

Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 09 Feb 2015 11:39

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I wanted to begin with telling my story and introduce myself, but I fell yesterday and I think it would be better to focus on the present for the moment because I'm afraid that telling my past will make me going down now..

I give you the main informations of me to have better advices : I'm 20, french (sorry for the english), struggling since 11 years old, real ba'al techouva for 2 years, Shomer Neguia for 1 year, I'm on my first lecture of the GYE book, I read 'Hizouk every day and I study a little of 'Humach, Moussar and Tehilim every day. Since my last fall of yesterday (18 days, my best on chart) i made a "neder" with the TaPHSiC method for 1 month and I also promise to write to my brothers on forum so here I am. I want a change, from now..

Just wanted to ask you some questions about the attitude to have with the 90D Challenge because I don't understand some very important points :

1)The point I understand the least is to leave the battle to HKB"H. I explain : I'm for exemple sitting in front of my desk working and I feel this desire to enter in luxury, even without internet and all this stuffs. Nothing is done but the desire is here and take more and more space. What have I got to do in this very specific moment ? I tried (not well I'm sure) to speak to Hachem many times like "please Father just save me, I can't face it, give me strength, I love You and I don't want to do this" but without results. I'm sure that I've missed something to succeed with this point so I wanted your advices. I've not begin the 2nd part of the book maybe the answer is there but I also wanted advices of fighters from forum.

2) I have problems with facing the 2 opposite feelings in me when I'm struggling. Some days, I'm like the happiest person on the world, 100% connected with Hachem, speaking with him like a son, feeling Him above me, wanting to pray long Shmona Esré, say Brakhot with Kavana before eating etc... And after days or even hours, I'm like the totally opposite, when desire comes I'm fighting but in these moment when I need Him the most I don't feel He is with me anymore.. It make me very sad because I say to myself : "In fact you are good when you have no problems but when He send you a nisayon you can't even show your love to Him so your love is not real in fact".

I think my 2 questions are kind of related, or maybe I'm wrong. I really need help to see more clearly the situation, I'm in those periods when you have 1000 things in mind but you're not able

to analyze anything..

Thank you very much, just writting here gave me a lot of happiness, really.

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Re: Beginning the real 'Avodat Hachem !  
Posted by newaction - 27 Jul 2015 23:46

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Wait a minute , you mean i won the bet ??

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Re: Beginning the real 'Avodat Hachem !  
Posted by cordnoy - 28 Jul 2015 00:48

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[newaction wrote:](#)

Wait a minute , you mean i won the bet ??

Two out of three ain't bad.

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Re: Beginning the real 'Avodat Hachem !  
Posted by newaction - 28 Jul 2015 05:01

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[cordnoy wrote:](#)

[newaction wrote:](#)

Wait a minute , you mean i won the bet ??

Two out of three ain't bad.

I always felt humility was your stronghold;to be from bene berak though ain't such a compliment.  
Unless of course you know all of shas which we trust you do.

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Re: Beginning the real 'Avodat Hachem !  
Posted by newaction - 11 Aug 2015 18:52

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How you doin' Palti ?

Is all ok with you ?

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Re: Beginning the real 'Avodat Hachem !  
Posted by cordnoy - 11 Aug 2015 19:00

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[newaction wrote:](#)

[cordnoy wrote:](#)

[newaction wrote:](#)

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Two out of three ain't bad.

I always felt humility was your stronghold; to be from bene berak though ain't such a compliment. Unless of course you know all of shas which we trust you do.

Bnei Berak, Gibraltar, Topeka....what's the difference?

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Re: Beginning the real 'Avodat Hachem !  
Posted by newaction - 11 Aug 2015 21:13

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Jerusalem stereotypes about bene brak , no need to take it seriously .

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Re: Beginning the real 'Avodat Hachem !  
Posted by newaction - 13 Aug 2015 06:35

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Palti Yosef , where are you ? Did you move from Paris ? Do i have to climb the Eiffel to get a better view of the city ?

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 31 Aug 2015 19:17

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ThanksnNA for enquiring, I spent my holidays in mountains with religious people. I understood I'm unique to Hachem and I have my own way to walk. Not imitate people I see strong and not searching for others approbation. I study more and try to be very regular to the minyanim. Things seems to get clearer day by day and Hachem is opening the doors one by one bH. Tomorrow I return in university, no doubts it's for my goodness and Hachem will be there with me, as mentioned in Ps.23 !

Keep In touch and thanks.

Ps : I hope all is good for you too. And for all friends also.

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Re: Beginning the real 'Avodat Hachem !  
Posted by newaction - 31 Aug 2015 19:28

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[Palti-Yossef wrote:](#)

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Wow !! You sound terrific !! Very impressive ! Keep On Trucking friend !

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Re: Beginning the real 'Avodat Hachem !  
Posted by Palti-Yossef - 11 Sep 2015 15:38

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Hi all, just giving some news.

bH this week was very good. I don't know if it's good but for the moment I try to stay in my strike and mentality acquired during holidays : only focus on good thins to do to don't have time for

others things. It seems to work for the moment. bH I try to do every day 15mn of Heshbn nefesh to keep the good work and anticipate difficulties.

Lot of new project on the way.

And I try to focus myself to be a giver : when listening someone, or even speaking to him I try to think of him as a real little world in itself. Not easy but it seems to pay.

Thanks to Hachem and all of you.

I hope to give you others good news soon.

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Re: Beginning the real 'Avodat Hachem !

Posted by Hashivalisesonyishecho - 11 Sep 2015 16:02

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Palti, although I haven't been very active in posting on your thread, I often read your posts and find you to be an inspiration. You are a good soul. Keep it up and I hope you have a good new year.

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Re: Beginning the real 'Avodat Hachem !

Posted by stillgoing - 18 Nov 2015 23:59

Anw I'm sure everyone will have a Goot Shabbath. See you

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Hi Palti. Its really been a while since you've posted here. How are things going?

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Re: Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 22 Nov 2015 14:02

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Thanks for enquiring stillG and btw thanks to Hashivali as well. My studies make me with not so much time so this is the reason of my silence. Sometimes I want to write a little message but as I'm a little perfectionist I never post it...

But now you're enquiring for some news it is a pleasure to answer you !

This year I work i hospital for my studies (dentist surgery) so stress is part of the club. bH as I said before my summer holidays were in a beautiful environment of Torah with people who really understood me and I came back with new mindset and motivation. My level of learning is also a lot better so it gave me the opportunity to study a lot more Torah and to quit a little French books to enter in the real words which is totally different. I have left my iPhone for 2 months now and it is a real pleasure, I have more and more time to study, mediate and to leave a real life. I also try to become more and more active in helping and talking to others friends of my class. bH I also made a little chiour before minh'a the Chabes, we learn Tanya and this seems to pay a lot.

I'm glad to Hachem that lust is for the moment out of my mind even if some periods are more difficult. I'm conscient of this gift of Hachem and in my opinion the most effective things to help was to totally quit all sort of screens. I hope I will have more and more opportunity to grow and become closer to Hachem. 'Hassidout 'Habad is helping me a lot, realizing that the purpose of this world is to make it a residence for Hachem and I have my part on it, even if I'm not able to study a daf of Guemara on my own. As we say "Kol Adam 'hayav Lomar Bichvili Nivra HaOlam". A global practice of Torah and mitzvot, to live it instead of just doing it is really really the best gift Hachem could give us.

What about you friend ? I hope everyone is stillgoing well.

Happy to have writte anw, thank you to ask for news !

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