

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

=====
=====

Re: OivedElokim-I'll never give up

Posted by oivedelokim - 09 Jul 2024 18:44

[chosemyschem wrote on 09 Jul 2024 17:11:](#)

That is a beautiful vort. Thank you for sharing.

(Agav, I tried reading the sicha

www.chabad.org/therebbe/article_cdo/aid/4632005/jewish/On-The-Essence-of-Chasidus.htm)

and got hung up at like the first paragraph. No idea what this means:

"????????????? ??????????? ???? ?????????????? ????? ? ?????????????? ??? ?????? ??????????????
????????????????? ??????????, ?????????????? ?????? ? ?????????????? ?????????????? ?????????????????? ??????????
?????????, ?????????????? ?????? ??? ?????????????? ??????????????"

I've never heard anyone say that chassidich torah is a qualitatively different type of torah before. Is that a common belief?

Hey Choosemyshem. First of all, thanks for reading my long post, I wasn't sure how it'd go over.

I'd like to address the point you raised, and I thank you for raising it. This is an issue that used to bother me as well, and I'm sure many other people reading this post might get stuck on something like that, so thanks for giving me the opportunity to clarify. I have some time on my hands so I'll try to be thorough:

This is a common belief in Chabad, (can't speak to the beliefs of other Chassidic groups, though from what I know I suspect that most have never heard of such a concept). It was discussed by all of the Chabad Rabbeim in different contexts, beginning from the Baal Hatanya [In fact, this is why we make such a big deal about Yud Tes Kislev-It's not merely a celebration of a nes that happened to a Tzaddik, but rather, it is viewed as a heavenly sign of vindication for this new derech of Chassidus, which is why the fifth Rebbe termed it the "Rosh Hashana of Chassidus"-agav, there is a fascinating story of Reb Chaim Ozer Grodzinski's response to another Misnagedishe Rov in Vilna who took issue with "creating new Yomim Tovim", I'd be glad to share if you'd like].

The last Rebbe certainly popularized this idea, as it is a dominant theme in his vast corpus of talks and writings, but he by no means invented it-in fact, this very talk is based on a Maamer of the Rebbe Rashab (the fifth Rebbe) in his magnum opus, Hemshech Ayin Beis (a series of Maamorim whose delivery spanned from 5672-hence the name Ayin Beis-and was never really completed as he passed away while working on it in 5680), and the general framework of the talk is culled from there.

That being said, it is important to clarify what the Rebbe is not saying: The Rebbe is not saying that Chassidus is qualitatively different in terms of holiness. Chas veshalom to say that a Perek Tanya connects someone to Hashem more than a Blatt Gemara or a Rashi on Chumash. The Rebbe would frequently quote the Rambam (I think it's from Pirush Hamishnayos) that the posuk of ????? ???? ???? has the same holiness as the posuk '?????'. Just as this applies within Torah she'bichsav, it is also true of all areas of Torah She'baal peh, ?????? ??? ??????.

When the Rebbe says that Chassidus is qualitatively different than other areas of Torah, he means the following:

In general, Torah (meaning Nigleh) is the way Hashem invested himself into physical objects and disputes, ???? ?????? ?????? etc. Although one cannot overstate the divinity inherent in Torah, it is not usually perceivable. Chassidus is the tool that enables one to perceive the G-dliness inherent in every other area of Torah.

In fact, this is the nekudah of the entire Sichah. I'll try to summarize it from memory, though I may have gotten rusty....

The Rebbe begins by highlighting the Chiddushim of Chassidus, and probes beneath all of them to uncover the fundamental, underlying Chiddush that undergirds the rest of them. Then comes the piece that you quoted, where he lays down the premise that Chassidus is an expression of the deepest level of the highest sefira, Keser.

After putting forward that idea, the Rebbe goes on to "prove it". He explains that Peshat, Remez, Drush and Sod correspond to four levels of the Neshama (Nefesh, Ruach, Neshama, and Chaya), and that Chassidus corresponds to the fifth and highest level, Yechidah (shoutout to Yechidah, baal hareflections-I love your stuff!!!).

