

Starting again!!!

Posted by OivedElokim - 11 May 2020 03:15

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I'm excited to embark on my journey to 90 days. I'm having a hard time staying clean for more than a week. Haven't really been 100% sure I really want to stop, and therefore I have a weak resolve and faulty

My plan is a daily post over here, content restrictions. I'm trying to formulate a taphsic-style deterrent without an actual ??????. *Please post any suggestions you might have in that regard.*

I'm also going to try be in touch with accountability partners.

My current goal is 2 weeks clean. Will see what happens next.

Wish me luck!

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Re: Starting again!!!

Posted by OivedElokim - 17 Dec 2020 20:42

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Today has been slow and lethargic, but it's not over yet. Gonna go daven mincha, light menorah, and get in a few hours of learning, productivity and connection. See y'all later.

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Re: Starting again!!!

Posted by YeshivaGuy - 18 Dec 2020 04:51

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[OivedElokim wrote on 17 Dec 2020 20:42:](#)

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Howd it go? How u holdin up with the infiltrated stuff around?

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Re: Starting again!!!

Posted by YeshivaGuy - 19 Dec 2020 23:24

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If ur not in Yeshiva tonight, make sure to prepare. Cuz motzei Shabbos can get rough

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Re: Starting again!!!

Posted by OivedElokim - 20 Dec 2020 01:11

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[YeshivaGuy wrote on 18 Dec 2020 04:51:](#)

[OivedElokim wrote on 17 Dec 2020 20:42:](#)

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I don't have to use it if I don't want to. That's it. That's my special power.

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Re: Starting again!!!

Posted by Zedj - 20 Dec 2020 01:33

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Keep inspiring us!

I have to learn to enable my own special power

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Re: Starting again!!!

Posted by OivedElokim - 20 Dec 2020 03:21

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Friday night I struggled with some urges. I also struggled with depression, with questions of identity. I came up with this:

I am stuck.

I didn't get myself here.

My weaknesses don't originate with me, my base instincts are not of my making.

My foolishness, my drive for self-gratification did not make itself heard because I fell. It's the core of who I am.

I did not get myself into this mess. It was G-d who put me here. And as bad as it is for me, my G-dly soul is in bigger trouble.

Let me try and help him out, to redeem him, to give expression to his thirst and yearning, to let him yearn for G-d, to pour out his soul in prayer, to learn Torah, to do mitzvos, to let him return to his source, his natural habitat.

And I'll celebrate his joy, in the prince returning from captivity to his fathers home. There's nothing more powerful or more moving.

(??? ????? ????? ?? ??)

A gut voch!

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Re: Starting again!!!

Posted by YeshivaGuy - 20 Dec 2020 03:26

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[OivedElokim wrote on 20 Dec 2020 03:21:](#)

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A gut voch!

Big Yesod. That ??? is composed of 2 conflicting kochos. Self acceptance is accepting that this constant conflict defines ???.

Through Tanya, Alei Shur et one learns such concepts, the hard part is internalizing it and living with it

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Re: Starting again!!!

Posted by YeshivaGuy - 20 Dec 2020 03:28

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If I may ask, what is this "identity crisis" which u face?

Perhaps better to speak over PM if that's more comfortable, whatever u prefer

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Re: Starting again!!!

Posted by OivedElokim - 20 Dec 2020 12:07

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I don't think it's a unique identity crisis. I think we all experience an instinct towards holiness and purity, to do the right thing. At the same time we are drawn to the world and all of its temptations.

We then ask ourselves "who is the real me, and who is the imposter" as we fail to recognize that they're both real. One is our **self** and the other is our **ego**. As soon as we recognize that, we feel validated, because we can attribute to each one what they're responsible for.

I hope this is somewhat coherent and clarifying. If you have any comments or disagreements don't hesitate to share...

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Re: Starting again!!!

Posted by Realestatemogul - 20 Dec 2020 17:04

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Hi Oved,

I totally understand what you are saying! I very often feel conflicted and wonder why it is so hard for me to want to do the right thing, when I supposedly believe it is the truth.

Maybe this thought I just had recently will be helpful for you. Mesilas Yesarim (quoting various chazal) talks about this world just being a waiting room for the next world. Specifically, he focuses on not falling prey to the pleasures of this world at the expense of the next world. It hit me that maybe my expectations of purely wanting to do the right thing are out of place. Maybe we are meant to be conflicted and only in the next world our "identity" is clear.

When you go on an amazing vacation, you don't expect the time in the airport to be exciting and full of fun. Imagine if you got depressed because you found the airport boring and decided to cancel your trip. You would be a fool! Your trip didn't even start yet!

I realized that maybe if I truly was able to look at this world like that airport, then I can start to look at this world for what it is. A place for tough work, requiring determination, and with a focus on the ultimate future. Then I may not be as conflicted and my emotions would match my reality.

Let me know if that makes sense, and if you find it helpful!

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Re: Starting again!!!

Posted by Zedj - 20 Dec 2020 17:57

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Maybe this thought I just had recently will be helpful for you. Mesilas Yescharim (quoting various chazal) talks about this world just being a waiting room for the next world. Specifically, he focuses on not falling prey to the pleasures of this world at the expense of the next world.

You remind me of the "8th day" song:

I traveled halfway across the world to see a sage I heard he lived like such a poor man in this day and age I said, where's your leather couches Where's your golden chandelier Where's your walk-in closet For all that stuff you could wear.

Well, all you got is that suitcase my friend, ain't that true?

I said, yeah but you know that I'm just passing through

That's when he said...

I'm just like you I'm just passing through just like you My heart wants to feel Something that's real And my mind hopes to find Treasures of another kind And if you had my eyes you'd see A palace for you and me.

(It's based off a true story. I'll see if I can find it somewhere.)

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Re: Starting again!!!

Posted by Grant400 - 20 Dec 2020 18:03

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[Zedj wrote on 20 Dec 2020 17:57:](#)

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Famous story with the Chafetz Chaim...

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Re: Starting again!!!

Posted by Zedj - 20 Dec 2020 18:28

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I never heard this story with the chofetz Chaim but probably!

So many stories with so many chassidim, rabbeim, tzaddikim and great sages get mixed up very often. (ateast I mix them up).... Or similar stories are recorded.

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Re: Starting again!!!

Posted by mggsbms - 20 Dec 2020 21:48

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[Realestatemogul wrote on 20 Dec 2020 17:04:](#)

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That could be quite a morbid existence, living 70 80 years in a airport. Living the right way should make the journey enjoyable as well.

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Re: Starting again!!!

Posted by Zedj - 20 Dec 2020 22:14

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I play this out in my head alot. It's funny I don't just cut to the chase and say "im not doing this" rather it's a whole back and forth.

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