

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 MayanHamisgaber - 04 May 2017 17:49

[bardichev wrote on 14 Dec 2010 15:48:](#)

encouraging and thoughtful that i know i can do this for good !

Zemmy I am driving down the main road of bards town from west to east I will give u a blast

Herr ois.

I need to talk very openly to many of our veterans here

Zemms u are a veteran with 1000 posts so you gotta listen

Our job here is not to be shmuts free

Our job is not to reinvent ourselves

Our job is not EVEN to change

!BARDS VUSS ZUGST DU!!!

STAM KEFFIRRA??!

Slow boys slow

Herr ois

I myself and many veterans here have contacted me on my help line

They are crying

Waaaaaaa

I went 90 180. 360 2 years etc etc

And I still urge

I still need the fix

I still get triggered

Psssst shhhh I still slip and falll

Waaaaaaaaaaa!!!

Herrr ois

This is very very important

What we do here is very interesting

We activate dormant energy that was put to sleep by our addiction

Keep on reading boys

Its important

Again ill be masbir

The addiction is fun it gives pleasure. It provides an escape hatch from the real issues in life

But but ... (Bards is back in form)

It kills everything in our human nature

It kills the energy we need to be able to work on breaking the pattern

So the addiction is really set up good

He comes in drives u to the amusement park locks u in. And robs your car. So u are stuck

And he tells u don't even try to leave

It will be worse if you leave

You NEED to be here

Ok

Now what we are accomplishing here is

Is

Azoi

We say there is no amusement park

There are no gates

We are not trapped

We shine light on the addiction

And it begins to fade

What we accomplish here is NOT a cure

It is NOT magic

And we will never ever be lust free

Nevevvvvvvver

But we got the "gevver" the "ammunition" within our minds to say. I'm only a prisnor of my own

imagination

Bards

KOT

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Re: I will make it b"h
Posted by Workingguy - 04 May 2017 19:09

Brilliant. Wish I was on the forum when he was active.

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Re: I will make it b"h
Posted by Markz - 04 May 2017 19:34

People may say that about you when you hit the ESC button like he did and leave technology behind in the twilight zone

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Re: I will make it b"h
Posted by Hashem Help Me - 04 May 2017 20:41

Thank you for sharing these meaningful posts from the past. Brilliance. What ever happened to him?

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Re: I will make it b"h

Posted by MayanHamisgaber - 04 May 2017 21:18

Don't know assuming what happens to addicts when they get real...

They need to be in the real world not virtual

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Re: I will make it b"h

Posted by MayanHamisgaber - 04 May 2017 21:21

[bardichev wrote on 10 Aug 2011 14:24:](#)

ok here is some straight forward chizzuk

look in the mirror

talk to yourself

(make sure no one is around or they will send u to bellvue)

scream loWDLY!!!!

I AM NO ONE'S FAULT!!!

again

I AM nones fault

life is meant to be lived in the present

not in the past

i will deal with my issues nisyonos hangups addictions habits middos ghosts dibbukim (pick your flavor)

as they come

in real time

i am no ones fault

i will not blame ny lackof shmiras eye-naim

not on the neighbor,the cleaning lady ,tthe shvigger,the rebbetzin,the queen,the stewardess,

i will not blame the internet the iphone the blackbery the wii the psp the the ipad pad ped pid pud

i actually don't even need to blame

did anyone ever tell a orthopedist

that the sidewalk was too hard??!!

did anyone tell a heart doctor ??!! the cholint was too fatty??

maybe they did

does it help if it someones fault ??no!!!