Now, the Neshama is one entity. These levels are not divorced from each other. Thus, the Yechidah is the core of all the other levels, and when one reveals his Yechidah, it impacts all the other levels in a profound way.

Bringing this back to Torah-when a Yid taps into the Yechidah of Torah (Chassidus), it

transforms and uplifts his relationship with the other four levels of Torah-Peshat, Remez, Drush and Sod (I also think it's worth pointing out that the Rebbe breaks down Torah into what are essentially levels of analysis, not subjects. veda"l...)

This is where Modeh Ani comes in. Modeh Ani, probably for the reasons listed in my initial post, serves as the "case study" for this phenomenon. The Rebbe explains Modeh Ani according to each of the four levels, and then brings in the perspective of Chassidus, showing what Chassidus contributes to each level. I will not summarize them here, cause I don't mamash remember all the details and also because this post is getting very long...You already have the

I hope this was somewhat helpful. If you have more questions, feel free to either post here or PM me.

As an aside, there is a fascinating story about Reb Yoshe Ber Soloveichik's (The Rav-YU, for clarity) reaction to this Sicha, which I can share if people are interested and once I verify the details. The story of it's publication is also fascinating, but I can share that with you privately if you'd like.

link
Wishing you all the best!

Oived Elokim

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 09 Jul 2024 19:06

[Bennyh wrote on 09 Jul 2024 17:38:](#)

[oivedelokim wrote on 09 Jul 2024 16:52:](#)

Wow. I teared up reading these words, and then again as I type them.

This is an additional pirush in the words ??? ??????, which can be read not as a reference to our faith in Hashem, but Hashem's faith in us. The ones consumed with shame over the dissonance between our ideals and our ugly porn (or other negative) habit. The Rebbe teaches us that we are pure and holy at our core, and nothing we do can take that away from us.

I personally am resolving to take my own morning routine, starting with Modeh Ani, more seriously, and try to tap in to the boundless sense of gratitude we owe Hashem for giving us the zechus of being his precious children, cause ??? ?? ????? ?? ??? ?????? ?????.

Thank you for reading-If you have any thoughts or reactions I'd love to hear.

Wishing you all a wonderful, clean, successful and meaningful day,

OivedElokim

Can't believe I'm reading this.

Not much is moving me these days, but there was something that moved me slightly last week. I read chapter 4 of of Ben Torah for Life (quite half heartedly, just a few lines, just to DO *something*), and he quotes a lengthy piece from a speech R' Michoel Ber Weissmandel Zt"l gave 2 weeks before he passed away. And this is EXACT idea he said.

That ??? ???????? refers to Hashem's faith in us. If He gave us life this morning, it's because He has faith in us. Has a mission for us. Otherwise, He would have kept us upstairs. It moved me *nearly* to tears, but not quite all the way. Also, I didn't really do anything with it, unlike you. I just let the idea sit there in my mind, and I think about it once in a while. I guess that's something.

Then Friday night, when I got to the only portion of davening of the entire week that I still pay attention to, which is ?????? ??? ?????? (don't ask me why, I think it's just habit), I stopped by ?????? ?????? ?????? ?????????? ??????????.

I always understood ?????????? ?????????? to mean that we hold onto ?????? even when things are dark, (ala Chancy style), which is a nice thought when you're having run-of-the-mill dark days. But when you're having zero-feeling kind of black days, when black and white and every color in between is the same dull grey, that kind of vort doesn't do s*** for you, don't excuse my French.

But in light of R' Weissmandel's idea, I read it to mean ?????????? ??????????, that it's *Hashem's* faith that we're talking about. *Hashem* has faith in *me*, even when I'm in the dark. Not that *I* have faith in *Him*. But rather that *He* has not given up on *me*. He's there with me. He's waiting for me, patiently.

Again, it didn't move me to any action, but it's a thought.

Wow Benny, thanks so much for taking the time to read my post and share this beautiful thought.

