

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

Trying to post here on a somewhat regular basis so that I stay on course. I have to rewire my thinking patterns of over thirty years! I set the counter to the last date that I fell in masturbation. I have been able to stay away from other things for longer. I thank hashem for his kindness in helping me to this point.

this shabbos I was in Florida. Obviously there are a lot more nisyonos. I definitely was more successful than other times in not following my eyes and gazing with the help of GYE. (Not to say that I was successful in every instance- at some point my feet just took me in the wrong direction even though my mind was saying- STOP!)

One thing that helped me alot was a shiur I heard recently that describes the power of a tefila that one has immediately after he withstands a nisayon. When I feel a possible weakness to a temptation, I quickly resolve to turn away and then I immediately daven for something that is very important to me. Each small victory is another tefila. I don't want these nisyonos, but if they are coming anyway at least I have the opportunity to use them for something very meaningful.

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Re: Work in progress

Posted by vehkam - 04 Dec 2024 18:09

Thanks all. So happy reb Akiva is learning ????? ????? and not ?? ??????!

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Re: Work in progress

Posted by gevura shebyesod - 04 Dec 2024 22:04

[vehkam wrote on 04 Dec 2024 18:09:](#)

Thanks all. So happy reb Akiva is learning ????? ????? and not ?? ??????!

Maybe he's just waaay behind in Daf Yomi.

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Re: Work in progress

Posted by vehkam - 04 Dec 2024 22:48

[gevura shebyesod wrote on 04 Dec 2024 22:04:](#)

[vehkam wrote on 04 Dec 2024 18:09:](#)

Thanks all. So happy reb Akiva is learning ????? ????? and not ?? ??????!

Maybe he's just waaay behind in Daf Yomi.

Not a chance. Reb Akiva is light years ahead.

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Re: Work in progress

Posted by yiftach - 05 Dec 2024 00:20

MAZAL TOV!

Your hatzlacha brought about so much purity in this world! Your impact is immeasurable (with regard to the struggle and beyond).

I can't imagine my life without your insight and guidance!

Hatzlacha!

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Re: Work in progress

Posted by chaimoigen - 05 Dec 2024 05:02

A gentle touch,

soft, understanding eyes and voice,

One who knows.

A gentle touch,

Mighty steel beneath the velvet,

standing before the One who knows.

Vehkam.

Humble, yet unyielding,

Your quiet need and passion to ignite Kedusha

nursed flickering, ashen embers

back

Into a

roaring blaze.

A conflagration

Heart on fire

Rising ever higher

Vehkam.

Your soft compassion reflects

the awesome Rachamim

Of He

who will ever give

second chances.

You show us:

We can yet find

that endless ocean of

still deep pure waters

inner wells of soul,

everlasting endless sparks of greatness

that never really left...

Vehkam.

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Re: Work in progress

Posted by Muttel - 05 Dec 2024 09:21

Wow, you had me crying there.....

Crying of the joy for the one who looks forward and doesn't let the failures of the past break him,

One who begins his life of purity when others have long been coasting beyond the days of vim,

Respect and adoration for the one who has rocketed past those coasting peers high in the realms of kedusha,

Living the dream life and sharing it with others, having *gotten back up* to tahara - **Vehkam...**

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Re: Work in progress

Posted by cleanmendy - 10 Jan 2025 15:07

I was just reading thru your thread based on advice from a mentor. I'm a bit more than a week in on my journey. But this posts resonate with me so much. Every place, phone number, person, picture, conversations... are deeply etched in my mind.

I wish i could forget... And you give me so much chizuk that you didnt get dejected by it and now your in a whole new life!

Thanks for all the chizuk!

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Re: Work in progress

Posted by vehkam - 10 Jan 2025 15:13

Thank you for your post. I can assure you that bchasdei hashem the memories have indeed faded.

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Re: Work in progress

Posted by eerie - 12 Jan 2025 19:02

I think a thread like this belongs in the 'pinned' section, always visible for all that come to this part of the forum, and not get buried under all the other threads, as wonderful as they may be. All in agreement say aye. Maybe we can get this message to the moderators somehow

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Re: Work in progress

Posted by chaimoigen - 13 Jan 2025 00:58

[eerie wrote on 12 Jan 2025 19:02:](#)

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He's on Shem's Hall of Fame thread.

I'll post the link when I am able, but it's in his signature

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Re: Work in progress

Posted by eerie - 13 Jan 2025 18:57

I meant like pinned, in the yellow section of threads that don't get lost

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Re: Work in progress

Posted by vehkam - 14 Feb 2025 00:51

thank you hashem for the opportunity to say no!

bezras hashem i have become accustomed to be careful where i look. i generally keep my eyes down when i am in the city and especially in the winter bli ayin hara it does not seem to be a struggle most of the time.

today when i came out of Penn Station i was walking on 7th avenue. my eyes were down towards the sidewalk. right in front of me on the ground there were cards advertising a local club. As soon as i saw the name on the card - and before the picture on it came into focus, i quickly closed my eyes. I definitely don't want to see that again but it was nice to have the opportunity to say no.

even though i haven't written on my thread, i am still very much here and still trying to grow.

Listening to Michael Safdie regularly on emuna and bitachon is also helping me.

i mentioned to someone recently, that I had some serious personal (not kedusha) challenges in the past few years. I am confident that hashem waited until i was clean to bring those challenges to me so that i could grow from them. had they come when i was still steeped in devarim assurim, i would have escaped into that world and the challenges would have taken me straight down. Now, the same challenges bring me closer to hashem. I am sure there are many other chevra here that can echo this thought.

best regards,

vehkam

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Re: Work in progress

Posted by altehmirrerr - 14 Feb 2025 02:38

look around, the

altehmirrerr never says that..... keep it up!

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Re: Work in progress

Posted by chaimoigen - 14 Feb 2025 03:34

[vehkam wrote on 14 Feb 2025 00:51:](#)

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best regards,

vehkam

Amen ViAmen. And the spiritual Kochos that have been developed through the fight with one form of challenge can then be utilized in another.

This lesson, carried in your heart and inscribed in your essence, is part of why that hug was so meaningful to me....

Keep Shteiging and growing.

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