

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 Hashivalisesonyishecho - 14 May 2015 02:15

Mazal tov Palti Ben Layish Yosef Hatzadik!

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Re: Beginning the real 'Avodat Hachem !

Posted by stillgoing - 20 May 2015 23:18

Hi Palti.

Did your computer break?

We miss your comments.

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Re: Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 26 May 2015 09:22

I find it amazing how some kind words give and still giving so much strength each time the are read.

Thank you all for your words of 'hessed, may the Borei 'Olam Gives you your deserved reward in this world and in the other one..!

I was in exam period and damn it was hard. So much things happened that I don't know how to begin. I'll just tell you the main things :

Last monday for the first time I called someone when I began to feel the urge. My exam week began the next day and I felt very weak after more than a month alone in my room working for them. I call my Rav during the time he told me he was free...but no answers.. I was about to fall in telling myself that this time I did my job as I called someone. Furthermore my TaPhSiC was over..

B"H things didn't go like my YH planned. I listen some Jewish music and pray Hachem to save me, what He Did. I called another friend, one I didn't tell him about my problem. It was not so simple but I told him everything by phone and asked him for help. No need to say it was very embarrassing.. In fact he told me the well-known story of Rabbenou Amram in Kiddouchin 81a, which I knew better than him, but the effect of the call was an obvious miracle !

Hodou L'Hachem ki tov, ki Le'olam 'Hasdo !

The urge came back Tuesday and I called my Rav who answered this time BH ! So I stayed clean for Chabbes and Zman Matan Toratenou !

In His Big 'Hessed, Hachem also allowed me to go to my cousin's house on Friday, just after my exams, and to put him tefilin, mezuzot and birkat habayit.. How enter in Chabbes and Chavouot in a better way ? I thank Hachem for this gift that won't be forgotten I hope.

Yesterday I tend to be a little sad as usual, moreover after this big event and as I didn't study as I would have IMAGINED. But it was not reality. I try to fix myself on reality, on present, on what I can do in the moment and stop feel emotions about what I would like to be at the moment.

I try to put myself back on the forum to drink words of wisdom which I missed.

Thanks for listening my friends, you are for sure one of the most powerful channels wherein Hachem Gives me His 'Hesed and Love.

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Re: Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 17 Jun 2015 20:25

Hi friends,

this last week was very challenging and I fell today morning.

bH I didn't fall "totally" like I use to, but I needed a BIG reset for my comportment was totally improper.

I was afraid to reset but now I feel better and more honest with myself.

Tomorrow I was really bad, I wanted to go at the end of what I began to do but I had promise to go to Paris to help for minyan. I was sure than the second I would come back home I would go for a big dose of lust and stay there for some time.. bH just before to quit the shul a friend enter and we continued our study about the amazing book of the Rav Tauber "Bait Hayehoudi". That was great boost and now it's like the ruah chtut is gone.

I'm kind of happy because I can work on a big deal for me : the fact that falling once doesn't mean I can go for a second go and so on.. I got some problem with that as I tend to have a black or white way of thinking. The reset will also permit me to wake up and to be more active in the recovery.

To end, I will go to the ohel of the Rebbe in NY for Chabbes so I hope to take strength for the future.

This post is really very optimistic, I would like to feel exactly what I wrote but I know I feel a lot more sad inside, but I won't let the YH destroy this feeling of positivity from my Neshama even if I don't feel it in my heart.

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Re: Beginning the real 'Avodat Hachem !

Posted by Palti-Yossef - 29 Jun 2015 17:07

Times are hard, especially after this trip to NY near the Rebbe and the summer in Paris.

Guys, return is hard..

But bH I manage to stay strong. I last fell twice with one week between the 2 falls. My yester hara wants to make me think that no progress was done, but I know he is wrong. Last year, after falling with 130 days clean I would have stay down an entire week, at least. Now, after my two falls I get me up the minutes after, even if I had this feeling of nonsense !

I try to take care of my eyes, really. I fell the exhaust after coming back home, and even there the vigilance shouldn't be off.

I plan to get myself more smiling and to tell 1 or 2 friends about my issue to have more call to do if something wrong would happen, h'v. I plan also 15mn of h'esbon nefesh in the evening and be very regular on reciting kiriat chema chealamita with the book.

But I need to find something to study on the subject, I know it but the handbook don't attract me as I already read it. Maybe Mesilas yecharim one more time. I love "bait Hayehoudi" from R'Tauber but it exists only in Hebrew so I cannot study except when I met a friend of mind but this is not very regular..

Anw I'm still living bH and I'll try to use these hard periods to build a stronger relation with Hachem.

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 01 Jul 2015 08:01

Few minutes ago my father told me "hey wake up, and smile". I was near to insult him. When he get out I was in rage..

Does he know that I'm trying to pray often, even daily on this, and I'm working hard ? Always bad words, especially as I'm making techouva and our opinions are very divergent.

But in a other way I know deep inside, despite this rage that is still here, that this was Hachem talking to me and not my father at all.

I'll try to take the message and make sure it will be done..

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 01 Jul 2015 08:12

In fact, after some reflection, I think the "hey wake up" that he said is the source of the problem, and not so much the "smile".