I hesitate to give you any advice as you didn't ask me for mine. I will just say that in my own experience, action is always the key to get out of these emotional/mental/spiritual ruts. Action, action, action. Aggressive, proactive and relentless action. Learn a bit more, do some more mitzvos, and most importantly-do kind things to to others. The inspiration will come back, bez"h, but until then-do what you gotta do as best you can. I once saw a great quote "We do not think our way into new ways of living, we live our way into new ways of thinking". Take it or leave it, I guess. Either way, Hashem should grant you much success and joy.

Sending you a hug!

OivedElokim

=====
=====

Re: OivedElokim-I'll never give up
Posted by Bennyh - 09 Jul 2024 19:18

[oivedelokim wrote on 09 Jul 2024 19:06:](#)

I hesitate to give you any advice as you didn't ask me for mine. I will just say that in my own experience, action is always the key to get out of these emotional/mental/spiritual ruts. Action, action, action. Aggressive, proactive and relentless action. Learn a bit more, do some more mitzvos, and most importantly-do kind things to to others. The inspiration will come back, bez"h, but until then-do what you gotta do as best you can. I once saw a great quote "We do not think our way into new ways of living, we live our way into new ways of thinking". Take it or leave it, I guess. Either way, Hashem should grant you much success and joy.

Sending you a hug!

OivedElokim

Appreciate this, but doing, doing, doing, with the wrong attitude is probably what lead to my crash in the first place.

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 09 Jul 2024 19:27

Fair enough.

=====

====

Re: OivedElokim-I'll never give up
Posted by BenHashemBH - 09 Jul 2024 19:46

Thank you!

I'm learning so much. If you have more to share and time to do so, please keep it coming.

Kol tov

=====
=====

Re: OivedElokim-I'll never give up
Posted by hashemyeracheim613 - 10 Jul 2024 02:35

[Bennyh wrote on 09 Jul 2024 19:18:](#)

[oivedelokim wrote on 09 Jul 2024 19:06:](#)

I hesitate to give you any advice as you didn't ask me for mine. I will just say that in my own experience, action is always the key to get out of these emotional/mental/spiritual ruts. Action, action, action. Aggressive, proactive and relentless action. Learn a bit more, do some more mitzvos, and most importantly-do kind things to to others. The inspiration will come back, bez"h, but until then-do what you gotta do as best you can. I once saw a great quote "We do not think our way into new ways of living, we live our way into new ways of thinking". Take it or leave it, I guess. Either way, Hashem should grant you much success and joy.

Sending you a hug!

OivedElokim

Appreciate this, but doing, doing, doing, with the wrong attitude is probably what lead to my crash in the first place.

I'm just going to paraphrase what Oived is trying to say, I hope I'm doing it justice. If not, I'm sure we'll hear from him soon. This is based on my own therapeutic experiences as well as reading. Oived is not saying that a person should drown out his negative emotions by throwing himself into work. That might be a short-term solution that can be effective for a temporary rut, but for consistent emotional issues, this is a quick way to burn out even faster. The idea of 'doing' means that even when you experience emotions that hinder you from living your life, take notice of them, and then gently, but with conviction, decide to do the things in life that have value and meaning to you. This way you don't let your emotions stop you from living your life. When the emotions fade, as they usually do, you have a life to come back to, and even in the rut you are being productive and doing things you enjoy. This frees you from being a prisoner to your emotions, which in turn makes them a lot less scary. This also allows you to bounce back faster and be more resilient, because when the storm comes, you know that it won't put your life on hold, and you'll be able to face it with more equanimity.

