

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 Back on Track - 05 Oct 2011 11:55

Sometimes the rebbe disguises his prayers so that the external forces can't grab them away, and they can ascend higher into the supernal realms. If you note, muffin rhymes with truckin... Sort of. When the rebbe sez eat a muffin, its a code way of saying a heiliger keep on truckin! Also in other places, he may say 'keep truckin on' and its possible the future may show us other variations, like 'on truckin keep', 'keep on muffin', keep truckin and muffin' keep huffin and puffin' eat stuffin' hey not ruffin (around), or some other cryptic reference.

The innr essence of all of these is a dual message of chizuk intertwined with a secret prayer to the Almighty that the soul of the one this statement is aimed at continue the battle for oliness. (Monstuh truckin, though is sounds like a greater level, is actually a lower level. As its focus is the chitzonius and monstuhkite. Real heilige truckin is refered to by kabbalsists as quiet, or silent truckin. This references the low still hum of a truckers engine that's functioning so smoothly you almost can't tell its operating.)

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Re: bardichev's battle

Posted by JackAbbey - 05 Oct 2011 15:36

there could be a deep kavono in the muffin indulgment session

a muffin is available in many varietys

many toppings

many flavors

can be filled with hot pudding

with or without choc chips/sprinkles/raisins/many colors

with a hot sauce on it, or without

with a side dish or without

yom kippur is the same, the day passes the same for everyone, but how you chose to use it is different to everyones taste

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Re: bardichev's battle

Posted by ZemirosShabbos - 05 Oct 2011 15:54

[Back on Track wrote on 05 Oct 2011 11:55:](#)

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such heavy duty truck kabbalah calls for a MUFFIN BREAK

[Shmeichel wrote on 05 Oct 2011 15:36:](#)

with or without choc chips/sprinkles/raisins/many colors

with a hot sauce on it, or without

with a side dish or without

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Re: bardichev's battle

Posted by gibbor120 - 05 Oct 2011 16:06

I got it!

Must

Uplift

Falling

Friend

In

Need

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Re: bardichev's battle

Posted by ZemirosShabbos - 05 Oct 2011 18:35

after consultation with the rebbe himself and some thought here is my thesis about the sudden popularity of AYT muffins and the reason bakeshops across the country are reporting a shortage.

during these days of elul and Aseres Yemei Teshuva people sometimes get stressed out.

for ostensibly good reasons.

it's Elul!! it's R"H! it's Y"K!!

i must/need/want to DO SOMETHING.

i must/need/want to FEEL the yomim noraim.

how can i wear crocs/read Hamodia/drink cappuccino?

can i talk a walk, a nap, mow the lawn?

yes, a person should DO SOMETHING for the Yomim Noraim. learn some mussar be'hispaalus, ask mechila for a boo boo you made, examine your life, take steps in the right direction.

But....

do not think you can become Mr.PureHolyMasmid after learning Mesilas Yescharim for 15 minutes and making a resolution that starting now i am gonna be good. uh uh. not gonna happen. and the RBSO is not asking that of you. He wants you to work at it. But at a manageable pace.

so get up earlier for selichos, daven, learn, examine your life, make amends. don't let the Yomim Noraim pass by and be forgotten with the kittel until Pesach. But don't lose your balance. Don't bite off more than you can chew. as Gibbor120 recently said: "aim for the small, accomplish the big". or as Rebbe B says: Keep on Trucking.

You can still smile, laugh, wear crocs at home, drink a cappuccino,

AND eat a (pas yisrael) muffin.

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Re: bardichev's battle

Posted by heuni memass - 05 Oct 2011 18:43

Just had my cappuccino cheese muffin. Thanks ZS for the explanation. Here I was downing muffins without knowing why.

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Re: bardichev's battle

Posted by bardichev - 05 Oct 2011 20:13

zemmy bingo!!!!!!!!!!!!!!

heuni i was just in lowerbardstown heimishe bake shoppe and cafe

a very nice looking woman was standing next to me online

i didnt make eye contact i was concentating to look at the coffee machine

she asks the server

"can I please have a diet blueberry muffin"

i smiled to myself

keep on trucking!!!!!!

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Re: bardichev's battle

Posted by ZemirosShabbos - 05 Oct 2011 20:17

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Re: bardichev's battle

Posted by heuni memass - 05 Oct 2011 20:30

[bardichev wrote on 05 Oct 2011 20:13:](#)

wait a minute, bingo in AYT? tsk tsk

she asks the server

"can I please have a diet blueberry muffin"

i smiled to myself

The other side of the mechitza seems to be following your advice as well.

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Re: bardichev's battle

Posted by bardichev - 05 Oct 2011 20:38

well if she would have asked for possum pie and loquat danishes..

hey she is not my problem

keep on trucking

stay in the game

simcha is the secret

lets not talk about ladies

foooooor in fayyyyyyf

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Re: bardichev's battle

Posted by heuni memass - 05 Oct 2011 20:40

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Re: bardichev's battle

Posted by chazak - 06 Oct 2011 02:33

REBBE I CAME TO VISIT FOR A SHORT TIME AND I AM GOING BACK TO THE YIDDISH FORUM.

I JUST WANA LET THE REBBE KNOW THAT I AM A FAN AND A CHUSSID OF BRDITCHEV IN YIDDISH ENGLISH ????? ????.

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Re: bardichev's battle
Posted by Back on Track - 06 Oct 2011 05:09

Gibbor that's awesome! Rebbe B! Please confirm that this WAS the inner meaning you have been trying to teach us.

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Re: bardichev's battle
Posted by gibbor120 - 06 Oct 2011 13:21

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