so why are we sitting around crying

keep on trucking

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Re: I will make it b"h

Posted by MayanHamisgaber - 04 May 2017 22:23

[ZemirosShabbos wrote on 06 Oct 2011 22:06:](#)

erev yom kippur drasha fin der rebbe oif'n yiddisher forum:

yeedin ess is erev yoim kippur

tayere bridder lummer zich ibberbeyten

tayere brideer

lummer zuggen hoich in klur

tatteh vus is geven is geven

ins hubbin a yatzer hura

a chailek fin dee zhamu fin de nuchash hakadmoinee

avaddeh ess is nisht a tertz

ubber ins zenen geurrin chavairim mit dee yetzer harah

meer hubbin emm leeb

eym mit alleh zayner kailim vikailim shionom

ubeer hayligger tatteh

retoinaynee lasios ritoinchu

meer villin zayn git

meer villen zayn hayligg

meer villen zayn normaleh mentchen

ehrlicher menner in shteeb

fraylicher tattes tzee dee kinder

attech helf

rachmuneh sheziv rachmuneh proik

tatteh der yetzer lust nisht

viffel machuves

viffel reeyes

vuffel shmutz in shlects

ess is kayn mul nisht genig

ubber dee bist a tatteh

a tatteh vayest venn zayn zeen tit vayyy

tatteh !!!!

ess is a dor yusoim

oon a tatteh

afilleh dee tzadikai hadur

zullen zai hubben gezint in koach

zai vaysen oich nisht vee tze shluggen mit dee nayer yetzer

tatteh

ich villl reddin tzee der uffin

tatteh

nechtin is avek a goy

err hayst steev jobs

tatteh derr uril hut genacht dee ipad dee iphone dee ipod

tatteh err is a grummeh benezikin

tateh vays emm vee err hut ungekimmen mit zayn technilugya

yeedin

men dertzalt a sippur fin dee hayligger chufits chaim

zayn aynikkl nebech hut shoin nisht getoikt nebech bayumim huhaim

zee hut gezookt zaydeh dee zitst duu in dee finsterer velt

mayn velt is lichtigg

kik viffil chuchma is du in mayn velt

hut dee hayligger chafets chaim gezukt

ets machen airplannen

ins machen mentchen

bald vett menn hubbin a airplae vuss vett gayn tzi dee livuneh

in bumbes vuss vett churiv machin dee ganteh velt

vuss hubbin dee goyim mit alleh chuchmeh

yedder is bahuften tzi a klayner kli mashchis

tatteh

nemm shoin avvekk alleh dee meni-ess in deeni deer

yeedin

in dee hayligger meor aynayim vert gebrenzt as yom kipper is mechapir oif dee harbste avairis

lishuvin iliainun shuvin

yeedin hets verter

men ken zich oopshuklin fin alles

alles

ayy ayy

men hut gezugt dee zelber letzter yoor

DER YOOR MAYNT MEN DOOS ERENST!!!!!!

far yom kipper ken men geybin a brucha

tayer yeedin

zollen meer alleh zayn gebentcht

zullen meer treffein emmesser simcha

nur in deee basheffer

nur mit dee mishpoocha

zul men zayn nachas

zull men hubben gevaldigger parnusseh

zull men kenen feelin dee glik fin zayn a yeed

a git gebentchter yoor

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Re: I will make it b"h

Posted by MayanHamisgaber - 04 May 2017 23:03

Found out what happened....

[ZemirosShabbos wrote on 24 Sep 2012 02:51:](#)

From the rebbe reb b:

Hello zemiros

Im sure you have been scratching your head wondering ehere in the world I am

Well maybe I shud be a little humble and think that maybe im not missed

Well I do owe a bit of explaining

HERE GOES

Bederech she-adam rotzeh laylech bo molichin oso

I have for years struggle with the poison the death pill known as internet addiction

The follies and fables of my rises and falls are well documented in bardichevs battle and in many other threads of the forum

Enough cannot be said of the wonderful forum the goodness it provides the help the comeraderie

It was my rescue parachute from living a life I couldn't stand

A life for self torment

I found many like minded fine wonderful people there

I made great strides

I was somewhat of a fake folk hero

I changed my habits

BUT!!

I didn't change

About a year ago after 2 and a half years on the forum

After speaking to and meeting so many of the chavirim here

After posting over 5000 posts (not counting the ones that were removed HEH HEH..)

