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Posted by tryingtoshteig - 08 Jul 2013 21:43

After joining the forum and posting looking for eitzos and chizuk a couple of months ago, (which I am happy to say I recieved on both accounts, thank you all) I reached a point where I felt comfortable trying to "move on" with life, stopped posting, stopped updating my chart for a little, and sort of adopted a "ignore the yeitzer and it will go away" mehalech. Bad move (anyone surprised?).

After having a few shvere weeks of falling, I kind of pulled myself out of my rut (or I should say Hashem pulled me out; where would I be if I had to fend for myself?) and am back on the right track now, B"H.

My point is, while I may have some outstanding "technical issues" to resolve (i.e. my work computer's filter is still broken, which I am not quite sure how that happened, or if there is a feasible way to either fix it or install something else, not as easy as it sounds, but I am getting off topic...), I think that what I really need to do is post my progress on a very regular basis on the forum, whether or not I have something intelligent to say. I would like to be mekabel this commitment to post every day that I am at work (my ikar makom sakana) and able to post, with a little more than a ??? ???, but less than a ??? (at least for now)(does such a madreiga even exist?). So hopefully, if you are reading this, you should expect to hear from me on a regular basis (five days a week, Monday thru Friday) unless I am really bogged down with legitimate work stuff that I don't have time to post (halevai, kein yehi ratzon).

So, without further ado (drumroll, please).....Ahem...

Today is July 8, 2013, ??? ??? ????? ??, ?'????"?, and I am clean today! (and have been for about a week now, but why bring up irrelevant matters!?)

See you tomorrow!

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Re: ?? ????? ?? ?? ??? ?????

Posted by Pidaini - 06 Aug 2013 16:37

or more accurately "and I'm a workaholic"

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Re: ?? ????? ?? ?? ??? ?????

Posted by tryingtoshteig - 06 Aug 2013 16:41

[Pidaini wrote:](#)

or more accurately "and I'm a workaholic"

That would be WA batteries, I think.

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Re: ?? ????? ?? ?? ??? ?????

Posted by tryingtoshteig - 07 Aug 2013 20:48

Today is ?' ?????, ?'????", ~~August 7, 2013~~ (when it's Rosh Chodesh Elul, does it really matter what the goyish date is?)

, not so much time to hang out

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Re: ?? ????? ?? ?? ??? ?????

Posted by tryingtoshteig - 08 Aug 2013 21:09

Checking in. Today is ?' ?????, ?'????", August 8, 2013.

Today I am clean. Thank you Hashem for today.

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Re: ?? ????? ?? ?? ??? ?????

Posted by ZemirosShabbos - 08 Aug 2013 21:34

sparkly shiny beautiful words ya got there

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Re: ?? ????? ?? ?? ??? ?????

Posted by tryingtoshteig - 12 Aug 2013 22:20

Just wanted to update y'all. On Shabbos afternoon, I had an "accident" (for lack of a better term) during my Shabbos nap! I guess it shows me that I still have to work on watching my thoughts. I never really thought of myself as a big fanasizer, but now I see that this must be an area that).

Anyways, at first I hesitated to update my chart with "still clean," but I realized that was not really a "fall" according to the official chart definition. It was not intentional. It did give me a little wake up call though. Here I am posting away on GYE every day, staying clean, and then this happens. I see I still have what to work on.

Anyways, today I am clean.

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Re: ?? ????? ?? ?? ??? ?????

Posted by sonoftheKing - 12 Aug 2013 22:22

While it is that you do whatever you do in terms of therapy etc.- the one thing that should accompany you in your journey, as well as all of us in our journey is the following:

we dont have any "problems". Anything that seems to bother us or hinder us etc. is only there

for our benefit and for our good. When we reframe "problems" "challenges" etc. to what they truly are underneath and inherently, which is nothing but goodness from the one above and only there for us in the first place for our benefit - for otherwise, it wouldn't exist in the first place and we embrace it lovingly as a caress from above etc.- the process is one that we are not afraid of, as we know if it's there to benefit us, there's no such thing as failure etc.(even when it seems to the contrary) and it fills us with love and contentedness and calm. He paced the so called challenge and problem - so he knew all that we would undergo in the process and that is **PRECISELY** the way he wanted it, without the minutest difference.

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Re: ?? ????? ?? ?? ??? ?????

Posted by tryingtoshteig - 14 Aug 2013 00:39

First of all, it seems like that last post from sonoftheking was not directed to me. it was directed at endofmytether and makes sense in context on that thread. I am not sure how it got copied onto my thread, but whatever, I don't mind.

Back to the topic at hand. Today is Tuesday, ?' ?????, ?'????'?, August 13, 2013. Today I am clean. ~~I am halfway to 90!~~ Let's try that again, I said **TODAY** I am clean, and that's all that counts!

I am starting to get bored of posting updates on this thread. Sometimes I have something interesting to say, but sometimes I don't. But I figured something out: That means that **NOW** is the time when it is even **more** important to just post updates, because now the updates are ?????. Now is also around the time when I started to slack off in my first "life" on GYE.