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 11 Jul 2024 04:00

Day #25:

It's been a long day, and I should probably head to sleep. But I think sharing some more of my recent thoughts would help me wind down and decompress. There is nothing I find more therapeutic than writing. It enables me to articulate to myself and others the flowing currents of my rich inner world BH. I also find that I have a G-d given gift for inspiring others, and hopefully this will be a post that someone needs to read:

I am still "under the influence" of Gimmel Tammuz and the cascade of inspiration and introspection that I experienced then. I want to talk about a somewhat obscure piece in Tanya and my takeaway from it. I understand that this is not a Chabad propaganda forum, and I hope nobody takes the following as a form of proselytizing. My intention is merely to process and

communicate my own experience and to share what has helped me get to where I am today.
Take it or leave it:

The Tanya is comprised of five sections. The first three are much more thematic and organized, and the last two are simply collections of letters the Alter Rebbe penned at various points. In the fourth section, titled Igeres Hakodesh (siman chof zayin), he writes a letter to the Chassidim of Reb Menachem Mendel of Horodok after his passing, to raise their spirits after the crushing loss of their spiritual leader. This letter is customarily learned on Gimmel Tammuz and the yartzeits of the previous Rabbeim. It describes the impact that a Tzaddik can have on his flock after his passing.

The letter begins with quoting a Chazal (there doesn't seem to be a clear source in Chazal for this, though there are similar statements in Chazal) ??? ????? ??? ???. The Alter Rebbe explains that this means that a Tzaddik leaves behind a spiritual energy to each one of his Talmidim, which is easier to access when the Tzaddik is no longer confined to a physical body.

In middle of the letter, the Alter Rebbe defines who can tap into this hashpaah:

"????? ????? ????? ??? ?? ??? ??? ?? ?? ?????? ?????? ?????? ?????? ????? ??? ?????? ????? ??
???? ?????, ??? ?? ????? ????? ?????? ?????? ????????"

???? ????????? ????? ?????? ?????? ?????? ?????? ?????? ?? ?' ??? ??? ?????? ????? ???' ??????"

When reading the letter this year, I was struck by the term ?????? ?????? ?????? ?????? ????? ???. The imagery is incredibly powerful. It is a paraphrase of "???? ?"?:?- ?????? ??? ??????, ????????? ??????.

It made me think of the Tzaddik I feel most connected to-the Lubavitcher Rebbe, whose words serve as my beacon of fire in a dark a tumultuous world, who helps me serve Hashem with clarity and cope with the trauma of existence. Amongst his many qualities, he was a paragon of love. Boundless love to every Jew and every human, striving to empower them to unleash their potential and illuminate their environments.

I would like to share a short story:

Every Erev Yom Kippur and Hoshana Rabbah, the Rebbe would stand for hours distributing honey cake to thousands of people, wishing them a good and sweet year. One year, a certain Chabad Chossid was standing in line behind a young hippy, with long hair and washed out, torn jeans. As this hippy reached the Rebbe, the Rebbe asked him: "Where do you plan on spending Hakafos this year?". The young man flippantly responded that he had no such plans. The Rebbe said "I would be honored if you would be able to join me for Hakafos in 770!". The young man nodded, took his piece of cake and walked off.

On Simchas Torah night, this Chossid was walking around 770 at 4 or 5 am. Many Chassidim were still dancing, hours after the Rebbe had returned to his room. Suddenly he spotted a familiar face- the young hippy was dancing energetically with several other Chassidim, taking in the inspiration and joy of Zman Simchaseinu...

What a profound lesson in Ahavas Yisroel! The Rebbe recognized that by virtue of his neshama, this young, confused soul was worthy of attention, love and interest. The Rebbe gave this to him in spades, and it almost certainly changed his life.

These are ?????? ?????? Cord of love that descend into the abyss in which a Jew may find himself, and may intend to remain....The Tzaddik throws in a raft to the ocean of klipah a Jew might be in, and in his great kindness pulls him out from the depths of apathy and despair. He brings him face to face with his inner, G-dly core, and exposes him to the great love of Hashem.

I will not get into the details now, but at this juncture I am certain that this Tzaddik, the Lubavitcher Rebbe zy"va, did this for me. For ?????? ?????? ?????? ?????? ???????. If you followed my thread, you will know how far I've wandered. And the Rebbe single handedly gave me the tools to pull my life out of the train wreck that it had become, and give me a new lease on life. Through his Torah, his perspective, praying at his Ohel-all things have transformed me into a new, better man. ?????? ?????? ??? ??????

