Generated: 22 August, 2025, 00:50 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. NB Re: Noora BAmaram's Journey and Journal Posted by Noorah BAmram - 16 Jun 2009 14:53 Hilege Rebbe, We can surely go up: even to heaven; if he tells us, "Make ladders and go up there," we will succeed in whatever he says. — [Sotah 35a]

1/7

## **GYE - Guard Your Eyes**

Generated: 22 August, 2025, 00:50

==== Re: Noora BAmaram's Journey and Journal Posted by bardichev - 16 Jun 2009 16:27 NB IS THIS NOT SO POWERFUL!!! ET WELCOMR JR MEMBER HAPPY THAT YOUR 50 WAS TO ME b Re: Noora BAmaram's Journey and Journal Posted by Efshar Letaken - 16 Jun 2009 17:27 Wow! I didn't realize I'm a Jr. Member! Yaaaaaaay! I don't know why but I feel like I accomplished something by getting awarded with this Title. It's a real Honor! N.B., Thanks for the Rashi Re: Noora BAmaram's Journey and Journal Posted by Noorah BAmram - 16 Jun 2009 18:43 Bardichev,

**GYE - Guard Your Eyes** Generated: 22 August, 2025, 00:50

Bsheim Hashem naseh vnatzliach!!!
====
Re: Noora BAmaram's Journey and Journal Formersy terskaକା ହେଇ ହେବ <sup>tin</sup> ରେ Jun 2009 19:13
NB
your very close to becoming a Jr. member yourself.
=======================================
Re: Noora BAmaram's Journey and Journal Posted by Noorah BAmram - 17 Jun 2009 12:39
Today is bchasdei Hashem day 71 in my sefiras haomer.
HELP!!I need chizuk my dear friends. Please tell me something encouraging to lift me out of the doldrums.
Just asking for chizuk and admitting that I'm weak was difficult despite the anonymity of the forum. Why is that? Am I that arrogant that I can't even ask for chizuk? I guess this goes into the saying people don't die from hunger they die from pride!
=======================================
Re: Noora BAmaram's Journey and Journal Posted by bardichev - 17 Jun 2009 15:20
NOORA TZADDIK

====

Generated: 22 August, 2025, 00:50
TODAY IS MY PERSONAL YOMTOV
SO I WILL GIVE A BISSEL TAAM IN YOM TOV
THERE IS A MOIRIDEGE OIR HACHAIM HAKODOSH IN THIS WEEKS PARSHA
THE AHCHH"K ASKS WHY DOES THE TORAH PONIT OUT KALEV AS NOT BEING PART OF THE MERAGLIM WILL ENTER E"Y AND INHERIT IT
WHAT ABOUT YEHOSHUA??
ENTFERT DER OIR HACHAIM HAKADOSH
SIT DOWN FOR THIS PSHAT ( IF YOU ARE DRVING PULL OVER)
YEHOSHUA HAD NO MILCHEMES HAYETZER BECAUSE MOSHE DAVENED FOR HIM BUT CALEV HAD TO FIGHT
HIS Y"H
====
Re: Noora BAmaram's Journey and Journal Posted by Noorah BAmram - 17 Jun 2009 15:35
Mazal Tov on your Yom Tov!!and Gut Yom TOv

Re: Noora BAmaram's Journey and Journal Posted by rashkebehag - 17 Jun 2009 15:39
berdichev, that is really beutiful and that's what makes this forum so special, being an addict has become a source of pride. one can say," I am an adict and fighting!" that is the yesod of this site. Lately with the warm weather around. things have been getting difficult. I tried once keeping my eyes on the ground all the time but it just isn't easy. I start to get dizzy as the ground moves under me. So i bounce my eyes away and then I hit another one. taking off the glasses is not an option while driving. Any ideas, anyone?
=======================================
Re: Noora BAmaram's Journey and Journal Posted by bardichev - 17 Jun 2009 15:52
YES MANY BUT YOU MIGHT LAUGH
=======================================
Re: Noora BAmaram's Journey and Journal Posted by Efshar Letaken - 17 Jun 2009 16:04
Ok! Laughing is good.
Lets hear them.
=======================================
Re: Noora BAmaram's Journey and Journal Posted by London - 17 Jun 2009 16:07
come on I need cheering up today please put a smile on my face with some ideas for keeping custody of the eyes

## **GYE - Guard Your Eyes** Generated: 22 August, 2025, 00:50 Re: Noora BAmaram's Journey and Journal Posted by bardichev - 17 Jun 2009 16:42 if you know you will be meeting someone and you wont be able to control your eyes smudge your glasses (so you wont have a BRISKER SHIUR reeya) bite the inside of your cheek (little bite but hard) a small oinish if you gaze by a red light wear your glasses on your head (its quite stylish) instead of looking down look up \_\_\_\_\_\_ Re: Noora BAmaram's Journey and Journal Posted by Efshar Letaken - 17 Jun 2009 16:59 Reb NB & Reb London, What more cheering up would you need then that fact that you became a Jr. Member today?

It was enough to make my day!

E.L.

6/7

## **GYE - Guard Your Eyes** Generated: 22 August, 2025, 00:50

====