As I'm trying to progress in yiddishkeit with no help from my family, and seeing them always at the same level I would answer "me wake up ?! YOU wake up !!"

But this is not the way of thinking of a Ben Israel, as I have to admit if someone tell me something true, even if in MY EYES he is not the person to give me this kind of advice.

Really fascinating as I know in me mind what is happening but I don't succeed stopping this feeling of anger in my heart..!

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Re: Beginning the real 'Avodat Hachem !
Posted by newaction - 20 Jul 2015 19:59

Hi Palti whats doing ?

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Re: Beginning the real 'Avodat Hachem !
Posted by newaction - 20 Jul 2015 20:17

NA,

news from you would be very appreciated, if you have time !

In my own level, I have a lot of difficulties since my fall and heard about someone strong even after a little down would be precious, very precious..!

Sorry to hear about your fall ; i also have falls and some crises. I had to reset my count.

If by "someone strong" you mean me , let me remind you something you know already > small people have small struggles , big people have big struggles ; i would bet my luck that you belong to the group of the biggies. Which ever way you choose to go with my above statement, we must admit that the One that knows the real measure of and who is struggling with what , is The One from Above.

That being said i would be more than happy to hear from you and how are you doing lately.Hatzlacha !

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 20 Jul 2015 20:58

Hi my dear dear friends,

I really need help.. I'll try to be the more precise and concise :

Today I fell again, and 2 consecutive times which hadn't happened for 6 months.

It has been now 1 month that I fall once a week at least.

It is very hard to express what I feel, I don't know what to say and what to think, it's like my mind is going everywhere and nowhere at the same time.

The reason of that is in my opinion that I don't really want to stop. Since 2 day I'm finghting the YH face to face and today on the road to come back home, the only words that came out from me to Hachem were "Please, help me to WANT not to fall.."

I had an amazing example this morning : my cousin was sleeping at home and he has some problem to wake up the morning, so he puts between 6:40 and 7h 20 alarms, one each minute ! Every time the alarm was ringing he putted the "off button" and return to sleep, and this 20 times.. I found myself in this situation, I put a lot of barrier, nedarim, call to friends, filter, limoud, tefilot...but do I really want to stop ? What's the purpose of 20 alarms, barriers, if the deep will is not to use them to really change ?

I don't know really why I "want" to stop.. One obvious reason would be for my future wife but it is not enough because :

- she's not here yet

- I think that if the will of change is for an other reason that for myself it won't be so true and if the reason to stop is going away, then the problem will go (back to me)..

I don't know if I'm clear..

I need some advice : why are you wanting to stop ? Except the fact of touching the bottom and be on the way to touch it. Is there another reason possible ?

bH and bli neder I'll begin to post every day for this week and take a real moment like 15mn to talk to Hachem about what I feel and not about what I would be supposed to feel. I plan to buy some books on the subject and begin again the handbook !

Know that every single word of encouragement and advice would be very very very appreciated..! Anw thank you for reading and liking, even if it could seem stupid it is a big part of my fuel for recovery !

Let's check tomorrow b"H !

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Re: Beginning the real 'Avodat Hachem !
Posted by Palti-Yossef - 20 Jul 2015 21:06

[newaction wrote:](#)

NA,

news from you would be very appreciated, if you have time !

In my own level, I have a lot of difficulties since my fall and heard about someone strong even after a little down would be precious, very precious..!

Sorry to hear about your fall ; i also have falls and some crises. I had to reset my count.

If by "someone strong" you mean me , let me remind you something you know already > small people have small struggles , big people have big struggles ; i would bet my luck that you belong to the group of the biggies. Which ever way you choose to go with my above statement, we must admit that the One that knows the real measure of and who is struggling with what , is The One from Above.

That being said i would be more than happy to hear from you and how are you doing lately.Hatzlacha !

Thank you very much NA,

I hope my message will give you the opportunity to give me some more good advise !

Hoping to have good news to communicate tomorrow !

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Re: Beginning the real 'Avodat Hachem !
Posted by newaction - 20 Jul 2015 21:52

You wrote a long post there and things are not that simple . First and foremost you deserve our full recognition of your valor and heroism . You are in this struggle with all your force and will , and that is already admirable. Kol Hakavod !

About what you said that you dont know why you want to stop. The main reason is always you and your life; not the life of a present wife let alone a future one. Plain and simple your life is unmanageable ,period. You cant have control of your life. With that you have more than one reason to have and feel the desperate need to stop.

Your sobriety is not only sobriety , it is your freedom ; your conquering of your own self. without sobriety you are subdued , a slave with a master giving him orders.

That is bad news. You want to get orders only from The Master of the world. So by giving your life and your will to Him , Hashem gives you back your freedom. That simple and i admit not that easy.

We trust you Palti you can do it , you have all the capabilities , the will and tenacity to succeed , keep on trucking and your good work. Learn from your mistakes , revamp the program and all its tools , pick up your self and look ahead you will reap the fruits of all your efforts and suffering , HATZLACHA !

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Re: Beginning the real 'Avodat Hachem !
Posted by gibbor120 - 20 Jul 2015 21:54

Hey PY,

I'm sorry to hear you are having a hard time. We are here for you, and listening...

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Re: Beginning the real 'Avodat Hachem !
Posted by serenity - 21 Jul 2015 02:31

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