

My Book of Business

Posted by Shivisi\_Hashem - 19 Apr 2017 16:41

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Hi all ?????? ????? ?????,

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ?????? ?????? ?????, you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

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Re: My Book of Business

Posted by Shivisi\_Hashem - 16 Jul 2017 12:09

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## **Day #20**

Im BH still clean, im day 20.

i had a great and clean weekend, i feel very delighted about it, it keeps me going.

Its very hard to write here, im between people, will write tomorrow in more detail.

have a great and clean Today....

Thank you all.

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Re: My Book of Business

Posted by New Person - 16 Jul 2017 21:05

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Shivisi! you are a inspiration for me.

Thanks for sharing.

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Re: My Book of Business

Posted by TzedekChaim - 17 Jul 2017 02:38

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Really special how positively you are looking at your life and family. The energy that you describe your journey and events with is very inspiring to me. May Hashem bless you each day with a lot of Hatzlacha and may your positive-energy driven truck keep on the trucking haul: ODAAT!!

Thank you Shivisi!!

Peace out, brother!! and All the best for toDAY!!

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Re: My Book of Business

Posted by Shivisi\_Hashem - 17 Jul 2017 13:57

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## **Day #18 – Chai Days,**

B"H I passed **Day #17 and Today is Day #18**

**Today** is number #18, I had BH a clean yesterday day and night, and yes! I have a life, 18 = Chai! im living now, for the last 30 years I wasn't living, I was just dreaming, fantasizing, now I live, ???? ???? ??? ???????, I have a real life, hashem is the best, and im very thankful for him that I have a jewish soul, only we, jews can understand the good part of being clean, Thank you hashem for giving me a Nashamah,

My last 2 weekends was a real game changer, I didn't had any real struggles, very interesting, it passed by like nothing, no clue why, probably because of your tefilas and support, im clueless why, might be because change in routine, what ever the reason is, it feels great BH..

Thank you Hashem, Thank you to my partner and thank you all GYE'ers.... You are the one who got me here, ????? ??? ?? ?????? ????? ??????

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 18 Jul 2017 14:48

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## **Day #22**

B"H I passed **Day #21 and Today is Day #22**

**Today** is number #22, I had BH a clean yesterday day and night, by now I feel that everything is in my head, if I'm thinking and living in a positive way, think and dream positive, big and happy, that everything is good, not that it will be good, but it is good, then everything goes in a great direction, including lust controlling, and that's how I always try to live, and I can tell you, it works, it lifts up my spirits and all my surroundings as well.

Biggest game changer of joining GYE was that I love my family and my wife, she is my biggest supporter, in all aspects, she helps me living in a positive way, so we can dream and live bigger and bigger. Since I joined GYE, im much more connected to them, im not living in another world, im not fantasizing in another world, im home when im home, and im in shul when im in shul, and im by the gamara when im at the gamara, and im not always in fantasy land.

Thank you Hashem, Thank you to my partner and thank you all GYE'ers.... You are the one who got me here, ????? ??? ?? ?????? ????? ??????

will try to remember 2 things today, 1) im focusing only on today, only today i have to stay clean 2) that what ever its happening to me, the good or bad, its only from hashem, and he has an exact Chesben on it, and it not up to me to understand why its being done that way.

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And**

## Together!

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Re: My Book of Business

Posted by Shivisi\_Hashem - 19 Jul 2017 19:33

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## Day #23

B"H I passed Day #22 and Today is Day #23

**Today** is number #23, I had BH a clean yesterday day and night, by now its just getting easier and easier, the last 2 weekends I had, if anything, just a bit of lust, which is a huge achievement, clean weekends? Who dreamed about it, but let alone clean, what about lust clean? That's major!!!! and the last 2 weeks I had very easy days, which the summer days and nights used to be the most difficult time, so my issue is, is it just a trick, and im on the path of a fall, that's the way of the YH to trick me in, to get myself comfortable and then TRAAAACH, a fall, or am I really healing myself, I think that i will choose for now the 1st one.

