

Tateh all my struggles are you  
Posted by tiger - 13 Feb 2017 02:56

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WWho gives me my breath?

who gives me my sight?

Who gives me strength?

Who gives me everything I have?

I think we all can agree that hashem gives it to us!!

So why don't I believe that my lusting comes from him too?

Why when I lust do I think that I am disconnected from hashem?

Without him I would never be able to lust! Why did he send me lust? To stay there and fall?  
Heaven forbid!!

He sent lust so that I can understand what love means!

But what do I do now when I am all tied up in lusting for the wrong things?

I ask hashem to remove it for he is the one that blows life into it!

But I do this lots of times and I find it does not help me??????

We don't know hashems ways at all. We ask him to remove it and we are honest with ourselves  
and we leave the rest up to him!

If it's so simple why do I keep falling?

It's not so simple to believe that everything is hashem,try it and see for yourself.

Just sharing some of my thoughts

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Re: Tateh all my struggles are you  
Posted by cordnoy - 13 Feb 2017 03:25

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[tiger wrote on 13 Feb 2017 02:56:](#)

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Those thoughts will probably keep you spinnin'.

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Re: Tateh all my struggles are you  
Posted by cordnoy - 13 Feb 2017 03:37

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And besides, many of us made decisions in our life that led to this predicament.

Some of us don't wanna admit that though.

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Re: Tateh all my struggles are you  
Posted by Markz - 13 Feb 2017 03:41

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[tiger wrote on 24 Aug 2015 14:45:](#)

we have to learn to THINK of hashem,

If we think a thousand times LEIS ASAR PUNIE MENIE( there is not a place were hashems presence is not felt) then it will sink in.

Yidden that have true devekus in hashem walk in the street and mutter to themselves hashem is here with me now, now I know that we are so caught up with enjoying ourselves that we are not interested in saying or thinking these things, as far as we are concerned hashem is a bitter pill to swallow, that's why we have tzadikim and sfarim from tzadikim so that we can take our smart minds(we think we know and understand everything) and smear it on a piece of bread like a delicious jam, and just trust these tzadikim, they have taught us that hashem is the sweetest thing in the world!!!!!!!

The yetzer has us so wrapped around his finger that we think THAT A BEUTIFUL WOMAN IS THE BEST THING AHHHHHHHHHHHHHHHHHHHHHH.

So lets all take our minds which got us in to truble in the first place an lets just think of hashem

and daven to hahem even if we DONT want hashem let me mevatel ourselves once and for all to the real truth, even though a lot of us are not in the madragia now to really want hashem but we will keep on WANTING TO WANT HASHEM, couse we all know how life turns out with out hashem.

I hope this will help somebody, happy elul.

Has this helped **you** reduce your lusting habits

If yes, cool

If not, give a honk, here or better on your personal thread

Regards from Winnie

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Re: Tateh all my struggles are you  
Posted by Singularity - 13 Feb 2017 07:33

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[Markz wrote on 13 Feb 2017 03:41:](#)

[tiger wrote on 24 Aug 2015 14:45:](#)

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Regards from Winnie

True.

I find the stuff in the *sefarim* hard to digest. And nowhere has it really changed me, besides a few inspirational bursts here and there.

And Markz, stop turning this place into an animal farm. We can all stand on two legs.

Yours,

(Napoleon) Piglet.

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Re: Tateh all my struggles are you  
Posted by MayanHamisgaber - 13 Feb 2017 07:46

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While it seems that some or even many find it hard to digest what the sefarim say personally I get a lot out of them but one needs to work with what works for them!

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Re: Tateh all my struggles are you  
Posted by tiger - 13 Feb 2017 14:36

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I find the holy books very helpful, but there is a difference between learning them and actually doing what they say.

Most of us think it's easier to listen to bill then it is to listen to Rabbi nachman for example.you have to be radical to start living like Rabbi nachman it also means giving up all pleasures of life while bill allows us to leave our life the way we like.

I have no problem with people doing what works for them, but what I find disheartening is when I mention something from the sefarim all I get is a bunch of bashing, instead of thinking that maybe I am not going in the ways of tzadikim it's easier to bash and ask"is it working for you"?

I almost feel like I don't belong writing here. Sorry guys I hope u understand me

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Re: Tateh all my struggles are you  
Posted by tiger - 13 Feb 2017 14:39

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I struggle to really believe what the sefarim say, in my opinion that's why I have a hard time internalizing what they tell us.

can you imagine if we would work the sefarim like we work the 12 steps?

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Re: Tateh all my struggles are you  
Posted by Singularity - 13 Feb 2017 14:42

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[tiger wrote on 13 Feb 2017 14:39:](#)

I struggle to really believe what the sefarim say, in my opinion that's why I have a hard time internalizing what they tell us.

can you imagine if we would work the sefarim like we work the 12 steps?

Interesting.

I think some people *have* seriously worked the sefarim and found solace in the 12 steps.

Why?

Is it something to do with empathy? The 12 steps were created by those who needed it. Perhaps it has more voice, more resonating connection.



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Re: Tateh all my struggles are you  
Posted by tiger - 13 Feb 2017 14:45

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I understand that totally.

But why bash the sefarim and not believe that they understood what's best for us!

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Re: Tateh all my struggles are you  
Posted by tiger - 13 Feb 2017 14:46

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I personally work on trying not to think that I am smarter then them

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Re: Tateh all my struggles are you  
Posted by tiger - 13 Feb 2017 14:48

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IlIn my opinion it's called giving up on what they said and trying to find new ideas. Which I am fine with but don't bash just say I am not internalizing them and I need to find something else

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Re: Tateh all my struggles are you  
Posted by Markz - 13 Feb 2017 14:51

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[tiger wrote on 13 Feb 2017 14:45:](#)

I understand that totally.

But why bash the sefarim and not believe that they understood what's best for us!

Who is being bashful here???

It sounded like you were sharing that seforim don't help you free from lust and I commiserate

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Re: Tateh all my struggles are you  
Posted by tiger - 13 Feb 2017 14:54

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TRead my post and you tell me if I ever said that the seforim don't help. Just the opposite I am saying that we need to trust them! What I am agreeing is that it's not easy to trust them

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Re: Tateh all my struggles are you  
Posted by GrowStrong - 13 Feb 2017 14:57

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I think that the issue here is that for many of us, no matter how much chizuk we got in the daytime, it didnt stop us from turning into behemes in the night time...

And so while the heilige sforim help like nothing else in the world (its the Torah!!!) we just understood/understand that they were not going to stop us from acting out.

And we had to dig deeper, into ourselves, deep to the reasons behind the acting out...

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