

Tcholent for the Soul (the Group)

Posted by Avrom - 10 Apr 2013 06:21

Tcholent for the Soul

(Nuu! Eat it while its hot!)

By:

Inastruggle

Chachaman

Some_guy

Zvi

Hopefull

joeshmo

Avrom

Credits:

Our dear father in heaven

and GYE - thank you so much!!

(This group started [here](#))

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 13 May 2013 03:10

Thanks for the post!

Maybe we can consider the Michtav Me'elياهو's idea of Nekudas Bechira

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Re: Tcholent for the Soul (the Group)
Posted by gibbor120 - 13 May 2013 20:49

[Avrom wrote:](#)

I still have some issues with the above:

The answer to both questions is "don't think too much". Just keep doing what is working and save the lomdus for the beis medrash.

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 14 May 2013 20:39

Baruch Hashem (assuming no one is withholding anything), we've made it 9 days TOGETHER!

I'm finding that if I really put my mind to it I can stop. Of course, the koach of the Y"H is that of Amalek--sowing doubt. I wonder how long my firm conviction will last until I say "oh, what the

How is it going for everyone else? Hopefull, we haven't heard too much from you--do you have a link to your story or anything you've posted?

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 15 May 2013 01:15

i'm B"H doing well.

9 days is a tenth of the way to 90! woohoo!

about the tehillim, i was thinking of starting from the first ten perakim and adding from there, but in the meantime i'll say tikkun haklali and b'ezras hashem we won't even have to start tehillim.

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Re: Tcholent for the Soul (the Group)
Posted by inastruggle - 17 May 2013 08:46

i finished the ten kappitlach in tikkun haklali (though i didn't say the stuff before it)

in case anyone doesn't know which they are,

16, 32, 41, 42, 59, 77, 90, 105, 137, and 150.

let's use this to get a bit closer to hashem.

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(though we can do it for other reasons obviously

Re: Tcholent for the Soul (the Group)
Posted by Pidaini - 17 May 2013 17:52

Hey Everyone!!!

Been a while since i posted, so here's a breif update.

Shavvos before shavuos (including thursday) had a hell of a time with lack of shemiras einayim, triggering an avalanche of memories, add to that some really bad moods, but after some chatting here with a few guys (including hopefull, so he is still around!) i Bh came back to myself. had a very nice shavuos and came to a strong realization, since i was feeling so down, i was wondering if i were Hashem if i would give me, Yankel, the Torah again. And then it hit me, Hashem knows me better than myself, and if he is giving it to me again then He must know that i can hold to it!!! it was quite a humbling thought!

Anyway, Wishing you all a Great Shabbos!!!

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Re: Tcholent for the Soul (the Group)

Posted by Chachaman - 20 May 2013 01:09

I regret to inform the chevra, but I fell last night after a series of slips during the day. Thankfully, my fall didn't involve imagery.

I think I'm experiencing not quite withdrawal symptoms, but instead a steady ache--almost like a thirst. I figure that if I stay clean long enough, it will go away. It has also been frustrating, because on last Saturday and Thursday nights, I had keri dreams in which I dreamed I was watching shmutz--to the point that when I woke up, both times I was thinking "crap, I fell, I'll have to tell the guys". It's kind of disheartening, but again, it's all about one day at a time, so even if theoretically that did count as a fall (which it doesn't), it doesn't really matter practically for what I am going to be doing the next day.

Baruch Hashem, I think I've been learning more lately. My last exams are tomorrow and Tuesday, and the last thing school related that I need to do is a graduation speech.

How are you guys doing? Thank God, life is good for me. I feel that even if I fell yesterday, I still made tremendous progress, and now it's just a matter of #1 not slipping, and #2 having faith that I really don't need to quench the thirst, because that will just make me more thirsty.

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Re: Tcholent for the Soul (the Group)

Posted by Chachaman - 20 May 2013 02:30

Baruch dayan haemes...a 19 year old boy that I knew, didn't know too well but my brother went to school with him for a while, committed suicide this morning. Inastruggle...I understand the whole siyum mishnayos thing now, that tragedies close to home make a huge impact and we want to somehow help solve the tragedies.

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Re: Tcholent for the Soul (the Group)

Posted by israel613120 - 20 May 2013 03:35

Chachaman, I love your honesty, and your not getting down after a fall.

This is what I think, we've had an amazing Kabalas hatorah, followed by a Shabbos. Now is time to put all our Kabolos into action, so what does the YH do, go all out to trap us. If he doesn't he's out of a job.

I BH haven't fallen (Yet) but I feel he is gnawing away, slowly chipping away, be more lax in shmiras enayim, watch a movie, ... your feeling tired relax with ... we all know our triggers, he knows our triggers.

I could do with a chizuk here guys.

Yes I've reached over 100 days, but it's still the same battle. Day in day out.

Does it ever get easier?, I thought I had this beat, I actually was finding the Shmiras Enayim in the street easier, but the YH has his ways.

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Re: Tcholent for the Soul (the Group)

Posted by Chachaman - 20 May 2013 05:29

I think inastruggle would be able to answer that last question, or people like Dov that have been sober for several years.

Chachaman is still the same old Chachaman--one little fall doesn't substantially change my future prospects.

I guess you're welcome to join our group, but idk how old you are and whether this would be the right group for you.

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Re: Tcholent for the Soul (the Group)
Posted by skeptical - 20 May 2013 06:19

israel613120

Yes I've reached over 100 days, but it's still the same battle. Day in day out.

Does it ever get easier?, I thought I had this beat, I actually was finding the Shmiras Enayim in the street easier, but the YH has his ways.

Contemplating this isn't a good thing. It's none of our business if we have it beat. It's none of our business how things will be tomorrow. We need to deal with now.

Will it be the same, harder or easier tomorrow? Who cares? It doesn't help me **now**.

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Re: Tcholent for the Soul (the Group)
Posted by Pidaini - 20 May 2013 18:10

Sorry to hear about your fall, the good news is, you will now have a few more kappitlach tehillim standing by your/our side. Keep up the good attitude KOT KOMT!!

Don't have time right now and not much to write so i'll see if i have something later, in the meantime just KOT KOMT, it's the light in the DARKNESS that really glows, and Hashem really loves!!

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Re: Tcholent for the Soul (the Group)
Posted by Chachaman - 21 May 2013 20:04
And Israel, I am totally with you (as skeptical knows)

I am going to California for the next 6 days, hopefully I'll be shomer einayim. I think the key for me is to not have any fantasies or imagine different scenarios.

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Re: Tcholent for the Soul (the Group)
Posted by gibbor120 - 21 May 2013 20:40

Chachaman wrote:

I am going to California for the next 6 days, hopefully I'll be shomer einayim.

Is this what you meant to say? "I'm fully committed to doing everything in my power (including) to be shomer aynayim!"

What strategies are you going to use?

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