

gettingbackupnow!!

Posted by gettinghelp - 04 Feb 2009 22:39

Finished DAY 1.This with Hashem's kindness and help with be my new 90 journal.Despite the fact that I fell after 4 wks, I feel stronger and more at ease with what it takes to have a proper and real recovery.I will have a more detailed post soon

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Re: gettingbackupnow!!

Posted by bardichev - 27 May 2009 21:07

mazel tov what awai to finish off sefira.

The Heilige Bardichever (REb Levi Yizcchak ben Sara Sasha) would have been weeping from joy and pleading withHashem to see how wonderful his children are.

h&h

bardichev

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Re: gettingbackupnow!!

Posted by gettinghelp - 28 May 2009 14:19

From the bottom of my heart t thank you to all for the support. I am now starting anew 90 days.This will be a bit more serious and strict.I will try to strip away even more of the barriers and eliminate some of the allowances(T.V.,not being careful with my eyes,only wearing a kippa no baseball hats,).I am now a stronger person and a lot more aware of my koach and how much Hashem sends help to me.The hardest thing is to still let go and let G-D take over in all areas.With help from Hashem these next 90 days will be a deeper and more meaningful process..... another tikkun brining me closer to Hashem,my wife and family,and especially myself.So GUE I would like to start a second 90 days on the chart.

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Re: gettingbackupnow!!

Posted by chl - 28 May 2009 14:26

bs"d

behaztlocho rabba! I can't say how inspiring it is to hear your story!

Gut Yom-Tov!

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Re: gettingbackupnow!!

Posted by Kedusha - 28 May 2009 14:29

On a practical note: with regard to the baseball cap vs. the Kippa, keep in mind that, when you need sun protection, a baseball cap does a much better job. So, I'm not sure that you want to rule out the baseball cap under any and all circumstances!

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Re: gettingbackupnow!!

Posted by the.guard - 31 May 2009 13:06

Ok, you're back up on the 90 day chart. I called you "GettingHelp - Level2"!

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Re: gettingbackupnow!!

Posted by gettinghelp - 02 Jun 2009 01:25

A very interesting day,B"H.I avoided a major fall by occupying myself.Howver my time could have been spent in a much more productive way.I need to really dig deep down,roll up my sleeves and push on.This requires hard work,not difficult or complicated work,just plin old hard work.Hashem needs to see put my sincere and honest work into myself,to really give me the help I need.Hashem call sout to all of those who call out to him HONESTLY.One of my character flaws is being egocntric and caught up in the prestige of life.I must must strip away all

the lies and barriers little by little to live a true honest torah life.Keep away from avarot and stay with the mitzvot!!!

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Re: gettingbackupnow!!

Posted by gettinghelp - 02 Jun 2009 02:25

Please start my 2nd 90 today yom shilishi tue, because I was not fully and completely honest or carefull where my eyes and mind and neshema went today.

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Re: gettingbackupnow!!

Posted by the.guard - 02 Jun 2009 11:56

What a holy and beautiful Jew!

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Re: gettingbackupnow!!

Posted by the.guard - 07 Jun 2009 10:50

So is today (June 7) already 5 days Tzadik?

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Re: gettingbackupnow!!

Posted by gettinghelp - 08 Jun 2009 13:23

Yes but please don't call me that.

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Re: gettingbackupnow!!

Posted by gettinghelp - 08 Jun 2009 18:41

Being tested in so many ways,but I know it is all for the best.

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Re: gettingbackupnow!!

Posted by gettinghelp - 09 Jun 2009 15:52

when I approach life from a point of view of simcha,things that put me in a simcha mood actually happen.I just or rather must view every single thing in my life as a great gift from Hashem.

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Re: gettingbackupnow!!

Posted by the.guard - 09 Jun 2009 17:27

when I approach life from a point of view of simcha,things that put me in a simcha mood actually happen

As the Chabad Rebbe always said: "Think good and it will BE good".

Did you ever see the documentary called "The Secret"?

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Re: gettingbackupnow!!

Posted by gettinghelp - 09 Jun 2009 17:29

Yes and I read the book!!!

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