

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

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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 imtrying25 - 01 Feb 2010 21:30

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Hey Momo!!!!!!!!!!!! I know im such a bad boy! Never being there for you. Trust me t bothers me almost as much as it does you. BUt im in a situation now that i need to put more focus on what im doing and for that i need to be totally in it. I think you know what im talking about. Its also the reason i only get to be on the forum for a couple of minutes a day. But i want you to know, i think of you ALL the time. I promise!! And i wish that i could be there for you more often. Im sorry. But lets get back on our feet and please start roaring again Momo. When you roared it

shook the forum and everyone loved it. And i think it helped you too!!!

IT25

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Re: Momo II: Another try

Posted by Dov - 01 Feb 2010 22:41

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Dear me, (kinda makes me wanna add "-oh my"!)

What you wrote reminds me of a discussion on GYE a few months ago that touched on "shivron leiv," broken-heartedness. Someone described *his* broken heartedness as the state he was in during birchas kriyas sh'ma when he thought of Klal Yisroel the Beloved of Hashem and the spiritual, physical, and emotional suffering and lost-ness of Hashem's Holy people. He cried his heart out and described that as shivron leiv. That beautiful man meant well, to be sure, but was not talking about any ingredient essential to *my* recovery. Nor is that what *I* refer to as "shivron leiv".

You are touching on something very near and dear to me, reb me.

Chazal ask why "the earlier generations of yidden would remove their shoes to *begin* a fast and were immediately answered with rain, while *we* fast and scream all day and still suffer with droughts?" They do *not* answer that the ealier generations learned more or did more mitzvos. They just suggest that the ingredient yidden had in the old days was Mesiras Nefesh. MN is translated literally as: "giving the self". The word "nefesh" is typically understood as referring to our self-ness, or personal desire (as in: "im yeish es *nafshechem* = if you desire/want").

I believe that Mesiras nefesh is the sacrifice of ego. It's my "leiv" (as in "levavchem" - all our *personal* desire) - the "me" (sorry, me!) that we hold onto so tightly that it can't breathe. It seems that for an addict it *needs to break* to ever get better. For an addict, the "me" is intertwined with the addiction, and lust has become the very air he or she breathes. No? Well then why can't the poor fellow just go without it, hmmm? It fills our ego and even takes G-d's rightful place as our prime motivator. Chazal refer to that state as having: "El zar" - a foreign god (in the heart of man - gm').

OK so far?

"Zivchei Elokim ruach nishbara - Leiv nishbar v'nidkeh Elokim lo sivzeh" (Teh. 51)

Gm' Sanhedrin 43b: RYb"L said "in the old days people would bring different korbanos and have different s'char for each one; but one who "da'ato shfeilo olov" (holds himself/his concerns to be very low) is considered as if he brought **all** the korbanos! As it says: "the sacrifices Hashem prefers (zivchei Elokim) are **a** broken spirit/will (ruach nishbara). Not only that, but Hashem attends to such a person's prayers, as it says (in the rest of the posuk): "a broken and beaten down heart will not be despised by Elokim"." (btw, see the beginning of that piece where RYb"L talks about the person who "sacrifices his Y"H and admits his wrongdoing"... apropos here).

As far as my recovery is concerned, it seems to me that *all* I really needed was a truly broken heart. Not sad, but broken. By which I mean, to give up on **my** will: **My** will to be able to keep using lust and yet remain in control. **My** will to get better *the way I wanted to* - by "doing teshuvah". **My** will to finally be a "winner" against this problem. Couldn't have *any* of those dreams. That's how I experienced "hitting bottom". Bankruptcy.

So to me, the broken heart is simply finally giving up and growing up - and *staying* that way. Living with the steps means nothing more or less than being aware of my true place and my dependence on Hashem **because** of who I am - not in *spite* of it. And thankfully, Hashem never makes my heart unbroken ever again. He helps me keep it broken, lest I die in my addiction/insanity. And He helps it be broken with **joy**!

Just to end this megillah with a vort from R' Simcha-Bunim of P'shischa about this broken heart:

In the second Halleluka we say each day: "Harofey l'nishberei leiv - He is the One who heals the broken-hearted" He asks: Why heal them? A broken heart is so precious! R' Simcha-Bunim answers with the end of the pasuk: "um'chabeish l'atzvosom - and (or by) tending to their **sadness**" and explains that Atzvus - sadness, has *nothing* to do with shivron leiv at all, but we are only human and sometimes confuse our own broken-heartedness with tragedy and feel sorry for ourselves. Sadness poisons a broken heart because feeling sorry for ourselves returns us to even deeper isolation and self-centeredness than before! That's when Hashem, the best doctor, steps in and removes the sadness *leaving* the sweet, broken heart - "um'chabesh l'atzvosom"! He saves us from *ourselves*!

