

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by Shlomo24 - 27 Apr 2017 22:14

[MayanHamisgaber wrote on 27 Apr 2017 17:04:](#)
encouraging and thoughtful that i know i can do this for good !

[Shlomo24 wrote on 26 Apr 2017 22:51:](#)

[MayanHamisgaber wrote on 26 Apr 2017 20:42:](#)

Are worried about me over thinking things ?

I wouldn't say worried. Just don't know if it's productive.

Not trying to be stuck up or anything but I think it is productive to make sure I have the right outlook on "life/things" and that is all this discussion was to me simply making sure I know what my outlook is and if others think differently and if they do which way is good for me

Your thoughts?

I'm thinking that I'm hungry and I need to eat supper. And that this class I'm in is a joke but the professor is funny. And that I'm probably going to do a phone meeting tonight instead of a face

to face.

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Re: I will make it b"h

Posted by GrowStrong - 27 Apr 2017 22:30

Funny and deep.

Thanks Shlomo

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Re: I will make it b"h

Posted by MayanHamisgaber - 28 Apr 2017 03:31

oh ok

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Re: I will make it b"h

Posted by MayanHamisgaber - 01 May 2017 04:09

[bardichev wrote on 21 May 2009 21:41:](#)

I wanted to share a very important machshava.

It is a very very important lesson

from the Heilige Chofetz Chaim

There was once a very rich man that had a huge mansion with a "hoif" there was his large family a lot help maids servants workers "orchi porchi" .This man was very generous and was a big machnis oirach.

One day he realized that stuff was missing cutlery, money, art, clothing etc.

The wealthy man started to get suspicious so he called in a private investigator to get to the bottom of it and find the criminal. The actual robber who was one of the hired staff in the house sensed that a detective was called in. He immediately stopped his thievery.

He even went so far as to HELP in the investigation. The detective didn't catch anyone and the stealing stopped. Things calmed down and the home owner forgot about the entire incident. When all was calm for a while the stealing started gain.

Says the Heilige Chofetz Chaim, This is called an inside job. Be very careful that you don't mistake real honest HIRHUEI TESHUVAH for an inside job.

The Yetzer Horah knows that there is a certain bottom that you don't want to hit.

So He gives you the freedom and he actually helps you do teshuvah .Only that he should be able to get you down again.

Be careful .many times we were misgaber on the Yetzer Horah .Make sure it is not an inside job.

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Re: I will make it b"h
Posted by MayanHamisgaber - 01 May 2017 17:23

This one resonates with my mood now...

[Rage AT Machine wrote on 15 Sep 2009 23:00:](#)

[dov wrote on 15 Sep 2009 22:06:](#)

hope that Hashem brings us all even closer by bringing the ge'ulah in our days. It is nice to imaging what it'd be like...

This is not mine. They are the actual (slightly modified) lyrics of a punk rock song:

Father, can you hear me?

How have I let you down?

I curse the day that I was born,

And all the sorrow in the world...

Let me take you to the herding ground,

Where all good men are trampled down,

Just to settle a bet that could not be won,

Between a prideful father and his children.

Well you Guard me now for I cant see,

A reason for this suffering and this long misery.

What if every living Jew could be upright and strong?

Well, then I do imagine there will be

Sorrow, no more.

When all soldiers lay their weapons down,

Or when all kings and all queens relinquish their crown,

Or when the only true Mashiach rescues us from ourselves...

Its easy to imagine there will be

Sorrow, no more.

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Re: I will make it b"h

Posted by cordnoy - 02 May 2017 00:30

Yes, life has its way of bein' extremely tough.

Sadlyl, we/i have been trained to deal with it in only one or two ways.

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Re: I will make it b"h

Posted by MayanHamisgaber - 02 May 2017 17:58

So anyways life goes on right,right

But that doesn't mean that it is easy I have not been together for over a month now even our recent mikvah night nothing happened do to a really k'vetchy baby (which is still k'vetching and

crying and making us both sick)

Managed to give her her side of the deal one morning right before I had to go to shacharis felt good a little but still damn frustrating.

Seems like a lot of the family here is coming on trying times I h*p* everyone can come to terms and learn to live life but for now just

KOTNMW

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Re: I will make it b"h

Posted by MayanHamisgaber - 02 May 2017 18:30

found this and saving here for easier finding for when needed...

a very interesting conversation between pentinant and REBBEREBER=DOV

i added breaks to make this readable

[penitent wrote on 31 Dec. 2009:](#)

I read a lot of the white paper re:SA. I do see myself in that and relate it to my own experiences.

