

Think Good

Posted by think good - 08 Mar 2009 14:38

Hi Everyone,.

This is a little difficult taking the first step and making a post.

Let me start with a short introduction.

Firstly, this is my 10th clean day. Actually not a big deal for me, as I have reached 10 days literally hundreds of times. Going from 11-20 is much much harder. I know if I can do 10 why not more? but

I have "lived" with this problem for over forty years! Many years before anyone had heard of the internet. I even stayed clean for over 7 months, but that was a long time ago when I was learning full time in Yeshivah.

Internet porn is very rarely my problem, I took out the internet at home, and my only connection is at work. It is very difficult to view porn at work when my large screen can be seen by anyone, (BH). However, if I happen to be in the office very late at night (which is rare), by yatza hara may well gain control.

My main problem is an tremendous attraction to women. As the Germon says "even a women's little finger can arouse...". From married women, young girls with long hair etc etc almost

Amazingly, I never did anything with a women, just bad thoughts and zera vbatola.

Of course I have had many ups and downs there are times when I see women with no effect,

and at other times be so hot I am an embarrassment to the Torah.

OK, I think that's enough for an introduction.

I will try in future posts (bn) to go into more details of my very long fight. I have some interesting tips and advice which may help others..

I will leave with a small tip. My forum name "Think Good" is very fundamental in winning the war. The Germor is Soter says a women does not commit adultery until "a spirit or folly enters her". The same is true of most avaras. If one is able to fill ones mind with good thoughts and prevent the "folly" from entering, one will never sin.

Doing this in actuality is very hard.

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Re: Think Good

Posted by silentbattle - 11 Jan 2010 15:18

70 days, wow!

And like KG said - a half hour is a lot, especially when you consider that every second, ever word of torah is pure holiness, the closest connection to hashem!

Post when you can, we're happy to hear that you're busy with good things!

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Re: Think Good

Posted by BecomeHoly - 13 Jan 2010 05:02

KUTGW! ;D

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Re: Think Good

Posted by think good - 18 Jan 2010 11:16

Thanks for the support.

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Re: Think Good

Posted by Kollel Guy - 18 Jan 2010 11:29

Update us man, how's the new seder/schedule going?

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Re: Think Good

Posted by think good - 28 Jan 2010 11:20

Not every day,

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Re: Think Good

Posted by think good - 28 Jan 2010 11:24

WOW I'M AT THE TOP OF THE 90 DAYS CHART SO HERE'S TODAY'S TANYA TO HELP
WITH GO FROM STRENGTH TO STRENGTH.

Likutei Amarim, end of Chapter 23

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This discussion of the exalted unity with G?d attained through Torah study, which is even greater than that accomplished by performing the mitzvot, explains why Torah study is so much loftier than all the other commandments, including even prayer, which effects unity within the supernal worlds.

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(1Although the law requires of anyone whose Torah study is not his entire occupation that he interrupt his study for prayer, 2 which would seem to indicate that prayer surpasses Torah study, this is so only because he would in any case pause and interrupt his studies.)

Thus it is not the law which causes him to interrupt. The law merely states that the interruption which he would have made regardless, be made at the time designated for prayer; and as soon as he interrupts his studies, he is automatically obliged to pray. 3

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From this explanation of the lofty stature of Torah study the wise man will be able to draw upon himself a sense of great awe as he engages in the study of the Torah, 4

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when he considers how his soul and its “garments” of thought and speech that are found in his brain and mouth are truly fused in perfect unity with the Divine Will and the infinite light of Ein Sof that is manifest in them i.e., in the soul and its garments when he studies Torah.

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This infinite light manifest in one's Torah study is of such a lofty level that all the upper and lower worlds are truly as naught in comparison with it; are in fact as absolutely nothing at all, so much so that they can only bear to have a minute glow of it clothed in them without their reverting to nothingness altogether. Their main life-force which they receive from it, however, is not clothed within them, but animates them from the outside, so to speak, in a transcendent, encompassing manner.

When he considers that the very same Divine light that is completely beyond the capacity of all the worlds manifests itself openly in his Torah study, the thinking man will naturally experience a sense of awe when he studies Torah.

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This is the meaning of the verse, 5 "And G?d commanded us [to fulfill] all these statutes, in order to fear G?d."