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Re: Momo II: Another try  
Posted by bardichev - 01 Feb 2010 22:43

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rebbereber=dov

get into the kretchma

bardys pub

we just drank a lchaim

on bardys non slipp!

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Re: Momo II: Another try  
Posted by imtrying25 - 01 Feb 2010 22:43

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Rebbi that was too long even for me!!! Im gonna have to copy it to my thread for safe keeping  
and when i have about 3 hours free, ill check it out!! :D :D :D

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Re: Momo II: Another try  
Posted by Dov - 01 Feb 2010 22:46

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[bardichev wrote on 01 Feb 2010 22:43:](#)

rebbereber=dov

get into the kretchma

bardys pub

we just drank a lchaim

on bardys non slipp!

Next time invite me *before* the drinking starts, OK slim (oops. I meant: "Rebbe")?

PS. you may like the vertl above from RSB of P. Seeya at the krechmer!

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Re: Momo II: Another try

Posted by the.guard - 02 Feb 2010 00:53

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Thank you for the precious ACE, reb dov.

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Re: Momo II: Another try

Posted by Ano Nymous - 02 Feb 2010 07:03

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I guess it's not only me Momo :D

I have no long and profound megillah to post. I just want you to know I'm going through the

same thing and I feel your pain (and mine). I hope it will get better soon (for both of us).

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Re: Momo II: Another try

Posted by Momo - 02 Feb 2010 07:04

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[Ano Nymous wrote on 02 Feb 2010 07:03:](#)

I guess it's not only me Momo :D

I have no long and profound megillah to post. I just want you to know I'm going through the same thing and I feel your pain (and mine). I hope it will get better soon (for both of us).

I know. I read your post yesterday.

Once you're ready, you CAN pick yourself up again, like I can too. I know it. There's no other option for us.

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Re: Momo II: Another try

Posted by Ykv\_schwartz - 02 Feb 2010 07:08

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Have a wonderful day!

Keep growing, one day at a time.

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Re: Momo II: Another try  
Posted by me - 02 Feb 2010 08:07

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...You are touching on something very near and dear to me, reb me.

Chazal ask why "the earlier generations of yidden would remove their shoes to begin a fast and were immediately answered with rain, while we fast and scream all day and still suffer with droughts?"

So, it really boils down to one thing. We know how to fast, and scream ALL day. BUT.....we haven't yet learned how to remove our shoes!

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Re: Momo II: Another try  
Posted by imtrying25 - 02 Feb 2010 11:40

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Cmon Momo you know!!! Im trying to get my learning schedule back to normal!!

Anyways really happy to see your back to your golly old self. But lets take it one day at a time. Before we know it well have so many days. But it all starts with a day 1 and cont with a day 2 and so on and so forth!!

One step at a time!!

Momo i wanna hear you .....**ROAR**

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Re: Momo II: Another try

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Posted by Dov - 02 Feb 2010 13:30

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[me wrote on 02 Feb 2010 08:07:](#)

...You are touching on something very near and dear to me, reb me.

Chazal ask why "the earlier generations of yidden would remove their shoes to begin a fast and were immediately answered with rain, while we fast and scream all day and still suffer with droughts?"

So, it really boils down to one thing. We know how to fast, and scream ALL day. BUT.....we haven't yet learned how to remove our shoes!

Ooohh...I hear yo....Gevaligggggggggg!

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Re: Momo II: Another try

Posted by me - 02 Feb 2010 14:53

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...So, it really boils down to one thing. We know how to fast, and scream ALL day. BUT.....we haven't yet learned how to remove our shoes!

Ooohh...I hear yo....Gevaligggggggggg!

It's really very interesting when we think about it. As toddlers, our parents spend so much time teaching us how to put our shoes on, and now, as adults, we are trying to figure out how to take



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Re: Momo II: Another try

Posted by Steve - 02 Feb 2010 15:15

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I don't know about this business of taking off shoes... not having any brothers I never had to worry about chalitza... but with three sisters i DID had to worry about not leaving the t. seat up...

Anyway, the last time i slept in a room filled with guys without their shoes on was an airtight dorm room, and if I could survive THAT I guess i could survive ANYTHING.

(I'm not sure, but I think that last line qualifies as chizuk.)

So take it for what it's worth, Mo-man - Let's lace up and get RUNNING!!!

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