I do have a problem though with understanding all this "lust" etc.

Maybe I look at myself and my relationship with my wife... I have all these thoughts in my head.... part of me wants to break down and cry, as so many times before.

The gemara in Yoma 74: says in the name of R' Zeira "Tov mar'eh aynayim mehalach nafesh.. Tov mar'eh aynayim b'isha, yoter m'gufah shel ma'aseh" To look is always better than the actual

deed.

It's the musings we conjure up in our minds that is exciting. It's interesting to note that scientifically, the sympathetic system is responsible for arousal, erection, while the parasympathetic system-which calms us down- is responsible for ejaculation.

I always thought that the final Zing would be carried out by the system that is responsible for an excitatory response. In reality, you could say it's all over when that time arrives. Am I too deep? Anyone have any clue what I'm saying? Do I???

My original question is that Chazal recognize human nature. To call it lust and label it a problem i.e. say I have a disease and to give me a cure seems extreme. Maybe I am in denial. See what I mean by thoughts in my head?

Did Chazal call that lust? maybe. but they stress controlling the yetzer. There is a book called Cheshbon Hanefesh which was written 150 years before Pavlov dogs, which really targets behavior modification. I recommend it highly. Chazal may tell us of Gedarim we should set but it's another thing to put it into practice.

REBBEREBER=DOV answers in not -so-dovish

quote=dov" link=topic=763.msg40619#msg40619 date=1262284223]

Dear Penitent -

Yes, it is clear that the different nervous systems work that way, as I have shared with some people out of my own experience. I'll PM you something about that issue specifically.

I love you. Period. So, please consider taking what I will share with you the way it is meant - not *at all* as criticism - only as a sharing of my experience with you. Besides, as "imtrying25" will

You ask about SA's use of the term "Lust". You are bringing up chazals to understand the term, rather than using examples from your own personal experience with your own problem. I'm all for chazal, but if we are trying to uncover what is really going on within us, it would seem that being honest with ourselves is far more important than what a sefer says.

If folks say this borders on apikorsus, then my response to them is that I'll gladly choose honesty in gehinom over dishonesty in Gan eden, any day. Why? Because the only thing that saved me from my personal gehinom in addiction - and it *was* *gehinom* (I need *no* chazal or sefer to tell me *that*) - was **honesty**. And in my case, I needed a chevra and a sponsor to help me do that. I found that in SA.

Besides, chazal tell us that this world is an olam hafuch - those who are high here are low there. To me that includes us when our frumkeit that is external - only in *our brains*, like Eisav's big head. Trust me, when we inject some shameless personal honesty into the mix, Torah becomes incredibly more powerful as a force in our lives. V'anavim yirshu aretz. The one's who seem low on the outside, are *really* high. Kapeesh?

On the other hand, being frummer did me no good, it was doomed to forever be a half-measure because - after all - *I* was the one defining and enacting the "frumkeit". It seems that you are in the same boat, otherwise why are you here? ;D

Do you get what I mean?

What do chazal mean when they tell us: "Derech Eretz Kodmah L'Torah"? To me, this is *exactly* what they are talking about.

Don't look to the Torah to save you when you are insane. How can you expect to succeed while *you'll* be the one applying and measuring it? The basis of all frumkeit *is* personal responsibility.

Darf zeyn a mentch, ershtence.

The yidden at Har Sinai **had** to be healed *before* they could accept the Torah, right? Yidden need to have some basic mental health - specifically self-honesty - to use Torah successfully as instructions for living.

Otherwise it's *known*, but not applied - hey! kind of like in *our* case, right? The GYE-er: a frum yid who just can't "get frum" in this area...drives us nuts, doesn't it?

In fact, a total shoteh is totally patur from the mitzvos. We in addition are not true shotim, only full of "*ruach*" shtus. We are not p'turim, but seem doomed to fail at it. This insanity is clearly discussed in all 12 step literature. If you want to talk about it more, I'll gladly share my insanity with you (that sounds funny, doesn't it?).

So, I ask you (as chazal put it): how can a "chavush be matir **himself** from the beis ha'asurim"? Chazal inform us that he *can't*. And who is more of a chavush than an addict? No one, to me. Isn't the self-application of Torah exactly what **all** of us do for years and years until we make enough of a mess of things that we finally reach out for help, as you are?

Keep reaching for help. It's here.

Now, maybe we can talk about lust a bit.....

