

Work in progress

Posted by Vehkam - 02 Jan 2022 18:43

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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 - 06 Mar 2025 05:56

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Please join me on an approximate 40 day journey. This is not a journey of streaks or perfection. It is a journey of connection, vulnerability and preparation.

For most people erev pesach is a very busy day. One of the "jobs" to do is the burning of the chometz. Some may recite a tefila or two, but for most, they simply wait until the chometz is burned say a quick kol chamira and get on with their day.

This will iyh be my fourth clean erev pesach. The first year was extremely emotional. You can read about it on my thread. I had tears streaming down my face as I davened to hashem to accept my efforts as a korbon l'hashem.

Every year since, I try to daven at the chometz burning for myself and for all those that are

working so hard to break free. The burning of the chometz is symbolic of the burning desires and passions that we are giving up and offering to hashem. Erev pesach for me has become the rosh hashana of breaking free.

Like everything else in yiddishkeit, the advance preparation has tremendous influence on the impact and meaning associated with the tefilos. I look forward eagerly to this special opportunity and I want to prepare in advance.

So I invite you, my dear friends, to join me on this journey. To spend the next 40 days focused on moving forward and growing in our kedusha. This is very much a journey of aseï tov (as opposed to sur mi'ra). Once a day, say a tefila, read a book, listen to something inspirational. Anything that talks to you. If you have falls in between, don't focus on them. Focus on the positive. (Get a clicker!) That will be your connection.

And erev pesach at the burning of the chometz please join me. Take a tehilim along and beg hashem to help us rid ourselves of these sins of passion. If you can't shed a tear for yourself, cry for the countless anonymous friends you have come to know here on these forums. For the pain and suffering, for the shame and the guilt. For kedusha itself that seems to be distantly exiled in this decadent world.

Let Hashem listen to our tefilos and accept our efforts as a true korbon. Let us realize the greatness of all our efforts to keep getting up no matter how many times we fall. And iyh this pesach we will all feel the zman chairusainu in a way that we have never felt before.

Wishing you tremendous success

Vehkam

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Re: Work in progress

Posted by chosemyschem - 06 Mar 2025 14:54

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[vehkam wrote on 06 Mar 2025 05:56:](#)

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**Love** this idea. And also the hergesh in burning the chometz.

Any more specific suggestions as to what to work on for the forty days? A specific sefer you recommend?

Anyone interested in joining together as a group with daily accountability to work on something together? #accountabilityalwayswins

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Re: Work in progress  
Posted by vehkam - 06 Mar 2025 15:04

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I believe that each person can find something that talks to them. For some people it is a Sefer but for many people it is not. In general I recommend reading the battle of the generation every day so that the ideas are totally ingrained and I have been doing that for a few years now.

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Re: Work in progress  
Posted by BenHashemBH - 06 Mar 2025 15:49

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[chosemyschem wrote on 06 Mar 2025 14:54:](#)

Any more specific suggestions as to what to work on for the forty days? A specific sefer you recommend?

Are you thinking about picking a certain aspect and focusing on it for 40 days, or more like a daily thought? Hows about signing up for the daily Vayimaen video AND having a group where we have to post daily a specific takeaway we personally have from the message?

Anyone interested in joining together as a group with daily accountability to work on something together? #accountabilityalwayswins

Yes!

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Re: Work in progress  
Posted by vehkam - 06 Mar 2025 16:07

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You are welcome to start any group but I really feel that this is a personal journey and the only recommendation I have is for each person to commit to something positive that talks to them.

This particular journey that I invited the chevra to join is not about accountability. It is about connecting to something positive with the goal of being able to stand vulnerably before hashem and tap into the inspiration of a specific zman.

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Re: Work in progress  
Posted by alex94 - 07 Mar 2025 01:10

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Thank you vekham for the inspiration.

Sharing my thoughts.

For many years since i began actively trying to be clean I have said at the end of shemone esrei every day ??? ????? ?????? ? ?????? ?????? ?????? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ?????? ?????? ?????? ?????? ??? ?? ?? ??? ?????? ?????? ??????.

This was at times a prayer, at times a wish, at times a desperate reminder to myself that this is what I want underneath everything seemingly opposite piled on top of it. In good times, it was a reminder that I was as vulnerable as ever and needed Hashems help without which I could never succeed.

