

Lomed's Thread

Posted by lomed - 25 Feb 2015 16:44

I am starting the 90 days. I hope to be bezras hashem this year in miron for lag beomer. although I don't feel much will power now to overcome this struggle, I decided to start a 90 day journey to try to get clean. I will need much chizuk. but even one day is worth. I hope in zchus of the rashb"ee I will get closer to become clean.

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Re: started 90 days as a preparation of lag beomer!

Posted by lomed - 04 Jun 2015 19:13

Thank you all chaveirim for the chizuk. If not for the support from all you guys, i dont think I would of make it through.

Thank you thank you

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Re: started 90 days as a preparation of lag beomer!

Posted by pischoshelmachat - 04 Jun 2015 20:03

Reb Lomed,

You are such a chizzuk. You show me that I can live a holy life and get close to Hashem.

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Re: started 90 days as a preparation of lag beomer!

Posted by shlomo613 - 05 Jun 2015 02:05

Thank you lomed. Your successes help all of us, it paves the way.

No one said that mitzva goreres mitzvah is only for the individual himself. It creates a ruach of kedusha in the world and brings success as a possibility and as a metzius. The good news is that with GYE we know what's been done. So thank you again lomed. But as PSM said let's daven not to be tested. Because lamaseh it says we cannot succeed, and we know from experience that that is the case.

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Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 07 Jun 2015 16:23

What a contradiction. Oh dear. Well there you are.
My friends and buddies,

In reference to the last few posts that I posted, I wanted to inform about strike two! Last Friday I received again a sex catalog from the same company (I haven't yet got to delete my name from their mailing list). B"h after the first episode that happened a few days earlier which shook me up, this one was very smooth. I didn't have major challenge, just did what i had to do in terms of discarding it in a safe place, and sending back the mailing envelope to the sender.

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Re: started 90 days as a preparation of lag beomer!
Posted by stillgoing - 07 Jun 2015 16:39

lomed

Yesterday I had my hardest challenge since I started this 90 day chart.

I once ordered (most probably about 14 years ago) some inappropriate material. I viewed it then told them to delete my name and address from their mailing list. these companies they have many names, so from time to time i used to get mailings from a different name. I couldn't resist, and viewed them and acted out. After acting out I used to contact them to delete my name from their mailing list. After many times that I have called to delete my name, I have been receiving less and less. I think that for the last over two years I have not received them at all.

Yesterday when I checked the mail, I spotted that I got another package from one of these places. It comes in a double envelope, that on the second there is a warning that I must be 18 before opening and that if I don't want to view explicit content I shouldn't open. When I got it my first reaction was, B"h that this came after being clean for 97 days, now I wont open it and get rid of it. However I needed to cut out the label in order to send them back to delete my name from their list. so I was with one envelope down. The urges were terrible, I was sweating, i Started to feel that I cant resist. I cant through it away anywhere, because i don't want it to come to a different person. I had to keep the closed envelope in my pocket for over an hour till I came to a safe place that i can discard this catalog safely. B"h at the end I got rid of it without viewing inside the envelope.

After all this I was on fire, as never before. I kept on begging heshem please help out of this. This was going on till today noon time. However today at tefilas shachris i felt a closeness to hashem that I don't remember for years feeling like this. I davened with much kavana and clarity that he is the only one that can and will help me.

By now, things eased up, but i am very exhausted and overwhelmed.

WOW! This is the quintessential nesoion. All kinds of possible excuses. No one will know, I'll throw it out soon, maybe this one's not so bad, I'll just peek there is no end.

You have so inspired me (and many others). May you be zocha to go grow higher and higher, closer to Hakodesh Boruch Hu.

SG

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Re: started 90 days as a preparation of lag beomer!
Posted by stillgoing - 07 Jun 2015 16:42

lomed

In reference to the last few posts that I posted, I wanted to inform about strike two! Last Friday I received again a catalog from the same company (I haven't yet got to delete my name from their

mailing list). B"n after the first episode that happened a few days earlier which shook me up, this one was very smooth. I didn't have major challenge, just did what i had to do in terms of discarding it in a safe place, and sending back the mailing envelope to the sender.

I was just thinking, that sometimes strike three can be much harder to deal with then the others, because one can be lulled into a sense of relaxation, *"no big deal, been there - done that"* and then boom!

Just a thought:)

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Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 07 Jun 2015 16:51

I hope that I had enough. I passed the road test twice. Usually if you pass once you are done. If you fail the first you get a second chance to pass the test. B"n I passed the test twice. I daven that I should not be tested again ??? ?????? ????, but if i do have again a similar challenge, I hope I will pass the third time as well. For now I have learned that the challenge is still big time in front of me, and I have to gear up with strength to be able to pass these nisyonos.

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Re: started 90 days as a preparation of lag beomer!
Posted by shlomo613 - 07 Jun 2015 18:10

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Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 17 Jun 2015 21:51

I took this from the Yidish site from a member named Belmont:

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Translation: Reb Usher Freind Z"L said: that Gan Eden is full of people with big sins that fought and overcame their challenges!!

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Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 25 Jun 2015 19:28

B"H I reached another milestone! Bechasdei Hashem I am at day 120. Thank you all for your support. I daven that I should stay clean till 120 years, and of course hope to be with all chaveirim together clean forever.

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Re: started 90 days as a preparation of lag beomer!
Posted by gibbor120 - 25 Jun 2015 19:44

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Re: started 90 days as a preparation of lag beomer!
Posted by serenity - 26 Jun 2015 00:30

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Re: started 90 days as a preparation of lag beomer!
Posted by lomed - 02 Jul 2015 20:00

As I told you all earlier that lately I had an issue with sex catalogs (see my comments on the end of page 7 and 8 from this thread). I sent the company back a letter with the label, and requested that they remove my name from their mailing list. this was the same day I received the second catalog 6/5/15.

Today the story repeats itself with a twitch. I came home for my lunch break, and went to the mailbox to get the mail. My wife was outside not far from me. I recognized the envelope between all other mail. i thought that OK she is going to get me this time. However i managed to slip it back into the mailbox, without my wife noticing anything suspicious. BH i discarded the catalog safely before opening it.

This is somewhat stressful on me. First the challenge itself, as I cannot be sure that next time i will not open this shmutz catalog. Second the fear that my wife will find it on the mail and think that i ordered it is also pretty stressful.

My question is, does anyone have an idea how to get them to stop sending me these catalogs that I have never ordered?

Thanks for your advice.

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Re: started 90 days as a preparation of lag beomer!
Posted by serenity - 02 Jul 2015 22:20

here is some info www.usa.gov/telemarketing#item-35222

If you contact unscrupulous companies, they may send you more since they know they have a live customer.

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