

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 ZemirosShabbos - 13 Jan 2012 15:27

yup!

www.saabgroup.com/About-Saab/Newsroom/Press-releases--News/2011---9/Saabs-multi-mission-radar-Giraffe-AMB-protects-the-Australian-Army/

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Re: bardichev's battle

Posted by ZemirosShabbos - 19 Jan 2012 20:59

mipi rabenu shlita:

lekovod parshas va'era

possibly how the little critters got into the Mitzriyim's bodies

"How small can you be and still have a spine? Scientists are continually surprised by the answer. Researchers have discovered a new species of frog in Papua New Guinea that is smaller than many insects and dwarfed by a dime. The frog trumps the previously known smallest vertebrate—a tiny fish—by nearly 1 millimeter.

The smallest specimen of the new frog, named *Paedophryne amauensis* was just 7 millimeters (0.27 inches) long, the largest around 8 millimeters (0.31 inches). The previous record-holder was a fish called *Paedocypris progenetica* which ranged from 7.9 to 10.3 millimeters (0.31 to 0.4 inches). According to the paper, the frog genus *Paedophryne* (meaning 'child frog' in Ancient Greek) includes four of the world's top 10 tiniest frogs. The genus was first described in 2010.

On the other end of the spectrum, the blue whale (*Balaenoptera musculus*) is world's biggest vertebrate.

"Little is understood about the functional constraints that come with extreme body size, whether large or small," Christopher Austin of Louisiana State University said in a press release, adding that, "it was particularly difficult to locate *Paedophryne amauensis* due to its diminutive size and the males' high pitched insect-like mating call. But it's a great find. New Guinea is a hotspot of biodiversity, and everything new we discover there adds another layer to our overall understanding of how biodiversity is generated and maintained."

Papua New Guinea's rainforests, some of the least-explored on Earth, are imperiled by logging, monoculture plantations, and mining, worsened by poor governance and widespread corruption. Communities own 90 percent of the land in Papua New Guinea, but have seen their rights radically diminished in recent years as foreign corporations have taken an interest in the mountainous nation. A study in 2008 found that nearly a quarter of the country's forests were degraded or lost between 1972 and 2002, a number far higher than expected.

"Papua New Guinea has some of the world's most biologically and culturally rich forests, and they're vanishing before our eyes," tropical ecologist William Laurance of James Cook University in Cairns, Australia, said in 2010."

Read more:

news.mongabay.com/2012/0112-hance_tiniestvertebrate.html

Posted by gibbor120 - 19 Jan 2012 21:04

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Re: bardichev's battle

Posted by ZemirosShabbos - 01 Feb 2012 17:51

The Battle

by Jamys Moriarty (August 9, 1995)

Today I celebrate a victory, the joyous existence of life.

For only four weeks ago, my body was burdened in strife.

It happened unexpectedly, and much to my chagrin;

I was bitten by the flu bug, and the battle did begin.

My lymphocytes assembled to bolster a strong defense;

On the battlefield within lungs, the combat grew intense.

An army of antibiotics dispersed with a trumpeting call.

Unrelenting were the invaders, affixed to my bronchial wall.

My chest muscle mechanics tried to expectorate those bugs;

Still, germs swarmed my airways, building dams of mucus plugs!

Then I recalled reading in Quest of Physiatrist John Bach;

His creative understanding make him a most inventive Doc!

He's pioneered ventilation with a noninvasive technique,

And re-established a coughing machine: The In-Exsufflator unique!

Now the battle still stormed, and my lungs began to tire.

I had to take some action, as it was difficult to respire.

A trip to the hospital, was a journey I wanted to resist,

Hence I dialed up Emerson, to ask if they'd assist.

It was to my advantage--a most fortunate quirk--

That the person I spoke with was New England Rep. Kirk.

As a Respiratory Therapist, he knew I was in vital need;

So he brought down the In-Exsufflator to me top speed!

The machine was a wonder, I could cough and expel!

My lungs breathed deeply as the virus bid farewell!

Today I celebrate good health and pause for reflection,

Many thanks to all who helped me evict that infection!

Conclusion:

No need to fear.

Should a virus adhere.

My lungs will stay clear.

With the In-Exsufflator near.

some substitute Woodford for In-Exsufflator. same results.

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Re: bardichev's battle

Posted by tehylimzugger - 01 Feb 2012 18:26

did u notice the guy's name is ~~rep~~. cap. kirk?

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Re: bardichev's battle

Posted by ZemirosShabbos - 01 Feb 2012 19:01

that's serendipitous!

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Re: bardichev's battle

Posted by ZemirosShabbos - 01 Feb 2012 19:02

for whoever needs a dose of "divrei elokim chaim watlitw"

www.guardyoureyes.org/forum/index.php?topic=561.msg49282#msg49282

www.guardyoureyes.org/forum/index.php?topic=561.msg93262#msg93262

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Re: bardichev's battle

Posted by obormottel - 01 Feb 2012 19:34

that was SWEEEEEEEEET!

esp. the latter!

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Re: bardichev's battle

Posted by tehlimzugger - 01 Feb 2012 19:41

[obormottel wrote on 01 Feb 2012 19:34:](#)

that was SWEEEEEEEEET!

esp. the latter!

extra specially especially especidipiously the latter

www.guardyoureyes.org/forum/index.php?topic=5055.msg132200#msg132200

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Re: bardichev's battle

Posted by Zemiroshabbos - 03 Feb 2012 16:27

i devised a plan to identify where the heiliger rebbe lives.

pretty simple

all you need is a breathalizer and a net

catch some birds and test them for woodford breath

the ones whose breath smells like woodford are eating the crumbs the rebbe put out today

i told you it was simple

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Re: bardichev's battle

Posted by gibbor120 - 03 Feb 2012 17:01

yes, but how will you know where the birds came from?

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