

bardichev's battle

Posted by bardichev - 19 Apr 2009 19:51

Hello to everyone here. I am truly humbled to be here. It is the most wonderful thing.

I can not believe that today is my 31st day without any assur internet whatsoever. Without any bittul zeman internet. I can't believe it myself I am so happy.

Just four weeks ago I couldn't sit in front of my computer without peeking just for a few minuets at all the filth that the Y"H brought my way.

Just four weeks ago I was the lowest person in the world living the biggest lie. Just four weeks ago I was crying under my desk and I really wanted to change. Indeed in the past I made strong kabbalos I gave myself all kinds of mussar I applied all kinds of advice but I never was able to ever go 2 weeks clean.

I B"H found a lifeline GUE I realized 3 things a. there is a way to recover

B. that I am an addict an addiction will need recovery not that I'm just crazy or SHVACH . C. there is other people in the same boat that are honestly working on changing their lives.

At that point I didn't feel that I deserved to be on the forum let alone on the WOH. So I kept my own journal for two full weeks .It was so hard to change but all the chizuk from reading all the posts on GUE pushed me along.

I still can't believe that I am clean for a month .I am not trying to delude myself to say I arrived I REALLY need all the encouragement to reach my short term goal of 90 days. I am really taking it one day at a time. I am davening for siyatta dishmaya.

I realize that the battle of the Y"H is a full time job. My shemiras ainiyim is on a very good level B"H. I am scared that I will fall so I am really setting small goals.

I came to this realization that I couldn't stop my self until I admitted that I was an addict not that this was just a bad habit this is my addiction. Once I knew I was an addict I was able to accept advice from all the people on the forum because until one doesn't ADMIT he cant be helped because its not for him.

I started to realize that the power of TEFILLA is so great.

I had a wonderful insight in the tefilla we say "VCHOF ES YITZREINU LHSHTABED LACH" we daven that Hashem should force Y"H to be subjugated to HIM. All my life I davened that "my" Y"H should be controlled by "me" .NO NO NO I have learned from the first of the twelve steps we are begging Hashem to force the Y"H to be under HIS control.(I am saying this as a chizuk not trying to delve into deep questions that deal with Emunah).

May all our friends here be the source of inspiration that we all become truly the HEILIGE NESHAMOS WE WERE GIVEN AT BIRTH.

Please give me the chizuk (and mussar too) to reach my goal.

May Hashem bentch each and every one of us.

Humbled and happy

bardichev

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Re: bardichev's battle

Posted by Noorah BAmram - 12 Jun 2009 18:34

Holy Holy REbbe,

For this this last post re the difference between lust and desire, this shiur is worthy for Reb Chaim Brisker himself :D :D. so now besides being the Rebbe and Chief Badchan of GUE you are also from here on the Rosh Yeshiva Of GUE.

Very well written!!!!

A lictiger shabbos my dear friend

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Re: bardichev's battle

Posted by Efshar Letaken - 12 Jun 2009 19:04

I'm glad I was siting in a chair when I just read up the last few much anticipated posts.

"Laughter "IS" the Best Medicine!"

I have a feeling that the bardichever will have a very uplifted Shabbos knowing he cheered us

all up.

The posts were getting a bit heated up the last few days for what we were used to, but I'm happy to see how we were all able to come together like adults & go into The Heiliger Shabbos with Sholom & Happiness.

bardichev,

I'm sure you know the story with Eliyohu Hanovi when he saw these 2 Badchonim he said they have a big share in the world to come for they make people happy.

Eshrecho!

Yes, Reb Dov, we can get soooooooooo much further with happiness. only, the hard part is how to get there when we are down.

I have a suggestion if I may.

we should set up a Page Dedicated to "Simche" which will include previous humorous posts a new ones of cores as well as tips how to generate "Simche"

If I may elect bardichev with the permission from Reb Guard and the rest of are GUE family to be in charge of it.

P.S.

bardichev,

Don't think I will let you get away with such a short explanation about "Lust & Desire". you will take the time to go into full detail over the next week. So get to work.

Shabbos Shuloim UmVoiroch

E.L.

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Re: bardichev's battle

Posted by Efshar Letaken - 12 Jun 2009 20:03

Regarding what you said that Hashem didnt mean for the Torah to make life difficult.

There's a known Moshol about a guy arriving at a hotel and tells the bellboy to bring his luggage to his room. When the bellboy gets to the room the guy sees that the bellboy is sweating very heavily so he asks him, why are you sweating like this? The bellboy replied, your luggage is soooooooooooooooooo heavy. So the guy tells him, If you are sweating then you got the wrong luggage because I only had a light carry on.

The Nimshal is very simple, **If the Torah seems to difficult & to hard to live by then we are not following the Torah that Hashem gave us to live by.**

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Re: bardichev's battle

Posted by the.guard - 13 Jun 2009 22:09

THat Moshol is from the magid of Duvno, and it's based on the pasuk "Lo Osi karasa yakov, ki yagata bi Yisrael".

It's so nice to see Efshar Lisaken and Barditchev. I think they are setting up a special room in Shamayim for these two heilige Yidden to dance their way into eternity together!

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Re: bardichev's battle

Posted by bardichev - 14 Jun 2009 14:47

the kotzker said this mashal of the dubno maggid are one of thee that were aid with ruach hakodesh(I don't remember the other 2 sorry)

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Re: bardichev's battle

Posted by Noorah BAmram - 14 Jun 2009 15:17

This moshol brings tears to my eyes whenever I say it over. I always feel that if more people would know, really internalize this principle of the holy dubno, less of our children would be "on the fringe" or "off the derech" r"l.

