limitless possibilities. Thus, the difficulty finishing a project, and perhaps why we often live in fantasy, and why many of us procrastinate, and have a hard time with commitment.

Female, is about bringing things to fruition (think babies). It is a female trait to get things done.

Not sure if this is pertinent to the discussion, but it may be. Ideas are by nature of a more spiritual and infinite nature. Anything expressed into the physical world is more limited and finite.

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Re: Yaakov's Ladder

Posted by cordnoy - 07 Jan 2015 02:51

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Re: Yaakov's Ladder

Posted by ZemirosShabbos - 07 Jan 2015 03:17

spoke to Inastruggle today and he said that he heard this idea from Dov, and he heard it on a shiur from Rabbi Akiva Tatz as well, about a certain ba'al mussar who kept a certain idea to himself for many years because he did not want the inspiration to evaporate (something like that).

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Re: Yaakov's Ladder

Posted by shomer bro - 07 Jan 2015 04:14

I've found that when i had an inspiration to do something and i told someone, many times i didn't end up doing it. So now i just do it for a few weeks and THEN can tell someone. Oddly enough, it works.

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Re: Yaakov's Ladder

Posted by lavi - 07 Jan 2015 11:55

[ZemirosShabbos wrote:](#)

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shiur from Rabbi Akiva Tatz as well, about a certain ba'al mussar who kept a certain idea to himself for many years because he did not want the inspiration to evaporate (something like that).

that is what i saw b'shem the alter from kelm [in the book about rabbi dessler zatzal].

i didn't want to say so originally, because i felt that most people would find this idea erratic.

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Re: Yaakov's Ladder

Posted by unanumun - 11 Mar 2015 21:12

Thinking about you Yankel.

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Re: Yaakov's Ladder

Posted by dd - 11 Mar 2015 23:15

[unanumun wrote:](#)

Thinking about you Yankel.

Me too and also asking around about you.

Come on and just say hi so we know your still alive!!!

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Re: Yaakov's Ladder

Posted by Shmeichel - 11 Mar 2015 23:20

on which step of the ladder are you? reb yaakov

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Re: Yaakov's Ladder

Posted by Pidaini - 15 Apr 2015 11:22

Hi,

My name is Yankel. I am not clean very long, but my Rebbe told me that some of the things that I am good at include being empathetic and insightful and that if I want to feel fulfilled then I need to start using those talents to help others. When I mentioned that I have to be somewhere myself in order to help others get there, he disagreed.

I've been mulling over that for a while now, and being that my acting out record hasn't gotten any better lately (still averaging every 2 days.....) and I'm sort of getting sick of it, maybe I'll give it a try again. Obviously it's not quite the same because last time around I was doing quite well, while that can't nearly be said for this time....but he said that it's not where I'm holding that helped others, on the contrary, it's helping others that got me where I holding.

Hello GYE, I (the sane part of it) miss you.

If we haven't officially met yet, please do introduce yourself with either your story or a link to it so that we can get to know each other.

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Re: Yaakov's Ladder

Posted by newaction - 15 Apr 2015 12:07

Hi Yankel please receive a warm welcome home. To tell you the truth with the number of posts

you have and the Karma that you've got , I am a size small next to you. Nevertheless i can share my two cents once in a while if they can add to something , or use your talents which we all need somebody empathetic and insightful to listen to us. Which means , with all due very high respect , that i agree totally with your Rebbe. And by the way i am very happy for you that you have a Rebbe to relate to and that you can take advise from him , that is a blessing that not all of us have.

I would like to take the opportunity this time to wish you lots of Hatzlacha in your journey and that Hashem Almighty shall give you from his guidance and strength and lead you through the path of the righteous and the gate of the Zadikim till you will stand firm in the place that your heart desires to be.

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Re: Yaakov's Ladder

Posted by Gevura Shebyesod - 15 Apr 2015 14:05

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Re: Yaakov's Ladder

Posted by shomer bro - 15 Apr 2015 15:27

Welcome back! We've all missed you and your incredible insightfulnss. KOP and KOMT!!!

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Re: Yaakov's Ladder

Posted by Pidaini - 15 Apr 2015 21:50

[9494 wrote:](#)

Yankel, it is truly great to see you back on GYE - I have been waiting for this day!
Welcome back!!!!!!

Me too!!

Today was an ok day, still gotta finish it up right though.....KRISSH!!!!!! and brushing teeth here I come!!!

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