

Aspiring to kedusha--- let's record the journey

Posted by aspiringjew - 18 Jul 2016 22:05

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Well this is day one. It really doesn't matter how many times I have fallen before. Today is a different day.

I tell myself this so that I stop assuming that, just like all of the previous times that i have "started anew" only to discover that I didn't --- this time is different.

Its the journey of 1000000 miles that begins with a single step. Tomorrow I'll take another. The day after another. until I get to the end.

Like every real goal in life we divide it into sub-goals. every day there is a sub-goal to fulfill which ultimately leads to the completion of the goal.

I have today. I plan to give today to HaShem.

Tomorrow I'll wake up and say "today I have to give today to HaShem". "Only today", I'll tell myself.

In any case that's my mantra. Today is different and I only have to work on today!

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Re: Aspiring to kedusha--- let's record the journey

Posted by cordnoy - 18 Jul 2016 22:19

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So, what will you be doing today?

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Re: Aspiring to kedusha--- let's record the journey

Posted by aspiringjew - 19 Jul 2016 15:19

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On to today! It's still quite "mid-day" on this day. I (unfortunately) have been at work at the computer most of the day.

Started the day well. Said to myself to start the day "Today! Today is different than yesterday! I only have to make it today".

Had some temptations. Stopped. Reviewed my desire to STOP being in the same pattern of

lusting.

B"H so far so good.

I'll let you know how things progress later during the day

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Re: Aspiring to kedusha--- let's record the journey

Posted by avimeow - 19 Jul 2016 17:26

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I just started this and another form of therapy after I came to this realization . Instead of thinking how bad I am for accessing inappropriate material sometimes. I started saying I am really a good person that wants to do the right thing rather we sometimes have difficulties and that's why we are on this world to work on it

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