When a person takes on chumros that are not appropriate for him (as per the rules of the mesilas yesharim in mishkal hachasidus "chumros habah lidiey kuloh") that is why rav miller ztal used repeat ad nuseam how important is to have a rov to discuss.

IF ITS HEAVY WITH GUILT AND ANXIETY, OR TIRESOM AND BURDENSOME THEN ITS NOT JUDAISIM, PERIOD END OF STORY.

Wow that felt good I have a lot of issues with this and needed to get this of my chest.

Sorry for the rant, just ny two. Cents!!! Take it or leave it!!!

Nb

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Re: bardichev's battle

Posted by Dov - 14 Jun 2009 22:22

This moshol bears repeating and I have told it over many times, may Hashem help me remember when I need it! I usually tell it over to guys who express frustration w/the program and it seems they may be "working the steps" too rigidly, too slowly, or writing too much for their own good. On the other hand, it is also gives freeing relief to some guys who look at the steps as some kind of "giant mountain" they could *never* climb, so they give up or procrastinate (forever). **The steps are *not a religion***, not an "OI" and clearly cannot work at all w/that

attitude! Sure, it is uncomfortable to face the truth and may be hard to finally *do* what needs to be done, but it is never complicated.

My sponsor told me that if I'm working the program but still unhappy, I am probably not working it right! My Higher Power should actually be doing most of the actual work! My responsibility (to myself) is to simply work the steps in order to become **willing to let Him** remove my kin'ah, ta'ava, and kavod that lead me to alleh mishigassim and make life miserable. On the other hand, what a privilege it is to be sober even when the chips are down and I *am* feeling sad for some reason!

PS. For those interested in traditional AA stuff w/this approach, you may like the six CD series (or little AA book based on them), "A New Pair of Glasses" by Chuck C, an AA "elder". He was about 75 years old when he gave the original weekend series. Chuck clearly and repeatedly demonstrates through sharing his experience - not lecturing - principles like: admitting what my problem **really is**; **knowing**(not just having emunah - see RMBM) that G-d really *is* in charge of outcomes and learning what it means to actually *live* that way; understanding and accepting that G-d is *truly and completely on our side* unconditionally and forever; not taking **myself** too seriously and why humility makes self-pity very difficult; **making peace** w/the yesod that the whole point of life is: **what I give** and not what I *get* out of it; and other stuff basic to recovery. I cannot approach these yesodos as mitzvos/obligations at all, but as *derech erez*: simple, enlightened self-interest. They are **not madreghs for an addict**, rather, they are a recovering addict's oxygen, the *bottom line minimal requirments* for **functioning**, as he explains. Living w/them makes staying sober possible. He has no religious agenda and, in fact, clarifies a difference between religion and the steps that I find helpful. Though he (annoyingly) mentions christian verses two or three times (having been raised that way), another frum guy has told me that the religious ideas he expresses there are apparently based on Torah. I skip that stuff because it doesn't feel right anyway..boundaries are a good thing...yeah, I know some people may take issue with me about this whole suggestion, but it helped me so I'm passing it along and sincerely hope no one is offended.

PS. For me, the ikkar of Torah and mitzvos come *after* the steps. In a similar way, my wife has told me that she considers the day I got sober the best day in our lives, **much** better than our chasunah day, and the new start of our marriage. I myself, changed my name from a choser to a moleh spelling since starting to recover b'Eezras Hashem. Yes, a yid must try to be moser nefesh to do the Torah and mitzvos while he is still very, very ill. But once we are no longer **regularly and naturally** doing things that endanger his life, are chayav misah bidei shamayim, Kareis, are just plain nuts, etc., it seems to me that our responsibility - rather, **ability** - to keep the mitzvos is elevated because we are more awake. We probably never fully awaken, except for tzaddikim...

Similar to the RMB'Ns shittah regarding mitzvos in Chutz La'aretz. They of course apply there and are precious (and in some *specific* respects may be the *most* precious), but the ikkar kiyum

of mitzvos is in Eretz Yisrael, he holds.

May Hashem help us care more about doing *His* will than ours and accept *living* His will with a whole heart!

PPS. BTW, Yes, Yiddishkeit Is an "Ol", yoke. But remember, Hashem **healed** all of us completely *before* he gave us the Torah. He then put the mountain over us to send the message that it is an "Ol" that needs to be accepted. It was important that we were no longer "sick" at the time of taking on such a responsibility.

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Re: bardichev's battle

Posted by bardichev - 15 Jun 2009 14:12

hey dov

I thought debating was soooo last week

bardichev

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Re: bardichev's battle

Posted by Efshar Letaken - 15 Jun 2009 16:11

Reb Dov,

Is That your Chidush about Hashem Healing us before he gave us the Torah?

Because I think its a Gevaldiger & True Vort.

E.L.

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Re: bardichev's battle

Posted by Dov - 15 Jun 2009 16:15

Sorry friend! But wait loosee, I can explain: I started with the simcha inyan and got wrapped up in the religious business! Hey - I'm old, give me a break! Anyway, have a great week to all!!

Dear Efshar - Maybe.

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Re: bardichev's battle

Posted by the.guard - 15 Jun 2009 16:19

Dov, thanks for the great post, as usual! Can you post a link to this great 6 CD series? I want to share it with everyone...

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Re: bardichev's battle

Posted by Efshar Letaken - 15 Jun 2009 19:38

Heiliger bardichever,

"Debating" is healthy as long as the "**Farari**" Got some **Breaks** on them! lol

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Re: bardichev's battle

Posted by Efshar Letaken - 15 Jun 2009 19:40

also we have to seriously discuss the "Simcheh" Page I was talking about last week.

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Re: bardichev's battle

Posted by Dov - 15 Jun 2009 22:19

don't be so serious about simcha! (sorry)

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