I'm sharing all this because I want you all to have access to the ????? ??? that saved me from the depths of cynicism and despair. Every Yid deserves this as much as I do. And if you decide that it's not for you-at least you gave it a shot....

????? ??? ?????, ??? ?????

?? ?????? ?? ??????

? '???? ?????', ?????? ????? ??????

???? ?????? ????? ??? ?????,

? '????? ?????? ??????

Feel free to post here or PM if you want to hear more about my journey. I may post more later.
Have a wonderful night/day!

OivedElokim

=====
=====

Re: OivedElokim-I'll never give up
Posted by BenHashemBH - 11 Jul 2024 12:23

[oivedelokim wrote on 11 Jul 2024 04:00:](#)

I am still "under the influence" of Gimmel Tammuz and the cascade of inspiration and introspection that I experienced then. I want to talk about a somewhat obscure piece in Tanya and my takeaway from it. **I understand that this is not a Chabad propaganda forum, and I hope nobody takes the following as a form of proselytizing.** My intention is merely to process and communicate my own experience and to share what has helped me get to where I am today. Take it or leave it:

OivedElokim

Heilige Oived Elokim,

Be someone litvish, chasidish, or anything else, Torah is Torah and we can learn from it. I would be considered litvish, I have learned some Tanya and it was transformative - spoiler: I did not become a chusid. What I did become, was closer to Hashem. Learn His Torah, grow from his Torah, internalize what speaks to you, and don't limit yourself based on these lines that get drawn between "types" of Yidden. We are all bnei Melech and oivdei Elokim. Thank you for sharing His Torah so everyone can have an opportunity to share in the connection that you have.

Kol Tov

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 12 Jul 2024 04:16

Day 26

Thank you Hashem!

that's it for now...

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 12 Jul 2024 22:45

Just checking in. I'm busy thank G-d.

I wanted to share the following song that really resonates with me, I've been listening to it a lot. I hope you all enjoy!:

THE SEARCH- Shalsheles Junior- Composed by Chanie Obermeister,

Lyrics by Esther Cagen & Seymour Rockoff A”H- Shalsheles Jr. 1 (Orig. Recorded on JEP 2)

I search and I wander, lost and alone,

My friend's but a shadow, and no place my home.

The sun shines so strongly, but I cannot see,

The road is too steep with no passage for me.

I'm merely a child, but inside I've grown old,

The world cannot touch me, for each touch is cold.

The warmth that I search for is nowhere in sight,

I see only sorrow, I see only night.

A voice came to greet me, extending its heart,

A voice pleading softly, "do not stand apart",

A voice giving warmth I'd not known before,

A voice casting light as it opened the door.

I followed that voice, and soon I could see,

A room filled with children all welcoming me.

The beauty of Torah was drawing me near,

A light in the darkness, so pure and so clear.

That voice is still with me, it hovers above,

It echoes my feelings, it fills me with love.

The sounds all around me awaken my soul,

My heart is so youthful, though I have grown old.

I still cannot rest, my work is not done,

I dream of young voices resounding as one.

So much yet to ponder, so much I must do,

The voice I have followed must reach every Jew.

I'll follow that voice and soon I will see,

A room full of children, all listening to me.

I'll speak of the Torah drawing them near,

A light in the darkness, so pure and so clear.

The voice that I heard from, so long long ago,

Is my inspiration, to learn and to grow.

I'll whisper its message, so simple and true,

and if you just listen, it will speak to you.

We'll follow that voice and soon there will be,

A world where our children can live peacefully.

The study of Torah, we hope and we pray,

Will shatter the darkness, turn night into day.

I'll whisper its message, so simple and true,

And if you just listen, that voice speaks to you.

Wishing you all a wonderful Shabbos!

OivedElokim

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 14 Jul 2024 03:29

Day #28

Had a beautiful Shabbos, BH.

I wanted to share a short thought from Tanya that I learned before Davening.