After giving and receiving so much chizzuk

After joining the Yiddish forum

After becoming a moderator

Through a sequence of events

Through a sequence of gut-wrenching events

Through a sequence of gut-wrenching miraculous events

I was at a cross road where I was going to head with continuing on the forum or not

I will keep a good portion of this story to myself

It was best decided that I leave the forum

Zemmy,I am now in a place called Realville,KY

Yeah it's a stones throw from bardstown

Actually im not in kentucky at all

The only thing I have from Kentucky is some good shnapps

In what I call realville

Is plain life

I deal with problems and with successes as they come

Im not a victim

Im no ones fault

Im not the result or the reaction of anyones deeds or misdeeds

Im not a subject

Im a person

I make decisions

Good and bad

I eat my words sometimes

I make people smile

I cry

I laugh

I dance

I drink woodford

No one is responsible for anyone of my weaknesses vices or seemingly addictive behaviors

I have become a better person

A better husband

A better father

A better son

A better Jew

No longer do I feel the urge to tell the world how I feel

Or what to feel

Or explain the addictive nature of the addictviling addictive addiction

Or the addiction to the addiction

Or the addiction to that

Im out

Im in the the school of hard knocks

Im a scrappy little foot soldier

That rolls with the punches and picks up from where he left off

I try to live each and every day to be meaningful and real

I had 3 major things happen to me in the past half year

One was citi field

Two was losing weight

Three was taking up daf yomi

Citi field was really a huge chizzuk

I haven't been on the forum since December

Knowing our chevra im sure it was looked at with a bit disdain

But to me it was a huge chizzuk

Losing weight was a result of a exercise and diet regimen

I learned in realville that we are in control of everything we do

No we are not guaranteed results

But the chances of losing weight is a lot greater when you do 1 hour exercise every day

Much greater than eating parve cheese curls and doctor pepper

The daf was a natural extension of the exercise

I said

Hey u can do the exercise

You can do the daf

I was sitting in the metlife stadium during the siyum hashas

A buddy texted me

Hey di u wanna start the daf tomorrow

I said

Yup

And BH

We have been at it 52 days since kayn yirbu

Ok where do we go from here?

Lessons learned

Addicts need addicts

We need one another just to see that we are not crazy

We can not stay at the healing addict level forever (dov my brither I don't mean you)

We gotta face the world

We gotta face the daemons

It will be hard

But come clean to your spouse

She will be more supportive than u can imagine

Live life

Live life

Just keep plugging at it

There are no downfalls

There are no set becks

There are just opportunities to rise to a new level

Live life in realville

Don't be prisoner to any so called addiction

Real or imagined

And don't be chained to recovery either

It is erev yom kipper

There is no greater time than now

Take all the lessons that we learned on the forum

And APPLY THEM!!!!

As Dov taught us

The program works for those who work the program

You are not the prisoner of anyone's jail

Only the shackles of our own imagined ones

Break free and rise like an eagle

Soar to greater heights that you have not even imagined

May you and all the chevra be gebentched with a gut gebentcheter yur

Only Simcha bracha and nachas

And if things are seemingly not going the way u imagined

Nu nu

Keep on trucking!!

Ony Simcha!!

You are no ones fault!!!

Gmar chssima tovah

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Re: I will make it b"h
Posted by cordnoy - 04 May 2017 23:15

Der yetzer lust nisht....I like the way that looks.

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Re: I will make it b"h
Posted by MayanHamisgaber - 04 May 2017 23:16

The end of that thread onto the next

Any suggestions?

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Re: I will make it b"h
Posted by Hashem Help Me - 04 May 2017 23:51

Is his point that the l'chatchila is to graduate the forums and go at it alone?

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Re: I will make it b"h
Posted by MayanHamisgaber - 05 May 2017 03:31

YUP!!!!

not really alone

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Re: I will make it b"h
Posted by Singularity - 05 May 2017 09:06

[MayanHamisgaber wrote on 05 May 2017 03:31:](#)

YUP!!!!

not really aone

Cords is a repeater I guess

I suggest something:

Someone who has been around since the dark days, please make a concise History of GYE.
Bard? Dov? guard? Where/when were they? How did they play? What major trends were there?
We need an archive! I might read it over and over again!!!

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Re: I will make it b"h
Posted by MayanHamisgaber - 07 May 2017 18:40

I understand why minus karma you do not see who did it

but why can I not see who or at least why plus happens

The reason I ask is that if I am doing something right I would like to know about it....

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