

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

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Re: Momo II: Another try

Posted by the.guard - 20 Jul 2009 13:41

Yesterday was a day of pure selfishness.

All I can honestly say is that while the 3 weeks of Duvid Chaim's call hasn't helped me fight my

addiction, it reminds me during the day to perform a couple of selfless acts, to thing a bit about others. While the calls are worth it just for that, my intention on joining was to work on my addiction.

Momo, as 7up said, it's a process! How many years were you addicted? ... So did you think you'll be FREE in a few weeks? But what Chaim Duvid is asking you to do will cause a slow but sure change in your attitude. It may be subtle at first, but it will grow and grow. And although **you may not see the connection yet** between thinking how to be useful to others helps you find freedom from this addiction, it will come to you.... and suddenly you will understand how this all fits in. You WILL find FREEDOM from the addiction.

Read what Dov posted today on [this page](#), reply #3. It is AMAZING. It just shows what "selflessness" a person can reach with the right attitude, and how this saves us from the addiction...

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Re: Momo II: Another try
Posted by Dov - 20 Jul 2009 15:45

[Momo wrote on 20 Jul 2009 12:44:](#)

If you had seen my post a few minutes earlier you wouldn't have written your wonderful post to me, and that would have been my loss.

All that aside, that doesn't answer my question I was hoping someone who has gone through the 12 step program can answer (I don't expect a response right away, but it would be great to get one within the next 24 hours).

Here, again is my question:

Once starting the 12 step program, how long does it take before I will I start to see real improvement? I'm sure it varies from person to person, but on average, how long?

The experience of many people is reflected nicely in the big book of AA, when it reads regarding) : "If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness...we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear...Self-seeking will slip away...Fear of people and economic security will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that G-d is doing for use what we could not do for ourselves.

Are these extrvagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them."

So, no, there is no time line, but doing whatever it takes to learn how to live w/o acting out our lust is the key to success in these steps. It is not the key by itself, though, and surely is not magic. It is a hard slog, but you are **not** alone - at all - if this is the path you choose! the 9th step (the last 5 pages of the chapter named "*Into Action*" - ayein shom!

You lucky yiddle, you!

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Re: Finally, an A+W moment!

Posted by chl - 22 Jul 2009 10:01

[Momo wrote on 22 Jul 2009 07:23:](#)

Anyway you slice it, the source is G-d. So, when 24 hours ago I couldn't think of any A+W moments, now I can't stop thinking about them! I see them alll around me, for each item I see becomes an A+W moment!

I love it!!! ;D

[Momo wrote on 22 Jul 2009 07:23:](#)

I thank HaShem for giving me this moment of inspiration, and I pray that I will continue to see HaShem around me, always.

AMEN!!!

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Re: Momo II: Another try
Posted by TrYiNg - 22 Jul 2009 10:08

wow momo. You explained it so well. If you read my thread you'll see that I was having a problem with exactly this. Thanks for the suggestions.

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Re: Momo II: Another try
Posted by battleworn - 22 Jul 2009 11:09

Momo, it was so geshmak to read that! You're well on your way to the real life!

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Re: Momo II: Another try
Posted by 7yipol - 22 Jul 2009 11:27

Momo, that was amazing!

You put into words waht we all need to hear. Belief is such an abstract concept, and you broke it down into realistic, reachable goals!

Not only is the idea a wonderful yesod, but you verbalized it so so well.

Please keep inspiring us with your insights. And keep surprising, and inspiring yourself!

You really are amazing,

7up

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Re: Momo II: Another try

Posted by 7yipol - 22 Jul 2009 11:48

7Up, one correction: I am not amazing, HaShem is amazing,

A special thank you to Battleworn for keeping my spirits up yesterday and encouraging me to continue attending Duvid Chaim's meetings. See what happened last night!!

What happened last night is that Hashem gave you a great big hug *because **He** loves you!* :-*

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Re: Our daily short term goal
Posted by chl - 22 Jul 2009 12:52

[Momo wrote on 22 Jul 2009 12:38:](#)

These lead us to Dveikut, our ultimate goal. Once we acheive Dveikut, we'll automatically lose the desire to lust. That's beating the Y"H by-the-way, by performing positive measures, not by stressing out and fighting it head on.

wow! thanks for sharing this vital piece of info!!!

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Re: Momo II: Another try
Posted by 7yipol - 22 Jul 2009 13:03

Momo,

Pearls of wisdom form you today!

Why dont you do us all a big favor and try summarize Duvid Chaim's daily session for us here on your thread? Not everyone gets to listen in, but we can all gain from his expertise.

You can be the perfect middle-man to explain, and bring practical examples for what he says?

Deal?

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Re: Momo II: Another try
Posted by 7yipol - 22 Jul 2009 13:34

Absolutely NO pressure!

Just share what you can, and we will all be that much richer, even if it's only a sentence or two

Tizku l'mitzvos!

7up

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Re: Momo II: Another try
Posted by the.guard - 22 Jul 2009 14:08

Wow Momo, that would be a GREAT service to us all! And you write nicely too!

every few days.

I saw your beautiful post before. It is truly profound. I want to share with you a story that brings out this same point, but I need to look up the details first...

P.S. Make sure to take some notes during the call so you can summarize.

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Re: Momo II: Another try
Posted by hoping - 22 Jul 2009 14:31

These posts are great Momo! They talk exactly to the things that i am working on. I join the others in begging you to keep them coming.

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Re: Momo II: Another try
Posted by chl - 23 Jul 2009 06:24

bs"d

another amazing post Momo. Thank you so much!

I find myself looking forward every day to your insights. I can feel the honesty and sincerity in

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Re: Momo II: Another try
Posted by 7yipol - 23 Jul 2009 09:29

Momo, I dont have the words to thank you. A summary like this, together with your personal insights is invaluable.

I know that this was a gift from HaShem because He understood that I really needed it. I was depressed and on the brink of giving up.

What a hug Hashem gave you!
your posts and i find that very refreshing. It helps me very much!

With this in mind, I already feel the intensity of my epiphany waning. But that's alright, because I understand that it is unusual at this early stage of the program to get an epiphany, and HaShem simply gave me a gift to give me a glimpse of how my life can feel like at the end of the program.

This shows such insight Momo. You're right, we may not feel that hug so clearly ever step of the way, but if we know how to look, we will see it often enough to keep us going.

Once you have felt this madreiga even once, no matter how fleeting, IT IS YOURS FOREVER. This insight and growth is now sewn into your neshama, and even when you feel youve fallen and no longer feel this ruchnius high, know that it is there, forever a part of you. NO-ONE - not even the menuval - can EVER take this away from you. Not because it's *yours*, **but because it's *you***

PLease keep sharing. Just for the beautiful tefilla at the end it is worth it!

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