

Connecting the days

Posted by connected - 05 May 2022 17:34

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I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by connected - 04 Jan 2024 14:25

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[eerie wrote on 03 Jan 2024 23:13:](#)

Hey, connected rebranded....just keep the connection up, will ya?

I feel this avatar fits my current aura better.

Of course, that's just from my perspective, and I might be totally off.

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Re: Connecting the days

Posted by connected - 04 Jan 2024 14:39

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[chaimoigen wrote on 04 Jan 2024 01:26:](#)

I'm not sure I'm maskim about the big deal about Today, friend.

Im thinking that Tomorrow has Maalos that Today actually doesn't have.

For example, if I assign all the work I need to do today, for tomorrow instead, this clears up today and leaves it much less tiring. (There's a Frog and Toad story about this.) Tomorrow has endless potential.

Also, you can't say "it is what it is" about tomorrow . Because it isn't yet.

As Annie said: "Tomorrow and tomorrow and tomorrow creeps in this petty pace from day to day, to the last syllable of recorded time, and all our yesterdays have lighted fools the way to dusty death."

Oh. That was Bill Shakespeare, actually. Annie sang it differently. Whatevah, babe.

Wanna play? Alright, let's do it then.

We can indeed assign today's chores to tomorrow.

When, pray tell, will the assigning process take place? Today. We can't do anything tomorrow. We can plan, fantasize, and imagine. But all that takes place now, not then.

Tomorrow is a concept. Granted, it can be a useful concept, but nevertheless, it doesn't exist. We can't interact with it. The concept of Tomorrow feeds off the reality of Today.

"It is what it is" doesn't apply to tomorrow - not because it isn't "yet," but because it isn't. Period. Tomorrow never comes.

It has endless potential, and so does a fantasy. Both share the same level of non-existence and somehow manage to hijack us from reality.

Today is reality. Right now is where stuff happens. This is where we can take care of tasks - or postpone them.

If all this Alan Watts'esque talk makes you cringe, here's something more Heimish on the subject: Return one day before your death.

As the [insert\_adjective] Kamala Harris allegedly said, *"Today is today, and yesterday is today, yesterday. Tomorrow will be today tomorrow, so live today so the future today will be as the past today, as it is tomorrow."*

P.S. When I say "today," I don't necessarily mean from the Alos till the Tzeis. I'm using today as a symbol of the current moment. Later today has the same quality as tomorrow. They're both hocus-pocus; one is just on the other side of sleep (hopefully).

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Re: Connecting the days

Posted by Hashem Help Me - 05 Jan 2024 01:43

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[connected wrote on 04 Jan 2024 14:25:](#)

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Of course, that's just from my perspective, and I might be totally off.

I actually think the peyos are too bushy.....

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Re: Connecting the days

Posted by chaimoigen - 05 Jan 2024 06:01

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[connected wrote on 04 Jan 2024 14:39:](#)

[chaimoigen wrote on 04 Jan 2024 01:26:](#)

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Thank you.

All kidding aside, this is a brilliantly articulated presentation of a profound truth.

I read it a few times, and appreciated it more each time.

means more than the slogans.

I'm thinking this is also the deeper understanding of Hillel's dictum

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Re: Connecting the days

Posted by connected - 23 Jan 2024 15:21

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Here's an interesting observation: when I post regularly on the forums, it kinda makes sense; when I withhold commentary, this whole pursuit seems peculiar.

That's where I'm now, at the peculiar stage.

It's a website where frum guys come to gripe, boast, and argue about stuff they wouldn't dare speak about to actual human beings (for the most part).

Fun.

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Re: Connecting the days

Posted by redfaced - 23 Jan 2024 15:25

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[connected wrote on 23 Jan 2024 15:21:](#)

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Fun.

The beauty of ~~an online, anonymous, chat room~~ GYE

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Re: Connecting the days

Posted by yitzchokm - 23 Jan 2024 18:28

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[connected wrote on 23 Jan 2024 15:21:](#)

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Fun.