[/quote]

ok now the truckdriver rebbe of woodford and bardstown kentucky come in to ekplain in plain english what REBBE REB BER=DOV is sayin

take it away bards....

Pentinent

I am a talmid of the RebbeRebBer=DOV

Although I never spent a day in his yeshivah

There is a language called Dovish

You need to learn Dovish to "chapp"

DOV

I used to fight rebberebdov

Why cause I was so "macho" I was armed to the teeth with

Chazal

Courage

Resolve

Humor

A mouth like a trucker

I was convinced DOV was a crazy robot apikoress

Pentinent

Let's make cheshbon hanefesh together

When we were in the thick of our taava

Didn't we know all these chazals

Didn't we have the courage

Didn't we have all the machoness that a loser (sic) that dov is missing

And and and

We still had no control

If anything we used some chazal(I did) to boost our YH

Hello who is the apikores

Me and my chazal or dov and his 12 steps

Hey I am not a 12 stepper

But we need to learn from dov

As long as "I" fight the YH

"I" is in big trouble

When I surrender

I don't know ginoi(exactly) how dov taitches surrender but bardichev thinks it means when we remove the "zhich" the stoopid monkey in the middle GAAVA

From the equation

I am again not a 12 stepper

But what DOV says is when a man is clearly not a bar sechel we cannot use sichliyos first he

must be a man

Yes we can become a man again thru Torah

By realizing that we are so helpless without HKB"H

Coming from a non-12 guy

All dov is teaching us is what is pshat in the gemara "ilmalai HKB"H ozroi lo yachal loi"

Hashem doesnot need our help we need his and we need a lot of it

I know I write a lot of jokes on the forum . I do it to cheer myself up and to cheer up people like DOV and everyone else .Simcha is my key weapon and DOV uses it

If u look in the ohr hachaim in ekev he says a lot of what I say here

I have a positive spin that it is never too late to start living

I call it

Keep on trucking!!

Jump on my truck!!

DOV comes here too (sources say)

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Bards

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Re: I will make it b"h

Posted by bb0212 - 03 May 2017 05:07

[MayanHamisgaber wrote on 02 May 2017 17:58:](#)

So anyways life goes on right,right

But that doesn't mean that it is easy I have not been together for over a month now even our recent mikvah night nothing happened do to a really k'vetchy baby (which is still k'vetching and crying and making us both sick)

Managed to give her her side of the deal one morning right before I had to go to shacharis felt good a little but still damn frustrating.

Seems like a lot of the family here is coming on trying times I h*p* everyone can come to terms and learn to live life but for now just

KOTNMW

It can be really difficult when you haven't been together for over a month(!). Hang in there, in some way shape or form this can help you grow stronger. Use these difficult times to grow. When it passes, you'll look back to these experiences and see a painful, but overall,

positive time of your life, due to the growth that it spurred!

KOT

KOG (oing)

DGU (don't give up)

YCDO (You can do it!)

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Re: I will make it b"h

Posted by MayanHamisgaber - 03 May 2017 11:26

Here is a lesson for all

[bardichev wrote on 10 Feb 2010 17:52:](#)

the bard mobile is out of the mud

a huge lesson i LEARNED FROM MY SNOW BANK MUD SITUATION

IF YOU TRY IT ON YOUR OWN

YOU MAY JUST GET STUCK DEEPER AND DEEPER

SO I CALLED A TOW TRUCK

LESSON

DONT TRY TO WHITE NICKLE IT IT WILL GET YOU NOWHERE

CALL A TOW TRUCK

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Re: I will make it b"h

Posted by MayanHamisgaber - 03 May 2017 20:05

[Dov wrote on 08 Mar 2010 20:53:](#)

You know, while I was mulling over whether to place a courtesy call to my favorite ice cream man in the whole world, something occurred to me:

If we really appreciated the preciousness (is that a word?) of a single day sober with Hashem and His precious people, things would be different for many of us. We wouldn't let the past color the good times vomit-green. We wouldn't feel like giving up when we fell.

I believe that Reb b has some perspective on that. And it makes all the difference. I first learned of this in action from Reb Tzvi-Meyer - next from Reb b. And it's the way Hashem *Himself* operates: He is at a beis ho-oveil being menachem yidden with shredded hearts right now, r"l, and simultaneously at a leibedigeh chasuna somewhere bringing intense simcha to another family's hearts. He doesn't "lose perspective" at all, because they are both true - both reality - at the same time! R' Tzvi-Meyer says this is why Hashem can love us even if we have done bad things and are a mess: because He does not forget about the Good in us...it's still there...no steerah to Hashem. We, unfortunately, often *do* forget. Maybe that's why we are called "enosh" - as in "nosheh": to jump, or slip from it's place (gid hanasheh) - we forget!