I saw a great vort, which ill share:

why in the world did hashem created the YH, and the whole nisyones stuff is so unfair and tough, why in the world is hashem doing that to us? there are thousands of answers for this question, but I saw a good one, when someone keeps on having daily a good piece of steak or ice cream, or any good enjoyable thing, on a daily basis, it will eventually get boring, and he will just don't enjoy that piece, but if he gets the same piece just once a month, let's say only on Rosh Chodesh, or once a year for purim, then it will be a very enjoyable piece, and he will wait anxiously on that moment so he can enjoy it, so that's the same thing about our nisyones, hashem has his ?????? who are doing the ????? ??? on a moment basis, they do every second what hashem wants and with the full passion and with all the details, fully ????? with no ??????, and hashem has his joy and ?????? from it, but its getting boring, because it's a none stop joy, but when we humans are doing the ????? ??? we try to do it at our full extend, with all the details, and **we do fall from time to time**, and we start from fresh, that's the biggest ????? hashem has from us, because its not boring, and that's why hashem created the YH and our nisyoinen, and when we fall we have to remember that the TANUG hashem will have when we dust off our self will be the most enjoyable moment hashem can have, ?????? (first pc of the ????? ????? in ????? ?????)

Thank you Hashem, Thank you to my partner and thank you all GYE'ers.... You are the one who

got me here, ????? ??? ?? ?????? ????? ??????

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 19 Jul 2017 19:39

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check out the 3rd paragraph.unbelievable, i sew this a while back, this guys tefile for kedishe, he had lust issues even in concentration camp..... see how he is begging hashem for helpFor me its a treist, that in such a matzev to have such nisyonis is a moridige chizik that im not alone and there is hope... we should say this tefilah daily.interesting, there was no women there, no internet, no food, no nothing, they were not even human beings, and they had those struggles.

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Re: My Book of Business  
Posted by Shivisi\_Hashem - 19 Jul 2017 19:44

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check out the 3rd paragraph.

unbelievable, i sew this a while back, this guys tefile for kedishe, he had lust issues even in concentration camp..... see how he is begging hashem for helpFor me its a treist, that in such a matzev to have such nisyonis is a moridige chizik that im not alone and there is hope... we should say this tefilah daily.

interesting, there was no women there, no internet, no food, no nothing, they were not even human beings, and they had those struggles.

?[drive.google.com/file/d/0B9VBNSA4QfZtN1V5SDRoTXdfbGc/view?usp=sharing](https://drive.google.com/file/d/0B9VBNSA4QfZtN1V5SDRoTXdfbGc/view?usp=sharing)

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Re: My Book of Business

Posted by Shivisi\_Hashem - 20 Jul 2017 19:58

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## **Day #24**

B"H I passed Day #23 and Today is Day #24

**Today** is number #24, I had BH a clean yesterday, day and night, im just popping in, im very very busy today, thats great.

Thank you Hashem, Thank you to my partner and thank you all GYE'ers.... You are the one who got me here, ????? ??? ?? ?????? ????? ??????

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 24 Jul 2017 18:00

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## **Day #28 – 4 Weeks clean!!!!**

**B"H I passed Day #25, 26 & 27 and Today is Day #28, 4 weeks clean!!!**

**Today** is Rosh Chodesh Av, and it's Today number #28, I had BH a clean weekend and yesterday day and night,

The last 2 weeks I had it somehow easier, even it used to be to toughest days in the year, I didn't look at any inappropriate sightings, no porn, tried to control my thoughts, etc, but today in the morning, it waited me a little change and surprise, it was dark, raining, tired, and it was a huge struggle, I wasn't in the mood of fighting, and I almost fell, but I managed to get out of it beshulem, I just jumped out of bad before its getting too late. Yes, I did it. And It was more as a reminder, hay, you had some easy days, but don't forget, you are here for a mission, and it's a life mission, let's not get to comfortable, and not forget, that the YH is here to get us, and he never ever forget about us, shine or rain, tired or rested, he is here, and that's one of his major tricks, and let not get tricked in... probably the last 2 easy weeks was a gift from the YH, and I won't accept such gifts... PINTEL, I don't need this gifts... you hear me YH????? It's a no no no.....