The GYE forum has something to offer which can't be found in the real world. I spoke to three Rabbanim in real life about my struggles and they had no clue how to resolve them. Two of the Rabbanim were very well-known public figures. Some of us need in-person meetings, partners, mentors etc. and GYE offers them. For some of us for whom the forum is enough, or who can use the forum in addition to something else, there is nothing in the real world that has the power that can be found here. It might be fun to post on the forum but we should be doing it in order to grow and in order to help others grow. Chilling out can also sometimes be a part of healing.

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Re: Connecting the days

Posted by chaimoigen - 29 Jan 2024 22:33

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[connected wrote on 23 Jan 2024 15:21:](#)

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Fun.

I relate to the fact that the longer I stay away the stranger it feels.

That doesn't mean it's not one of the best things that happened to me.

Noticed your new name, friend.

We are all a little twisted. Embracing the inner twistedness is a bit scary, though.

I hope you stick around.

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Re: Connecting the days

Posted by yitzchokm - 30 Jan 2024 22:09

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One day your name will be Untwisted. We are taught in chinuch not to keep giving our children negative names and connotations because they will eventually define themselves as such and live up to them. If your name remains Twisted make sure it is associated with the verse ?? ??? ?????.

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Re: Connecting the days

Posted by notezy - 01 Feb 2024 20:26

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I wanted to make a joke about what my parents named me here but then I remembered that this place is for Anonymity and I shouldn't be posting my name

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Re: Connecting the days

Posted by youknowwho - 04 Feb 2024 06:10

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Dear Twisted,

On Friday, I read your entire thread. So beautiful!!!

It's inspiring, raw and honest. Sometimes very entertaining. A truly riveting journey, you were so fired up in the beginning and slowly evolved from connected to disconnected to reconnected and now, into Twisted.

I relate to so much of your inner dialogue. And I also read easy peasy which helped me a lot. Actually, I may have gotten the idea from you.

It was also amusing to thank my own posts from a previously deleted username. Felt like living through a Time Turner moment but I digress...

Please continue to share your journey and wisdom as "Twisted", even if it sometimes seems peculiar.

One lingering question I'm left with, if you don't mind me asking...

Have you ever shared your life with a friend, maybe a friend from GYE, or from regular life? A friend that you can be openly honest with, someone who knows you and to whom you can be (sometimes painfully) vulnerable with? Someone to whom you're comfortable sharing your deepest thoughts and emotions, someone who can help ease the inner pain and loneliness we sometimes experience?

I don't know if that would make a difference, as I don't know you personally and perhaps you do have a relationship like that...I'm just curious because it is not clear from your thread.

Anyway...wishing you a good week!

Admiringly, -Youknowwho

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Re: Connecting the days

Posted by redfaced - 15 Feb 2024 13:52

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[youknowwho wrote on 04 Feb 2024 06:10:](#)

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Anyhow...wishing you a good week!

Admiringly, -Youknowwho

Hey buddy how Y'all doing?

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Re: Connecting the days

Posted by Twisted - 03 May 2024 14:45

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Where I'm currently at:

Nobody cares.

Nor should they.

It's none of their business.

But it still hurts.

That subconscious expectation that it be otherwise.

Sometimes, I can live with the hurt.

Others, I try to escape it.

There's no escape, though.

Except, possibly, death.

Until then, I'll smile politely to my planet-mates and laugh with them if they get it.

Laughter. Perhaps there is an escape.

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Re: Connecting the days

Posted by youknowwho - 03 May 2024 15:15

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[Twisted wrote on 03 May 2024 14:45:](#)

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Laughter. Perhaps there is an escape.

*"To the well organized mind, Death is but the next great adventure" - Albus Dumbledore*

In the meantime, while we are all trapped here on Earth, in the present reality of loneliness and misery, perhaps we can learn how to **escape** into the warm, loving embrace of....*living*?

I hope that this is indeed possible, for my own wretched sake too...

Great to see you here, my Twisted friend...

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