

Living a holy life

Posted by committed_togrowth - 29 Oct 2021 04:06

Dear Chevra,

After a few months of visiting this website and quietly gaining chizuk by reading the incredible posts from this community I've decided to speak up and introduce myself. Over the past couple of years I've become religious starting from an almost entirely non-religious past. Hashem's Torah has transformed my life and imbued me with a new and deep sense of purpose, and it is my greatest desire to live each day with a sense of purpose, perfecting myself and living in connection with and recognition of Hashem. My path in Torah has led me to face the matter of shemiras habris, and in this I've encountered a great challenge. After many failed attempts at breaking free, late into this past Elul I found the resolve to pull myself out of the pit again. Since then BH I have been clean for a couple of months, but I still struggle greatly with temptation. The last time I fell I learned two things: I am not in control, and, more than anything, I want to live a life of kedusha. These two acknowledgements shocked me out of my sleep, but alarmingly I can feel over time that the clarity I gained from my last fall is diminishing. So, I've decided to jump in here to reinvigorate my journey. I look forward to growing together with each of you!

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Re: Living a holy life

Posted by omw2greatness - 22 May 2022 06:13

Incredible! I haven't been following ur story, this is the only post of yours i've seen, and i just want to say that's awesome that you managed to climb out even w such major pressures in ur life.

If you keep up this attitude of honesty, fortitude and Bitachon, Hashem will definitely help you!

Keep it up!!!!

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Re: Living a holy life

Posted by committed_togrowth - 23 May 2022 20:32

I feel a bit like I'm in no man's land. The past week has been very difficult with one very close

call as I mentioned in a previous post. Lacking a lot of the strength and clarity I've had in the past, just not feeling up to the task.

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Re: Living a holy life
Posted by committed_togrowth - 24 May 2022 00:25

I fell. Feeling...pretty horrific at the moment. Just untethered and estranged to myself. I need some headspace to get back to square one, but life has been pretty relentless lately and I don't see a break coming soon. Ouch.

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Re: Living a holy life
Posted by Vehkam - 24 May 2022 01:01

don't forget to celebrate how far you've gotten. 7x7! vehkam!

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Re: Living a holy life
Posted by Face the challenge - 24 May 2022 01:48

Wow I feel for you brother. But you can't forget about what you accomplished so far. You aren't back to square one! You just got 49 days clean and those days can never be taken away from you! You will have them forever!

The time after a fall is the best time to regroup. It's when you (or at least I) get to see the world with a clarity that you don't have when you are in midst of a struggle. It's the best time to see what lead to the fall and to make gedarim that will prevent this in the future. Make sure to make good use of your time now. Keep fighting one day at a time!

wishing you much hatzlacha!!

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Re: Living a holy life

Posted by committed_togrowth - 24 May 2022 02:38

Thank you guys. My first thought is, I've been under a huge amount of strain over the past few months really. Everyone has different challenges and it doesn't make sense to compare across lives, but for me in my circumstance, it's been tough. And I think right now I just need to come back to earth for a bit and take the pressure off myself in a few areas (not this one). I've been pushing myself too hard and am starting to see a breakdown, I think that's what this fall essentially was.

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Re: Living a holy life

Posted by committed_togrowth - 25 May 2022 04:31

Piecing myself back together today. This fall was a humbling one. Very painful to think about, but it has also forced me to be honest with myself, and especially to be honest with Hashem. Not to try to hide, but to just be honest about where I am right now, the good and the bad. To anyone who is feeling like they are missing out on something good by holding back, know that this entire issue is a slippery slope leading straight into a garbage dumpster. There's no such thing as an innocent glance, or taking some harmless pleasure by gazing at something improper, even something just slightly improper. Make no mistake, the end goal of the yetzer hara is to have to crying and broken while ingesting the worst poison out there for your mind and soul. I spent a couple of weeks prior to my fall lacking clarity on what was so bad about this issue. This fall was a stark reminder, b'ezras Hashem I will not need another one.