Today is Rosh Chodesh Av, and hashem is waiting for us we should come back to him, yes, he sent us away from his house, but he came with us along, he will never let us falling, and if we fall, he is in much more pain then us, he and us are one, ????? ????????? ?????? ?? ???, so when we fall, he falls together with us, so when we pick our self's up, he is getting the most joy someone can imagine, so let's give to hashem the most precious thing we can give him, let's give to hashem our most best pleasure we want for our self, and let's give it to him by not doing this bad stuff. Who is in with me??

Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Today is 4 weeks, since my last fall, but I don't want to look at it as full 4 weeks, I will rather look at it as 28 Today's, I worked very hard on 28 separate todays, every day a separate struggle, better, every minute a separate win.

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 25 Jul 2017 00:24

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**Its up to me!**

I get discouraged now and then when there are clouds of gray,  
Until i think about the things that happened yesterday,  
I do not mean the day before or those of months ago,  
But all the yesterday's in which i had the chance to grow,  
I think of opportunities that i allowed to die,  
And those i took advantage of before they passed me by,  
And i remember that the past presented quite a plight,  
But somehow i endured it and the future seemed all right,  
And i remind myself that im capable and free,  
And my success and happiness are really up to me,

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Re: My Book of Business

Posted by yiraishamaim - 25 Jul 2017 00:34

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[Shivisi Hashem wrote on 25 Jul 2017 00:24:](#)

**Its up to me!**

I get discouraged now and then when there are clouds of gray,  
Until i think about the things that happened yesterday,  
I do not mean the day before or those of months ago,  
But all the yesterday's in which i had the chance to grow,  
I think of opportunities that i allowed to die,



But now you have become most serious,

giving over the fight to the one above,

daily success before your very eyes

Because of his everlasting love

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Re: My Book of Business

Posted by Shivisi\_Hashem - 25 Jul 2017 16:30

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## **Day #29**

### **B"H I passed Day #28 and Today is Day #29**

**Today** is number #29, I had BH a clean yesterday, day and night.

Yesterday was an easy day, I'm BH very busy at work, so that's helping a lot, so in job I don't have an extra moment to think about lust, when I get home from work, I'm very tired, and I try not to let lust to mix in my personal life, (easy to say...) so far I'm managing, that's for sure, posting and being part of GYE definitely helps.

I don't want to look back, but I'm doing so unconsciously, I really don't know, (I do know) how I got to this stage, summer used to be the worse, I used to act out like an animal, I didn't live like a human being, and now, I'm completely changed, I live a normal life, I eat, I sleep, I learn, I have a wonderful family, I love them, I play with them, whoever wants to join my wonderful journey, should hop up on the GYE train, it's a free ride, my life has changed completely....  
Thank you all!

I'll share what I learned last night in Mesilas Yeshorim:

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No comments necessity, and it's from the Mesilas Yeshorim, not from me,

Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 26 Jul 2017 13:52

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**Day #30 – 1 3rd of 90 Days**

**B"H I passed Day #28 and Today is Day #30 – 1 3rd of 90 Days, what a milestone!!**

**Today** is number #30, I had BH a clean yesterday, day and night.

Today im passing 1 3rd of 90 days, my longest stretch was 45 days, and I will pass that, (oops, shouldn't the focus be only on today???? Yes you are right) and please, all of you, help me out with my mission, Thank You...

The Mesilas Yeshorim Says, that if a person will think, again "stop & think" before doing anything, good or bad, that person won't do anything bad, just think, what am I about to do? Is right or bad? where am I looking? Is it right or wrong? Where am i going? Remember,

everything is in the mind, and we can control our mind, just think about that too.

Hashem, thank you, for helping me to survive, thanks to my best partner, and thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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