

Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 07 Jun 2009 17:27

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Shalom Alleichem to all my friends on this holy forum,

Today is with the help of Hashem day 61 on my sobriety journey.

I choose the name Noraah BAmram based on the famous story at the end of Kidushin where Reb Amram Chasida was faced with the battle we are all battling on this site. when he was halfway up the ladder to sin he shouted out **"FIRE IN THE HOUSE OF AMRAM - "FIRE IN THE HOUSE OF AMRAM -** I too scream out "fire in the house of Amram" "fire in the house of Amram" and all the sages came running to save him>

I hope and pray that thru my continued posting on the forum and being on the 90 day chart, somehow the fires of the YH that is waging inside me will be also be extinguished.

The chizuk and understanding that I received from all the members on this forum since I found this site about 2 months ago is absolutely indescribable and immeasurable.

Thank u to each and everyone of you- starting of course with our beloved webmaster, affectionately known around here as "Rabienu Guard" for opening up and sharing your own struggles, tips and suggestions and thereby giving me such tremendous chizuk.

I'm not the best typist in the world but i will try to keep posting as time allows.

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Re: Noora BAmaram's Journey and Journal

Posted by chl - 14 Jul 2009 22:32

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Re: Noora BAmaram's Journey and Journal

Posted by bardichev - 15 Jul 2009 14:19

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NORRAH NISTAR

WHERE ARE YOU HIDING??

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 16 Jul 2009 12:00

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Regarding the timely topic of atzvus/depression and the three weeks:

My grandmother used to quote the Germans ym"s as saying "der mut farloiren is ain alles farloiren" meaning when a person loses his "mood" he loses all, he loses everything!!

Tchilas nfila nisa....

From my enemies tactics I gain strategies and cunning.....

The germans main focus was to destroy the "mut"!

The YH main focus is to rob us and destroy our "mood" our joy de vivre!! our Simchas Hachaim!!

Ironically the seforim hakdoshim write (Nesivos Shalom etc) that the YH end goal is not the aveirah per se, rather his main goal is the "down" feeling, the "hangover" that comes afterwards.

This is where and what the YH wages all out war.....

"the battle of the MOOD", cause as quoted "der mut farloiren is ein alles farloiren"!!!!

Love and hugs

Noorah  
Ich red tzi zich;)

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Re: Noora BAmaram's Journey and Journal  
Posted by chl - 16 Jul 2009 12:30

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bs"d

Noora,

thank you so much for this story and your insights!

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 16 Jul 2009 21:53

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I had a moment of [b]"LET GO - LET G\_D"clarity yesterday that i want to share, one of those moment when the whole blackness of the night gets lit up for a few seconds by the lightning.

most times I feel that all the knowledge an understanding that i have regarding *bitachon and emunah is just that, daas* - knowledge- no *hashava lleiv* at all.

talk the talk? sure, like the biggest of tzadikim but when it comes time to actually walk the walk

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Yesterday I was feeling the weight of the whole entire world on my shoulders

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Barukh HaShem for those moments of clarity!!!

Re: Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 19 Jul 2009 13:32

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Another thought;

My worry about the future is linked to a misconception regarding the past.

If my past accomplishments was all "I", then "I" need to worry about the future. If however the past was not "I" rather all by the grace of Hashem, then

Daagah menayin

Ad heinah azarunu rachemieche vlo azuvono chasadecha, val titsheinee hashem elikeinee lunetzach...

What a beautiful song!

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Re: Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 21 Jul 2009 13:06

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Thru the kindness of my Creator today is 15 weeks on the journey of sobriety.

Vaani Tefilah, Master of the world continue to carry me in Your right hand!!

Burning love to all

Noorah

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 21 Jul 2009 13:46

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I need to share the following "Let Go -Let G-d:

The last few weeks at work has been "crisis mode" for me!! The details not important. I was literally "oved eitzos"! I had turned to people who in the past had helped me out and one by one they all couldn't help this time. (U see the need to work out the resentments! heh?!!)

Everything looked so hopeless and bleak that I can't even describe it!

I started to speak directly to the Almighty-y at the end of shmoneh esrei (maybe other times also, I don't remember) and I told the Ribono shel Olam exactly that "Tateh in Himmel, I'm oved eitzos, please help" I said this over and over.

Yesterday out of "nowhere" (meaning no visible or direct correlation to any hishtadlus/effort on my part) the Almighty-y sent me a yeshua thru one of his "agents" ..... With the following message attached

**"my dearest sweetest precious child Noorah, you are never ever "oved eitzos"!!**

**Love,**

**Your Tateh in Himmel**

Now I have to add something, I share the previous, with the greatest of humility and not chas v'shalom with an ounce of arrogance, as if I'm worthy or deserving of anything or any accolades! I really was "*oved eitzos*"

I also shared this because I feel that if I didn't share this, I would be a *kofoy tov*! As if I took it for granted!! Like OK, next!

Deepest LOVE to all

Noorah

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Re: Noora BAmaram's Journey and Journal  
Posted by chl - 21 Jul 2009 14:48

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bs"d

Gevalt!!!

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Re: Noora BAmaram's Journey and Journal  
Posted by bardichev - 21 Jul 2009 15:04

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koll zman shehaneshama bkirbi

modeh ani Ifanecha!!!!

so too kalo zmann shehanesham bkirbi

ELOKAI NESHAMA SHENASATA BEE

TEHORA HEE!!!

with all the love in the world

YOU CAN DO IT

bardichev

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Re: Noora BAmaram's Journey and Journal  
Posted by Noorah BAmram - 21 Jul 2009 17:54

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the *rebbe* in his few words is deep deep!!!!

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Re: Noora BAmaram's Journey and Journal  
Posted by the.guard - 21 Jul 2009 18:13

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Nura, it's amazing. I have the same experience almost every month when I have NO IDEA how I'll get through the month, somehow a miracle happens every time. This has been going on since I'm married (13 + years!!)

Hashem gave us the Mann, one day at a time to train us in Emunah. We have no idea what will be tomorrow, but sure as day, the next morning, there is the mann, gleaming white on the desert floor.

Say thank you Tatte for the TRAINING!! (easy to tell someone else ;D)

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