According to this verse, observing the mitzvot would appear to be the first step, and this leads to the fear of G?d. Logically, however, the performance of G?d's commandments would seem to be a result of one's fear of Him, and not vice versa. The Alter Rebbe therefore explains that the above verse speaks of a higher level of awe than that which is a prerequisite for performing the commandments. This level can only be attained as a result of one's observance of the commandments.

Now if the commandments lead one to a higher level in the fear of G?d, surely the study of the Torah leads one to a still higher level. This the Alter Rebbe now discusses.

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(Regarding this great fear our Sages said, 6 “If there is no wisdom there is no fear.” In this context, “wisdom” represents Torah study, and “fear” — the higher level of the awe of G-d which can be reached only by way of the Torah. By contrast, the statement, “If there is no fear, there is no wisdom,” refers to the lower level of fear which is a prerequisite for Torah study, as stated above. In relation to this level of fear, the Torah is called⁷ “a gateway to the dwelling,” i.e., the sole means of entering the dwelling, viz., the higher level of fear, as is explained elsewhere.)

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Not every mind, however, can sustain such a fear. Yet even he whose mind cannot bear such a fear, nor even a minute part of it, because the root and source of his soul derives from an inferior level — the lower gradations of the Ten Sefirot of the World of Asiyah, — even he should not be deterred from the actual performance of the Torah and the mitzvot for want of this fear, as will be explained further. 8

FOOTNOTES

1. Parentheses are in the original text.
2. Shabbat 11a; Rambam, Hilchot Tefillah 6:8; R. Shneur Zalman, Shulchan Aruch 106:4.
3. This interpretation is based on a note by the Rebbe.
4. The point of the following discussion of the awe of G-d that Torah study engenders in the student, and its relevance here, are explained by the Rebbe as follows: The Alter Rebbe has pointed out that the level of union with G-d's Will found in the study of the Torah is greater than the union attained through other mitzvot. He now goes on to say that as a result of this superior quality, the study of the Torah is superior in yet another respect, viz., it creates in the student a greater awe of G-d than that which the mitzvot create in those who perform them. In fact, this latter quality is more important than the former. Since the goal of all the mitzvot (and their attendant union with G-d's Will) is to lead us to fear Him (as the Alter Rebbe will quote shortly), the superiority of Torah over mitzvot in the attainment of this goal is more important than its intrinsic superiority - in union with G-d's Will. The relevance of this subject here lies in the fact that the entire discussion of the qualities of Torah and mitzvot is intended to show how "it is very near to you in your mouth and heart" (see our introduction to chapter 18). Clearly, the greater one's awe of G-d, the more is it "very near to you."

5. Cf. Devarim 6:24.

6. Avot 3:17.

7. Shabbat 31b; Yoma 72b.

8. Ch. 41.

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Re: Think Good

Posted by silentbattle - 28 Jan 2010 17:29

That's awesome - you're almost there!!

Keep on trucking, right past this milestone, and on to bigger and better places!

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Re: Think Good

Posted by think good - 28 Jan 2010 19:09

Almost is close, but not there yet

I'm leaving work now as already past 9 pm here in Eretz Yisroel.

I will have no internet connection until I come to work on Sunday morning which will be day 91!

BH there will be good news to report to all my friends at GYE

Thanks,

Good Shabbos

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Re: Think Good

Posted by silentbattle - 29 Jan 2010 00:23

We're all looking forward!

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Re: Think Good

Posted by josh - 29 Jan 2010 01:50

Good luck.....

You'll make it there don't worry....

Me too on day 88....

See you in the next level chart...

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Re: Think Good

Posted by imtrying25 - 29 Jan 2010 10:06

I am so frakin excited. Why didnt you let us EY'ers know about this?? We would throw the biggest party known to GYE universe, for you!! Have a great shabbos TG. Cant wait to hear the good news!!!

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Re: Think Good

Posted by think good - 31 Jan 2010 07:36

Mazel Tov, I am no holding on the 91st day!!!!

Thank you to all my friends at GYE and particularly to Guard.

I will bn post in more detail explaining some of the ways I reached 90 later today.

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Re: Think Good

Posted by silentbattle - 31 Jan 2010 08:00

Looking forward to hearing from you!

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Re: Think Good

Posted by Kollel Guy - 31 Jan 2010 13:53

Nice!! Tell us what it's like...

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