

A New Approach to the 90-Day Journey

Posted by BEHS - 29 Mar 2016 19:17

I'm a baseball fan and a numbers guy. And the numbers we discuss in baseball are typically percentage-based: Batting average, OBP, slugging percentage,... The numbers that represent actual occurrences are typically noted only when they are outliers. Hank Aaron's homeruns, Ricky Henderson's stolen bases, (don't tell the MLB that I'm mentioning this next one) Pete Rose's hits,... These are monumental feats that seem superhuman. In that second category would also be Joe DiMaggio's hitting streak, Orel Hershisier's scoreless innings streak, and Cal Ripken Jr's consecutive games played. These are superhuman feats that we never expected to happen and will probably never happen again. (See where I'm going with this yet...?)

I know I have trouble with lust. I'm a proverbial red-blooded male. It's been a problem with me for longer than it hasn't been. For me to have a significant streak would require superhuman strength which I don't have. But that doesn't mean I can't try to hit for average. I can't keep beating myself up over losing my streak when I don't have the *koach* in me to maintain it. That's up to Someone Else to give me that superhuman power. If He chooses to, I'll be tremendously grateful, but if not, I'll do what I can to get on base and bring in a few runs.

It's with this mindset that I'm changing my approach to the 90-day challenge. While I do hope to one day reach that tremendous milestone that currently seems so far out of reach, I have to begin by focusing on my batting average. And while I'll continue to track my streak, it's better for me to focus on percentages to keep upbeat about my progress.

I plan on updating this thread daily to track my ongoing "batting average" and welcome all to call me out if I begin skipping days. I may also reset the count every 90 days to test myself and see if I can hit better in subsequent periods and to give myself a target to beat.

As always, I welcome input from the *olam* as to whether this is a good idea that may need tweaking or if I should scrap it altogether.

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 03 May 2016 14:47

Markz, what works for you is great and there is no doubt that perspective is needed for everything in life. I'm both impressed and jealous that you have over 250 days of sobriety. Perhaps I should take some of your approach as I'm told I often take things too seriously.

But in terms of connecting my notes on Mesillas Yescharim (assuming there is even any accuracy in my paltry understanding of the Ramchal's genius) to our GYE work, I believe people much smarter and more experienced than me in the ways of GYE and the 12 steps have pointed out that mussar has nothing to do with sobriety. My notes are not intended to be a guide on overcoming lust, just some little Torah tidbits to go along with my score.

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Re: A New Approach to the 90-Day Journey
Posted by markz - 03 May 2016 14:51

And I was just adding my tidbit to this confusing world where we use our minds for Torah and Lust, sometimes in the same breath. And was just wondering how to make sense of the heilige words of Ramchal

In other news, are you actively running your 18 Wheeler engine with any specific tools, besides for keeping score and doing the good thing of posting daily

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 03 May 2016 15:06

My mini copper is just running on those two things for now. I've found a PDF of the AA big book online that I've started reading through. Any other suggestions on how to enhance my engine?

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Re: A New Approach to the 90-Day Journey
Posted by abie - 04 May 2016 04:34

[BEHS wrote on 03 May 2016 00:27:](#)

[I'm going to continue today's piece later since my wife is due home any minute...]

Why don't you write the "???" pieces in Word, and then copy them here.

You won't have to hide it from your wife, and you might actually make her proud.

Also, you'll have a whole sefer at the end.

Any other suggestions on how to enhance my engine?

I'll just remind you about the stuff in your other thread,

I'm getting some "well-deserved" relaxation after having done my "chore". If I had your mindset of cleaning my house because **I** want it clean, perhaps it won't be so taxing on me mentally and I'll be better equipped to just do it and go to bed without any problems.

Was it the usual, that caused your fall, or something else?

Looking forward to your continued Hatzlacha..

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 04 May 2016 05:18

35/36 = .972

The *Ramcha"l* continues discussing frivolity as the 2nd danger to maintaining vigilance. Frivolity in the face of rebuke and *mussar* is like a greased shield in front of an arrow. A shield is effective enough in stopping the arrow, but if you grease it, then the shield doesn't even feel the blow of the arrow. It slides right off without penetrating the target. So too frivolity deflects any effort that would bring one to introspection. [I'm sure we've all experienced (or at least seen in a movie/show) a situation when we were younger where a teacher or [i]rebbe[/i] was giving some harsh critique to a class, and then the class clown said one word or made one noise and everyone broke out into laughter. That one word just destroyed any chance of any of the other students taking that critique to heart.]

When one hears words of rebuke, takes them to heart, and commits to changing himself, he no longer needs to be punished for his past deeds since he's already a changed person. Nothing else is needed to get him back on the straight and narrow. But one who is frivolous deserves and will receive punishment. He is the one who has brought it upon himself. Without getting a good whack, he will never learn to improve because he has already put up that greased shield.

The 3rd danger in maintaining our vigilance is the company with which we spend our time. One can learn all of the *mussar* in the world and commit to changing himself for the better, but once you look at who your friends are and see that you may be alienated or even mocked, you may change your mind. The *Ramcha"l* asks us to imagine a situation where we can gain a lot financially by making a fool out of ourselves. Would we turn down the opportunity so that our friends wouldn't make fun of us? So why should we care what they think about our pursuits in *ruchniyus*? Let them make fun while we are raking it in. [The first [i]chavrusa[/i] I had in *Mesillas Yesharim* pointed out all of the gameshows that are on TV. It's quite literally the situation that the *Ramcha"l* is talking about. These people do the most ridiculous things for money.]