So, I will push myself to continue giving you all regular updates.

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Re: ?? ????? ?? ?? ??? ?????

Posted by Pidaini - 14 Aug 2013 02:41

don't leave, please :'(

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about Avraham Avinu's Chesed with the malochim who came to visit him, with his regular guests, etc. Most of us here could probably give a long drasha about how we learn from Avraham about what chessed means, how to do chessed, how to give unconditionally, to give only for the best interests of your recipient, etc. etc. We also see how Avraham was tested to go against his nature of giving, and to be prepared to schecht his beloved son Yitzchok by the Akeidah, and he passed the test with flying colors. We all learned all of this as little kids, and we have a pretty good understanding of this.

Similarly, Yaakov Avinu represents ??? ?????. The Torah spends more parshiyos discussing Yaakov's life than any of the other Avos. Part of Toldos, Vayeitzei, Vayishlach, Vayeishev, Miketz, Vayigash, and Vayechi all discuss, at least in part, Yaakov Avinu and his honesty. And) and how important it is, etc. And the Torah tells us in great detail about how Yaakov's honesty was tested, in "stealing" the brachos, in dealing with Eisav, in dealing with Lavan, etc. etc. We all know this.

What about Yitzchok Avinu? The Torah tells us much less about him than his illustrious father Avraham and his incredible son Yaakov. It seems like he is just sandwiched in just to connect the dots. What does the Torah tell us about him already? The end of Parshas Chayei Sarah and most of Parshas Toldos talk about his life. What do we learn about him there? That he dug some wells? That he was tricked into giving the brachos to Yaakov? Where do we see the beautiful lessons about his beautiful middos?

We know this can't be the whole story. We know that Yitzchok must have had his own special greatness to be included in the 3 Avos Hakedoshim. So, the question is, what was his middah, and what did he do?
we could all give a drasha about what honesty means (especially Dov

We are told that Yitzchok's middah is ?????, which we generally translate as strength. Did Yitzchok beat anybody up? What is gevurah?

Avraham was a chiddush in the world. He brought the concept of Monotheism, belief in One G-d, to the world. That was a game-changer, in that time, and quite unpopular. So Avraham had to go out and teach and show the whole world, what it means to believe in G-d, what it means to be a Ba'al Chessed. He was a very public person, and he had to change the entire world's civilization.

After having such a father, you would think Yitzchok would also go out and be a teacher, and a

kiruv rabbi, and a public figure. But he was very much the opposite. His job, was to, in a quiet way, continue the avodah of his father Avraham and give it permanence. He dug the exact same wells that his father dug, and gave them the same names, so they should not be lost. But it did not have to be done with a whole song and dance. Just a quiet, private, avodah of NOT DOING. That is the middah of gevurah, NOT DOING. Restraint. Restraint takes a lot of inner strength. When you feel the need to get up and DO something but you know the right thing is to sit tight and do nothing and say nothing, that is restraint. That is gevurah. When Yitzchok knew that Yosef was not killed but rather sold to Mitzrayim but he could not tell Yaakov for years, he was quietly exercising the midah of gevurah.

????? ????? ????? ?? ?????, ????? (???? ?? ??): "??? ??? ????? ?????? ????? ?????? ????? ???". The middah of being koveish our Yeitzer Hara is achieved through restraint, NOT DOING that which we have the urge to do. It takes a lot of strength to exercise restraint, as we all know.

Hashem is also a ??????. We see this in pesukim and we mention it in davening. What is Hashem's way of using restraint? ~~The answer~~ One answer is could be that he chooses not send down a bolt of lightning every time someone flicks a light switch on Shabbos or looks at porn. He also chooses not to issue a halo and make the room light up every time we sit down and learn Torah.

We have a mitzvah of ?????? ??????, of imitating the middos of Hashem. What can we do (or NOT DO) to be ?????????? ????? ????????? ????????? ?

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Re: ?? ????? ?? ?? ??? ?????

Posted by ZemirosShabbos - 16 Aug 2013 01:18

Thank you! beautiful and well-put

btw, R' A.E.Kaplan in Be'ikvos Hayirah has an essay about Yitzchok and how he seems to have been 'sandwiched' between Avraham and Yaakov, as you pointed out.

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Re: ?? ????? ?? ?? ??? ?????

Posted by gibbor120 - 16 Aug 2013 22:46

THANK YOU! I have had that question about Yitzchok for a long time now.

But a related question I have is that Avrohom was tested by going **against** his middah of chessed. Throwing out Yishmael, Akeidas Yitzchak. Yaakov was **tested** by going against his middah of emes with Eisav and Lavan.

Where do we ever see that Yitzchak was tested by going **against** his middah of Gevurah?

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Re: ?? ????? ?? ?? ??? ?????

Posted by gibbor120 - 16 Aug 2013 22:47

[ZemirosShabbos wrote:](#)

Thank you! beautiful and well-put

btw, R' A.E.Kaplan in Be'ikvos Hayirah has an essay about Yitzchok and how he seems to have been 'sandwiched' between Avraham and Yaakov, as you pointed out.

Nu - can you enlighten us some more???

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