More recently, in my work to appreciate and celebrate my achievements (something I still learning how to do) I added to my intention in ?????? ?????? my gratitude for having the privilege of a clean day and the privilege of hoping, praying, and working for another.

Even more recently, il began to say kapitel 13 daily, as a prayer for myself in whatever challenges I feel helpless in, as a reminder that without Hashems grace, I am helpless before lust, and as a prayer that I, everyone on here, and every Yid in the world struggling with kedusha, be helped and merit to rejoice ?????? ??' ?? ??? ???.

vekhams beautiful call to ??? ??? hachana for our yearly physical cleansing from the evil inclination and reclaiming of our birthright as soul carrying Yidden, is inspiring me to focus even more on the celebratory aspect of kapitel 13 and build up towards the great celebration of our eternal national freedom by the Hand of God, and the accopanying celebration of whatever level of personal freedom we have (anyone on this forum already had a great degree of that) whether it be purely Godly gifted or as a product of work one has been Godly gifted in doing, and is therefore ?????? to celebrate and give himself credit for.

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Re: Work in progress  
Posted by vehkam - 07 Mar 2025 03:30

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Beautiful. Thanks for posting this here.

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Re: Nissan!

Posted by vehkam - 28 Mar 2025 22:20

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[Vehkam wrote on 10 Apr 2024 03:05:](#)

[Vehkam wrote on 01 Apr 2022 17:32:](#)

as i said tachnun this morning i realized that this was the last tachnun for 30 days! as we enter nissan we have a unique focus and tachanun is out of the picture for this month. I was reminded of a vort that i heard, that on pesach the aseiv tov comes first - before the sur mei'ra. that is signified by Kadesh first and then u'rchatz. In nissan we are so focused on our connection to hashem and the positive aspects of that, so the normal focus on vidui involved in saying tachanun is just not on the radar. i hope this makes sense to anyone reading this. my point is that Nissan presents an unbelievable opportunity to reconnect to hashem. Don't get bogged down by what you did or what you are doing that you may not be proud of. In nissan hashem reminds us that we will always be B'ni B'chori Yisroel. Just take one (even small) step forward - connect to hashem - and he will take us out of our personal mitzrayim.

Have a great shabbos!

Reposting this....

Another repost. Bh.

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Re: Nissan!

Posted by Muttel - 31 Mar 2025 13:23

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Wow!!

Thank you for reposting; I wasn't part of the family at this time last year so I hadn't seen it. What a beautiful idea.....

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Re: Work in progress

Posted by Muttel - 11 Apr 2025 16:22

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[vehkam wrote on 06 Mar 2025 05:56:](#)

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Wishing you tremendous success

Vehkam

Burning my chometz today was accompanied by a wonderful feeling reflecting on my last year (and a great call from a chaver here)..... Thank you Vehkam for sharing this beautiful idea with us.

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Re: Work in progress  
Posted by vehkam - 11 Apr 2025 22:22

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Thank you so much for posting. The truth is that I had a lot to say, but no time to say it. My message to everyone is focus on the positive appreciate what you are doing. Keep trying to connect. To hashem no matter what.

Have a beautiful yomtov

Vehkam

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Re: Work in progress  
Posted by chosemyshem - 15 Apr 2025 18:21

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[Muttel wrote on 11 Apr 2025 16:22:](#)



[vehkam wrote on 06 Mar 2025 05:56:](#)

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Vehkam

Burning my chometz today was accompanied by a wonderful feeling reflecting on my last year (and a great call from a chaver here)..... Thank you Vehkam for sharing this beautiful idea with us.

Ditto what Muttel said.

Except for the feeling of feeling wonderful when reflecting on the last year. I actually mostly just felt bad that I screwed up the forty days leading up to pesach pretty thoroughly. No positivity, no growth, no focus on much besides for porn really.

But it hit me that I burn the chometz and I don't feel like an idiot for having all that chometz in the first place. Should I have stocked up on cheerios a month before Pesach? No. But right now I just need to get rid of it and be happy with the biur. So maybe there's a place for that here too here.

Anyway. It's a beautiful idea Vehkam, and thank you for putting it out there. Negativity aside, I did go 40 days without reading a novel because of this (but for one especially lousy day) and I think that helped with preparing for pesach. So shkoyach!