In the first section of Tanya, the Alter Rebbe spends several chapters delineating various meditations which can bring someone towards genuine feelings of fear and love towards Hashem.

In the 46th chapter, he explains that love is by nature reciprocal. Meaning that if someone perceives someone's love towards him, it will automatically cause him to love the one who loves him in return. The Rebbe points out that this is true even of equals, who are at the same level of social status and prestige.

How much more so, if a great and exalted king shows love towards a lowly pauper, and raises him up from his destitution and brings him into his inner chambers, embracing him and showering him with love. It is obvious that this simple person will be consumed with a great sense of gratitude and reciprocal love.

The Rebbe concludes: ...???? ??? ?????? ????? ?????? ??? ?????? ??? ??? ?????? ?????? ?????? ?? ??? ?????? ??? ????????,

Hashem did this for us, taking us out of the deepest tumah of Mitzrayim and brought us into his presence, ignoring the rest of his vast creation.

????? ??????? ??? ????? ?????? ??????? ??? ?? ????? ?????? ?? ?????? ???.

???? ?????????? ?????????????????????????????? ??? ?????????????????? ?????? ??????????????????,

????? ?????? ?????????????? ?????? ??? ?????????????????? ???????, ?????????????????? ?????????????????, ?????????? ?????????? ?????????????????? ??????????????????,

??? ??? ?????? ?????????? ?????? ??? ?????? ???', ?????? ?????????????????????????????????? ?????????????? ?????????????? ??????? ???????,

?????? ??????????????: "????????? ?????????????? ???????",

?????? ?????????????? ??????? ?????????????? ?????????????? ??????????????, ?????????????????????? ?????????????? ??????????

????????????????? ?????????????? ?????? ?????? – ?????????? ?????? ?' ??? ??????????,

????????????????????? ??????? ?????????????? – ?????? ?????????????? ?????????????? ?????????????? ??????????

????????????,

???????????? ??? ???????,

????? ?????????????? ?????????? –

????? ?????????? ?????????????? ?????????????????? ??????????"? ??????????,

?????????"? ?????????????????? ??? ??????"? ?????????? ?????????????????? ?????????????????? ?????????,

This resonated deeply with me and my recent experience. I hope it does something for you as well. All the best,

OivedElokim.

=====
=====

Re: OivedElokim-I'll never give up
Posted by horizon - 14 Jul 2024 04:16

ah! tayere oived,

it's so nice to see such full thoughtful posts on your thread.

thanks for this shtikle tanya, please keep inspiring.

p.s. looks like you're closing in on 30? hope you're gonna post the invite to the celebration

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 14 Jul 2024 23:38

I've been dealing with something which will have a great impact on my future. The stakes are high and there's a large degree of uncertainty, despite the fact that several weeks ago I was certain of a positive outcome. I am really working on my ??? ??????, hoping for the best but emotionally steeling myself for the worst.

Yeah I guess I'm not fooling anyone, it's a shidduch....

Please pray for my success, and for my ability to "accept the things I cannot change, the courage to change those I can, and the wisdom to know the difference...."

I really appreciate everyone who posts, hits "thank you", and reaches out via PM or offline. It really means a lot to me. Keep it up!

Good night,

OivedElokim

=====
=====

Re: OivedElokim-I'll never give up
Posted by oivedelokim - 15 Jul 2024 10:19

Day #29

Good morning. I'm feeling somewhat better about this situation today, BH. Very grateful for 29 clean days, after being in a state where I was "acting out" multiple times a day...

In a few minutes I will launch a new phone Chavrusa with a very dear GYE friend (I will not mention him by name, though he is welcome to identify himself here...) I'm super excited, he's a smart guy and this will probably be very enjoyable and intellectually stimulating, bez"h....

In general I've been learning much more recently as I'm off work for most of the summer. I am rediscovering my love for Torah (mostly Chassidus but also Gemara), and it is really enriching my life and strengthening my sense of meaning and purpose.

Wishing you all a clean, successful and meaningful day,

OivedElokim

=====
=====