

Beginning the real 'Avodat Hachem !

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

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 Palti-Yossef - 26 Apr 2015 08:09

It's funny because I began to read your thread also few days ago !

I'm touched that you're part of this now and I'm impatient to hear about your words of wisdom and advices !

As you said, let's do it one day at time !

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 29 Apr 2015 20:46

Hi my dear friends,

I don't know why but I'm encountering some difficulties to post regularly here and strangely I'm more likely to follow and comment other posts and threads. Maybe another thing I need to mediate on..
Thank you very much for your kind words ! Probably the best way to begin the day

Anyway B"H no slips to report but unfortunately I didn't search for so much recovery things in

the same way..

Sunday I ask my Rav, the one I told about the problem few month ago, if I could call him during the day if I ecoutered some hard time and he told me it would be a pleasure. I didn't call him but I'm hoping it's mooving on the good way !

I also tried to start again my daily talking to Hachem before going to sleep. The inovation is that I try to speak less, like 2mn, to be more regular. And I try to begin with the positive things of the journey because I know that these are the things I always switch, don't know why..

Something more, Hachem gave me a big gift Monday. I'm use to work hard all day to prepare exams, and that for 3 years now. I take some break during the journey, and I my used to go for checking some questions-answers of Rabanim or little chiurim during this break. But now I feel I want to take a Sefer by myself, even if I study only one Mishna a day. I'm "fed up" to only learn by sitting in front of a screen and just taking taking taking. I want to put some effort in this for real and the GYE friends and work are surely part of this !

So thank you all and hoping to see you very soon in Yeroushalaim !

Anw thank you so much !

Yossef

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Re: Beginning the real 'Avodat Hachem !
Posted by serenity - 30 Apr 2015 01:06

Sounds like your doing well to me! Definitely update your thread more, so we can hear about

your experience strength and hope!

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Re: Beginning the real 'Avodat Hachem !

Posted by Pidaini - 30 Apr 2015 11:21

Thanks for sharing!!

It's interesting, I also have a bit of a hard time finding things to write in my own thread! Maybe

Regarding talking to Hashem, it is one of my favorite tools!! I would like to suggest though that you specifically try to also include things about your life that are not connected to this area in your "discussion".

As it is mentioned here a lot, our problem is not lust, lust is our solution to life, and just as importantly as we are teaching ourselves to include Hashem in this battle, we need to also teach ourselves to include Him in the rest of our life, if not, then we are just keeping all the triggers and getting ourselves into sticky situations!!

KUTGW!! KOMT!!! KOP!!!!!!!

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it's because I don't want to have to be honest....

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Re: Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 01 May 2015 07:58

Thank you so much for your encouragements !

Yes Pidaini, as you mentioned, I found myself not talking so much of lust, sometimes it's just some words, I focus on my relationship with family and the fact to surrender my will to Hachem's

One.

One exemple, yesterday I planned to study 30mn of Guemara Artscroll after dinner and before maariv. But I ended my revisions a little later than it was planned and I spend dinner time with my parents so it lasted longer also. I pray maariv 30mn later than I planned to (beyah'id) and without studying. At the end of tefila I didn't go for sadeness and blaming myself because I hadn't studied as I would have done before. I just took the Guemara and studied 5 little mins. The pleasure was and is still undescriptible. I made this reflection : I didn't studied my 30mn but I studied His 5mn.

Wanted to share that with you.

Thank you for your support and hope everyone will have a great Chabat !

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Re: Beginning the real 'Avodat Hachem !
Posted by stillgoing - 01 May 2015 14:35

That's great! Missing the 25mn was not planned and already passed, but getting down because of it, could be much worse, since as we all know, all sorts of nasty things can happen when we are down. And you are right, 5mn of learning is special to Hashem too!

Keep on posting and have a great Shabbos.

SG

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 03 May 2015 11:46

Hi all,

I had a very precious Chabbes with a lot of reflections and I want to share with you some of the problems I'm encountering frequently.

I'll try to be concise:

First, I've got a big big big problem with judging Lekaf Zekhut. After reflection I think it may be due to 2 reasons : - as I'm very shy I try to find reason to explain why I don't go to others.

- as I'm often very strict and no so often proud of myself, maybe this way of thinking reflects in my perception of others. I think the first one is more predominant.

Anyway it is very oppressive, a lot more than lust thoughts. Before even noticing it I found myself noticing the smallest bad details about someone. After that I enter in a big intern conversation to find all the good details to counter this but this is very exhausting and I don't know what to do about that. Maybe go for more tefilot on the subject.. Need your advices on that..

Second, B"H I often find myself making personal tefilot to HKB"H and this is definitely a big 'Hessed from Him. So I'm use to speak to Hachem more like a father, with not so much manners. This is a problem when I have to concentrate myself during tefila, especially chmona esrei, and think to Hachem as Melekh Malkhei Hmlakhim.. Is someone has an advice on this point too ?

I hope it was clear and that everybody spent good Chabbes. Thank you for constant help here.

PS : thank you yiraishamaim for you kind words in an other post. There were very appreciated and will be meditate.

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 06 May 2015 07:04

Hi there,

I have to post to break the ice here and to tell you that B"H everything is fine.

Not fine as I use to want like perfection, but I try to be better every day.

Today I try to use the one day at time motto in chmona esrei, it was "one brakha at time" an I was proud of the result because those days tefila wasn't so easy so it permitted me to renew a little the way I pray.

Going back to university also helped me lot, seems like a big weight is out of my shoulders now. I try to ask people for tefilin and to speak about Torah with a SMILING face.

I also try to at least post 1 answer or words of encouragement every day.

Thank you all for this new life, hoping everybody will have a great day of preparation to the Lag Baomer !

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 07 May 2015 21:58

Damn, today was hard, especially at the end. Glad it is now bedtime.

Hoping to take the time to explain you what I feel right know.

Thank you anw

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 09 May 2015 21:58

Don't have so much time, just here to say :

LEH'AÏM !

Thank you everyone for everything.

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 12 May 2015 18:31

Today was hard. I don't even want to describe it. Seems that from the day I reached the 90 streak, one day is equal to 10.

Things need to moove on.

I wanna be a good person, I'll do what's necessary to.

Thanks for being there

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Re: Beginning the real 'Avodat Hachem !
Posted by serenity - 12 May 2015 20:29

Try to appreciate each day!

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Re: Beginning the real 'Avodat Hachem !
Posted by serenity - 12 May 2015 20:31

oh and mazel tOV!

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Re: Beginning the real 'Avodat Hachem !

Posted by stillgoing - 13 May 2015 16:22

Mazel Tov Palti! 90 days, in 90 ways, I say 90 ways, because the yetzer Harah, is always trying new ways to get us to fall. Boruch Hachem, you got to 90 days. The yetzer harah is getting nervous. Palti is messing up his plans. He may try harder, but so will you! Best of hatzlakha to continue till 36500 days (another 100 years). It's not so long if you think about it. One day at a time. day.. day..

P.S. No matter what happens, nothing can take away the fact that you have stayed clean for (over) 90 days.

P.P.S. Thank you for all of the hizuk that you always give to everyone else all of the time.

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