If we'd actually appreciate **a day** with our spouses, if we got one; with our children if we have some; with our jobs if we got one; with our sanity, if we have it; with whatever we've "got" - things would be beautiful even though we fell, lost stuff, screwed some stuff up, in otherwords, were **human**. "Beautiful" does not have to be "perfect", to still be beautiful.

Just like my spouse, kids, job, sobriety, and self.

Bilti laShem l'vado!! Boom!

Thanks for *everything*, reb b!

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Re: I will make it b"h

Posted by MayanHamisgaber - 04 May 2017 17:12

[bardichev wrote on 01 Sep 2010 17:58:](#)

I WROTE THIS TO OVADIA

[bardichev wrote on 01 Sep 2010 16:29:](#)

I don't know what yidishkiet is, but I now know that it is not about feeling good.

yiddishkite

is about serving Hashem

who can serve Hashem?

HUMANS

now being Jewish gives you an edge

for 2 reasons

#1 you get the instruction book the Torah(rambam shilchan aruch etc)

#2 you dna has it patterned in fro our forfathers and even you own parents and grandparents

but lets go back to HUMANS

Humans run on two tracks one is specific calulated thought and the other is emotional feeling that involves no rationalizing

as long as you are Human you will FEEL things

love hate fear graditude lonliness happiness inferior fear excitement etc etc

humans crave enjoyment

yup we do

HASHEM made us that way

your job as a jew is to find enjoyment in your serving HASHEM

oh its not so easy

why?

there is an obstacle course out there

set up by HASHEM to "challenge" you

so you will have to actually work hard

that is also a Human thing

that we only "enjoy" what we actually work for

so my good chaver

why is it so difficult??

aha!! you will only find the enjoyment AFTER you worked worked worked without any feeling

of enjoyment or success

keep on trucking

bardichev

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Re: I will make it b"h

Posted by MayanHamisgaber - 04 May 2017 17:24

[ovadia wrote on 13 Sep 2010 09:45:](#)

[bardichev wrote on 01 Sep 2010 17:58:](#)

I WROTE THIS TO OVADIA

Hey Barditchev, I never saw this hemshech. Thank you and Dov.

I have a question for you.

In the context of Teshuva the seforim all talk about ??????? ?? ?'. Is that a "feeling" one gets of being close to HaShem or is it something more real/tangible?

Thank you.

Ovadia

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Re: I will make it b"h

Posted by MayanHamisgaber - 04 May 2017 17:26

[Dov wrote on 13 Sep 2010 16:58:](#)

The extent and quality of the relationship you end up with (with anybody, not just Hashem) depends upon what you you put into it.

If I connect with my wife mainly as my personal candy machine, I get a relationship with a candy machine. Wow....profound...meaningful...satisfying...**not**.

Same l'havdil with Hashem. He can be my personal candy machine, sometimes I gotta pay for it, sometimes for free....still, all He is to me is my machine. OK, the machine has my name on it...but it's still basically a machine. He didn't make life to be that way! Maybe that's the way it is for malochim and for the stars, sun, and moon ("koach ugavurah nosan bohem...") - but not for us humans (yeah, the creatures that drink Woodford, as Reb b would put it.. ;D). For us there is a real G-d there! He took us **out** of 'beis avodim' - slaves are like machines! But now, we are out of beis avodim because b'ni b'chori Yisrael! We are **His kids** now! (so darshens the Sfas Emess

on those p'sukim)

So: we read the 13 middos and see just Who this G-d is! We want *more* than a candy machine? Then we gotta become *yod'ey Hashem*...whatever that means. Ask Yirmiyahu hanavi, who described it clearly and referred to His Rachamim.

And it takes time and work.

Same with the wife. Know her as a body....get fun, frustration, pain, desire, more pain...more lust...mazel tov. But after it is over, it's all just memories, nothing more. Nothing tangible....is that 'real'? Anyone can play 'husband' and 'wife'. Anyone can go through the motions and even say "I love you".

But when you don't stop at that, and *work* to know and appreciate who she really is *besides* a body, (and besides even a *woman*!)...**now** the connection can be real/tangible. And it grows, and grows. There can be joy, even when you are apart, cuz it's not an act and not just a memory.

That takes work and time. It all depends on what we want.

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