And with that, we are caught up to the schedule and will begin the 6th *perek* tomorrow, *be'ezras HaShem*.

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Re: A New Approach to the 90-Day Journey
Posted by BEHS - 04 May 2016 05:38

[abie wrote on 04 May 2016 04:34:](#)

If I was trying to translate the *sefer*, I'd definitely compile it all together as you suggested, but I feel like this is more of a summary/explanation as I understand the basic ideas. If you follow along in the *sefer*, you may even notice that I skip big sections that (in my humble opinion) are somewhat repetitive. Or almost any time the *Ramcha"l* quotes a *pasuk* from *tana"ch*. It's not because I feel these parts are less important, it's just that I'm trying to create a quick summary guide. That being said, I am going to still mull over your idea and may go through with it.

This last fall, I think was mostly due to the fact that my schedule was out of whack from *yom tov*. That and the fact that we were away from home the entire time. As much as I don't follow an ideal schedule, (like having a set time for learning or even getting up on time for *shacharis*) I still feel like I do better in this area when I'm sticking to my regular routine and waking up in my own bed. I do find that I'm having a lot of trouble lately with keeping my eyes to myself in Manhattan. Maybe check up with me tomorrow as to whether or not I took off my glasses during my commute. (Maybe I should start a separate count for that? Thoughts?)

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Re: A New Approach to the 90-Day Journey
Posted by abie - 04 May 2016 07:56

1. Did I say anything about translating? Feldheim and Artscroll already did that. So you'll have a ????? - that's also great.)CliffsNotes?)

2. Sure I'll check in about the glasses.

Wow! I just keep myself really sheltered here, but you are really doing tough stuff dealing with Manhattan every day. Amazing. I feel like such a little guy right now. (I think I'll get over it.)

3. I think it's a fine idea (especially since you first brought it up while in middle of your other count), and although some fellas over here like to poke fun at multiple counts, you will follow the first ????? in Shulchan Aruch - ??? ?????? ????? ??? ??? ?????????? ????? ?????? ??? ??????. Do you think it should be a count for taking off your glasses, or for the actual guarding of your eyes?

4. One last thing, since your batting avg. is so high, maybe you should stop showing your streak next to your name - just a thought.

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Re: A New Approach to the 90-Day Journey
Posted by nefeshpashut - 04 May 2016 12:21

It sounds like you are doing cheshbon-ha-nefesh continually. My sympathies and support.

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Re: A New Approach to the 90-Day Journey
Posted by markz - 04 May 2016 13:04

[BEHS wrote on 03 May 2016 15:06:](#)

My mini copper is just running on those two things for now. I've found a PDF of the AA big book online that I've started reading through. Any other suggestions on how to enhance my engine?

If you saw today's email, there are amazing calls you can join, cordnoys (daily 1:20pm) is worth investing to, and he goes through the SA book

You're invited to join me on my new travels perusing and commenting on the awesome GYE handbook and SA white book.

It's a 5 minute a day virtual read - iyH I hope to start the new thread tonight.

Keep On Trucking!!

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Re: A New Approach to the 90-Day Journey

Posted by cordnoy - 04 May 2016 14:20

[markz wrote on 04 May 2016 13:04:](#)

[BEHS wrote on 03 May 2016 15:06:](#)

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Keep On Trucking!!

He goes thru three books.

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Re: A New Approach to the 90-Day Journey

Posted by markz - 04 May 2016 14:37

I know that you do, I just was replying to his mention of the AA book

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 05 May 2016 04:26

Ok, lots to discuss here...

Abie,

1) I'm taking your advice and starting to put all of the posts into Word. We'll see where it all goes from there.

2) Don't worry about not having the Manhattan ??????. You're not missing anything.

3) I don't know yet if I'll keep an actual count, but I'll give myself a pat on the back for the just taking off the glasses. At this point, it's too hard to really determine if I did or didn't properly guard my eyes.

4) I'm going to keep the streak on for now as I really am looking at these as 2 different things. One is a streak of sobriety just like any other, and the "batting average" is to focus on my improvement in general. I'm not really sure what the downside of displaying the streak would be.

Markz,

Please send me a link (or post it below) to your new virtual read thread. And is there an online or downloadable copy of the SA white book that I can get?

And now onto today's portion of ?????? ??????...

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Re: A New Approach to the 90-Day Journey

Posted by BEHS - 05 May 2016 04:33

36/37 = .973

Moving on in the ??????? of '?' ?????? ?? ?????, the next step is that of ???????, alacrity. The ??????

explains alacrity by stating that one must go about doing ????? quickly and without delay. Just as ????? is used to fight off the attempts by the ??? ??? to get us to sin, so too ????? is used to fight off the attempts by the ??? ??? to get us to neglect doing ?????. If we don't actively pursue ?????, we will let them slip right by us without even noticing.

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Re: A New Approach to the 90-Day Journey
Posted by abie - 05 May 2016 12:27

[BEHS wrote on 05 May 2016 04:26:](#)

And is there an online or downloadable copy of the SA white book that I can get?

[whitebook.pdf](#)

Courtesy of cordnoy's signature.

Have a great, kosher day!

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