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Re: Work in progress

Posted by vehkam - 16 Apr 2025 02:38

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A little sad tonight. Someone I know was arrested in a sting operation for soliciting underage. While I prefer not to talk about the specifics of that case (and I did not engage in illegal activities) it does bring back to me the pain of living with the secrets.

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Re: Work in progress

Posted by vehkam - Today 11:42

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Today is my fathers yahrtzeit. I am reposting this from three years ago. May his neshama have an aliya.

I had an experience this week that I would like to share. I believe that it can be helpful to many.

My father passed away six years ago this week, after a steady decline of over fifteen years. I was not particularly close to my father. when I was young, his role was the disciplinarian. I was very dedicated to him, especially when he was in a state of decline. However, when he passed away, I did not miss him. My father had a somewhat closed personality and the concept of unconditional love was not something I knew existed. (It is possible that he had it, but it did not register with me.) I did not speak by the levaya. I did speak by the shloshim and everyone cried, but that was it.

Every year I would go to the kever by the yahrtzeit. It was a pretty empty experience. I would show up, say some Tehillim, talk a little about the kids etc, put my rock on top of the matzeiva and then leave... but I did not feel connected.

My father was a great man. It was his commitment and courage from the time he was quite young that made our family into Shomrei torah umitzvos. If not for him, we could easily have been another statistic in the lost/intermarried yidden of out-of-town America. He was a growing person who was committed to torah and chesed. He always stood up for what he believed was right. His family was always important to him.

So why didn't I miss him? Why was I so disconnected?

Before pesach, I was walking in the street. I was listening to my headphones as I often do, in order to remove myself from the sights and sounds of nyc. I thought to myself that if my father would see me now he would be so happy and proud of the life that I am now living.

Then It hit me, that the disconnect I always felt had nothing to do with my father's somewhat closed personality. Over the years I had been closed myself! I was fiercely guarding my secrets and had an inner wall that I had put up. It was not visible to anyone else and I seemed to

function just fine but the wall was there nonetheless. Ensuring that no one ever got close enough to see through the façade and discover all the terrible things I was doing.

Now that I am be'h living a pure life the wall is no longer there.

(incredibly, immediately after I had this realization, the song birchas habonim started playing. Y'simcha k'efraim umnashe... Yevarechech hashem... – the same bracha that my father said to me every erev yom kippur... I burst out crying – bh for nyc mask mandates!)

I remember vividly what happened after my father passed away. I had the opportunity to be alone with him after the tahara. I remember how guilty I felt. Now that my father was in the oilam haemes he probably knew the truth about me. How disappointed he must have felt?! I cried and I apologized. And I didn't think about it again. When I went to the cemetery every year I did not have anything to offer. I was a fraud and a disappointment. I went through the routines but my heart was like a stone. There was no connection. I was in a closed off distant world.

When I went to the cemetery this week it was very different. I was able to daven. I was able to connect. I no longer had to hide anything. I finally felt that my continued existence in this world could bring benefit to his neshama in the next world. So I said my Tehillim, and I davened and I cried my heart out. I davened that I be successful in continuing this journey... I davened that my children remain Shomrei torah umitzvos... and that we all continue to bring nachas to him. The idea of meeting again at techiyas hameisim is no longer a source of embarrassment and shame but is actually something I can start to look forward to .

When I left the cemetery I felt so fulfilled. I called a GYE friend and described the experience. He responded to me that "I lost my father when I was 18 and struggling like you were. I know exactly what you mean. I felt the same emptiness every year.... isn't it amazing how different it feels now?"

I am sure that there are others out there that have similar feelings. Some of you may have been lucky to have parents that expressed unconditional love in a way that you never needed to put up these walls. I was not that lucky.

But I did have a father that loved and sacrificed for me.

He was not the one that put up the barriers... it was me all along!

I hope my experience can inspire you to start removing some of those barriers.

May the zchus of my journey and anyone that I can inspire be an aliya for his neshama.

(some of the experiences I write about may make it easier to identify me. This is ok. I trust that

**GYE - Guard Your Eyes**

Generated: 23 April, 2025, 21:05

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if anyone discovers my identity they will keep it to themselves. Please know that if you do realize that you know me, I am completely comfortable and welcome you acknowledging me and my struggle in person.)

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