

Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 07 Jun 2009 17:27

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 Dov - 22 Feb 2010 02:38

Thanks, Noorah! We needed that.

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Re: Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 23 Feb 2010 19:28

Here is another great quote from General Eisenhower - this was right after he got his fifth star and the Germans went on offensive known as the famous Battle of the Bulge (the real one not the one that i have daily in the morning with my belt-buckle ;D ;D ;D)

"Every time I get a new star, I get attacked."

could be its the same with us.....

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perhaps ???? alludes to the *midah* of ???? , the *midah* of ???? - the battle that we are all

Remember the lesson of General Eisenhower,

Fiery Love to all

Noorah the little

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Re: Noora BAmaram's Journey and Journal
Posted by sci1977 - 23 Feb 2010 19:34
fighting, the war we are so fiercely waging

What a fantastic way to look at this. Never give in or up!!

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Re: Noora BAmaram's Journey and Journal
Posted by imtrying25 - 24 Feb 2010 12:27

Noorah, are you starting to realize why we need you here more often?? With such profound thoughts as these we can use them more often!!!

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Re: Noora BAmaram's Journey and Journal
Posted by Noorah BAmram - 24 Feb 2010 19:46

if I'm wrapped up in myself, how I feel, im so down.... im in a terrible rut, slump, blues blah blah etc.....

if its all about **!!!! me me me** there is no way that **!!!! me me me** wont last. Period!

if on the other hand my focus is on being of service to others, what can i do to help others to say a kind word to someone. to just listen to people to be a listening ear. (why do people pay \$200.00 per hour for a therapist? who else will listen!!)

when i listen with empathy and focus on another person then i'm a giver not a taker

)
hear what my children are saying, what they r really saying! whats underneath it all, what their fears are ...not just shooting off my pat answers to what I think they are saying.

the sun shines bright when I stop focusing inward and instead start to slowly focusing outwardlust simply start's to dissipate like the the melting snow from which actual rivers of love and kindness will flow

not living like a selfish clod like a parasite.

I think this is this is one the Rebbbbe Reb Dov's big yesodos and im grateful to him for sharing and one of the great lessons that i picked up on GYE,

O Hashem grant the strength to internalize this great simple truth and put into practice....

Noorah

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Re: Noora BAmaram's Journey and Journal

Posted by imtrying25 - 24 Feb 2010 23:37

Noorah pleeease keep on posting. I really love your posts. This is something ive noticed myself. When i give i lust less. I have no idea why its like that but ive seem it so many times over. The biggest example for me was; one day i was having a really hard day. towards the night i gave a big amount of tzedaka. The second i gave it all the urges and feelings were gone!!! I mean it!! It was so weird. I was walking home and i was thinking to myself, what the heck 5 minutes ago i was going crazy wiht urges and now i dont feel anything!

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Re: Noora BAmaram's Journey and Journal
Posted by Dov - 25 Feb 2010 00:40

Yeah, we are funny like that, IT25, aren't we? Nice to hear I'm not that wierd...

Noorah - It seems to take a long time to change at all. Like being reminded 250-500 times over the course of a year or two, that taking the actions of love for others, and being useful to Hashem and His people is the only way we are truly free. It takes repetition, time, and more repetition and more time. The ones who want a quick fix (not you) are the ones that give up and go off looking for laser pointers to stay in their daled amos...and stay the same forever. Oops,

Love you, too.

Dov

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Re: Noora BAmaram's Journey and Journal
Posted by bardichev - 18 Mar 2010 05:51

NOORAH!!

We are waiting for:

I'm getting crabby and judgemental again....

VE-ASSA nura!!

Nuuuu

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Re: Noora BAmaram's Journey and Journal

Posted by Noorah BAmram - 18 Mar 2010 21:12

Only Thru the Kindness of Hashem am still climbing the ladder one rung at a time, one day at a

fiery love to all

Noorah ????
time

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Re: Noora BAmaram's Journey and Journal
Posted by Noorah BAmram - 18 Apr 2010 14:56

Dearest Holiest Chevrah,

April 8th marks one year for me – I hesitated to post this for I firmly believe that ONLY the Almighty in His infinite kindness protected me every day and every second of the day and no kudos are due to me nor are any bravos are in order ---rather a *seudas hodah* shall I make

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The only reason I post this, is out of a tremendous debt of gratitude- a debt that can never ever be repaid - to Rabeinu Guard and all the holy chevrah on the forum, who intentionally and unintentionally, knowingly and unknowingly have brought me to this point.

I pray that I do not fall prey to any illusions or fantasies of security and complacency , for I have been here before and have spectacularly descended to the deepest regions of HELL!!!

?????? ?????? ??? -From the depths of my soul, I scream and I cry, I BEG AND I PLEAD
.....PLEASE HASHEMMY FATHER IN HEAVEN

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With the utmost of humility

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Re: Noora BAmaram's Journey and Journal
Posted by silentbattle - 18 Apr 2010 16:35

Wow - mazal tov!

yes, hashem helped you. He helps all of us! But this is still a cause for celebration!

And your achievement is also a huge inspiration for the rest of us, seeing how high we can grow, and even more - that we may have played some role in your growth!

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Re: Noora BAmaram's Journey and Journal
Posted by bardichev - 18 Apr 2010 17:55

THE FIRE FROM THE HOUSE OF NOORAH

IS AN ESH KODESH MAMESH!!!

UMOODAH DINURAH!!!!!!!!!!!!

GEVALDIGGGGGGGGGGGGGGGGGGGGGGGGG

KEEP ON TRUCKING!!!!

CHAP A TENTZIL

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Re: Noora BAmaram's Journey and Journal
Posted by Noorah BAmram - 18 Apr 2010 20:39

[bardichev wrote on 18 Apr 2010 17:55:](#)

NOORA!!!

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Re: Noora BAmaram's Journey and Journal
Posted by Steve - 18 Apr 2010 20:43

MAZAL TOV!!

NOORAH, what can I say? YOU ARE SUCH AN AMAZING INSPIRATION TO ME!! and to everyone else here!!

I can't thank you enough for the WAY you have given over your posts to the rest of us - so humanly simple, so much ahava and purity of purpose! so much delightful reius and humor!! i could just sit and read your story all day...

but i gotta eat.

So before i go, i'm gonna chap a tensil in your honor...

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MY, THAT WAS FUN!!

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