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Re: Living a holy life

Posted by committed_togrowth - 27 May 2022 05:56

This is a remarkable shiur, I recommend all to listen:

www.yutorah.org/lectures/lecture.cfm/1034943/rabbi-moshe-weinberger/chaburah-yosef-hatzadik-157-a-jew-can-never-walk-away-from-hashem/

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Re: Living a holy life
Posted by aish613 - 27 May 2022 11:51

I think the web chaver has to be someone you know personally (in person) and are in contact with quiet frequently. I have as my WebChaver a friend who I know thinks highly of me and I'd be so embarrassed if he saw what I'd want to watch.

for me that's what works.

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Re: Living a holy life
Posted by sleepy - 27 May 2022 13:15

[aish613 wrote on 27 May 2022 11:51:](#)

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very true .

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Re: Living a holy life
Posted by committed_togrowth - 02 Jun 2022 14:33

Day 10, feeling more clear-minded than I have in a long time. I'll type out more thoughts on this hopefully when I have more time, have a great day all

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Re: Living a holy life
Posted by committed_togrowth - 03 Jun 2022 06:43

Some thoughts from past few weeks, hopefully some can relate and benefit (just general reflections on my life, no specific insights or points):

So much of my life is dedicated towards "making it." Actually all of it is. Making it in terms of limud, making it in terms of career, making it in terms of social perception. To give one of the strongest examples in my own life, as a baal teshuvah I am about a decade behind on my learning skills. I learned the alefbet when I was 25, I still stutter my way through Hebrew, and opening up a gemara can feel like getting broken against the rocks by a tidal wave. But there are goals that simply cannot be delayed further. Making it to yeshiva. Getting a proper Torah education. Getting married, having a family, supporting that family.

All of these are very holy goals. They are my deepest goals. But in chasing them day in and day out, or, rather as a more accurate and poignant description, attacking them day in and day out, I lose my sense of what I am actually doing. Despite the holiness of these goals, I find myself simply trying to make it in olam hazeh. Gone is the bright eyed baal teshuvah davening gingerly and excitedly reaching out to Hashem. Glossed over is the emotional and psychological trauma of completely redefining myself and my world outlook. Things both small and large remind me constantly of the increasingly massive chasm that exists between who I am today and who I was a couple of years ago. That all of my recent text conversations are with people I have only known for a year. That I have so easily walked away from emotionally significant relationships with people who are not right for me and the path I need to take. That my entire definition of right and wrong has changed so quickly and significantly. But there is no time to process, I have to make it.

I know I am on the right path and that on the other end of this long dark corridor is the most real and true version of myself that could be. But the experience of going through the corridor, the real fear, pain, and difficulty in addition to its significance, joy, and beauty, all become obscured by the burning drive to "make it" through.

As Jews we are driven to reach for gadlus, but we can't even tell where we stand. We default to the our own assumed and socially influenced definition of success and stretch ourselves thinner and thinner until cracks start to show. We are not here to impress. We are not here to "make it." We are not here to be perfect. Although I can only speak from my own experience, I believe we have to be honest about the incredible strain and pressure we are under. It is a hard time to be a Jew, regardless of your background. It is a hard time to connect to G-d. These are dark days. We have to honor the strain and the difficulty we are under. It is an injustice to degrade and beat ourselves up over our struggles. Only G-d knows how we are really doing, and regardless of what successes and failures we think we have had, none of it changes the simple fact that

our job is to serve Him from exactly where we are right now, as exactly who we are at this moment. When cracks show, we need to respond to them with self-compassion stemming from an honest recognition of our reality.

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Re: Living a holy life
Posted by frank.lee - 06 Jun 2022 08:08

Wow, beautifully written!

Maybe it would help if we build into our daily schedule some time to relax, meditate, think, so we can check in with where we are, where we are trying to go, how we are doing...

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Re: Living a holy life
Posted by committed_togrowth - 07 Jun 2022 05:10

Thank you frank.lee you are spot on. I hope everyone had a wonderful yom tov, was some much needed time to step back, refocus, and also relax. May we all carry the clarity we gained into the weeks and months to come.

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