

charoset a 90 day recipe

Posted by DovInIsrael - 11 Apr 2010 11:02

i slipped. Ok - I fell!

kind of just snuck up on me.

too confident in my abilities. Guess I needed a shake up to put me back on track.

April 11 - Homsim (dry hot desert winds - like being in a convection oven.)

whats the message - maybe I need to do a better job of watching out for the hot spots - and the hot sites.

I used to blame others - my wife, the kids, my boss, my hernia... but this time the fault was all mine.

no body else to blame except myself. Maybe that is part of the recovery - taking responsibility for ones actions.

but this time will be different - I'll need a plan.

90 days of accountability.

aware of my actions. Will log my time at work, too - to make sure I don't slip into procrastination mode.

need to eliminate a field of dandelions - tried to uproot them (via 12-step) program.

next option is to flood the area. In this case will flood with HaShe'm's light!

Will increase my learning.

make sure I drink more water.

cut back on sugars and sweets. eat healthier.

so whats my story...actually I was working on the story... kinda.

A story of the Invisible Mud Wasps - which make their self at home in the mind of the addict - buzzing around making a person irritable and restless.

and duh, I got to a point and was not sure how I would react - so I went to a p** site to find out.
:o

ok - no more working on the computer late at night. I should not have been on at 3 in the morning!!

also had more than my fill of cake (choco cake) over Shabbas. No more. sugar, coffee, cola - clouds my head, too. need veggies and more green leafy stuff.

I thought I knew so much - I realize I know nothing. Hashem I beg YOU to show me the way - and guide me through this day!!

any advice anyone should hear from me - if it is good assume I was successful in being a vessel for Hashem Light at that moment...if it was not good, assume the fault was my own arrogance.

ok - so day 1 - nice to see you again.

as for the name of the thread... CharoSet...

There is a machlochet as to why we have charoSet on teh seder plate. If it is a mitzvah - we should say a bracha over it. But we do not - we dip the marror into the charoSet - and then shake it off.

the question is why?

If it is to remind us of the mortar used to build the bricks for Pharaoh - what did the Mitzrim do - it was a Divine decree that the Jews should be enslaved. One opinion is the Mitzrim applied TOO much hard labor - and thus we were set free, and one opinion is the work had nothing to do with our freedom.

So CharoSet can be a reminder of the hard work of slavery or the taste of freedom.

Last time we had no choice - this time I choose to work hard, and I CHOOSE FREEDOM!

the name says DovInIsrael, but the heart says...

charoSet - in 90 short days!

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Re: charoSet a 90 day recipe

Posted by DovInIsrael - 29 Apr 2010 14:53

noya - THANKS for stopping by.

working on buba metzia - 1st perek...it is very in line with the patent process.

day 20

did some digging - realized it is MR R. who is triggering me.. I did not wind up searching and seeking and slipping by accident -

I was looking ..

i did the following:

- how would i describe mr r?
- what is my connection to him (ie why does his actions bother me)
- reminds me of a time when...

ah ha!

its too close to a situation from my past - which seems to keep sneaking up on me.

the pain is great - and when the pain is great one needs an equally powerful painkiller.

ok - so the question is...

is pain and pleasure are so connected, what happens when we learn to deal with the pain...

how do we then enjoy pleasure if there is no pain associated with it.

a friend (actually a old chat room , echem, buddy) suggested a facebook group...

shoudl never have looked at it.

curiosity is a big challenge for me...

ugh.

really need to be carefully...too many slips happening.

invisible mud wasps - buzzing in my head!!!

Quick get me a can of RID!!!

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Re: charoet a 90 day recipe

Posted by Chaim - 29 Apr 2010 16:01

Dear Dov

You mentioned pain from Mr. R. reminding you of something.

If you can - would your wife be able to listen to your problem with that? Tell her of your feelings around Mr. R and what you remember!

The solace and comfort that you will feel, and the deepening of your connection is maybe what your (and all of us) are really after.

Instead of a quickie in the morning - leaving you hungry and aroused and her feeling used a bit.

We all need love from those close to us, especially in face of pain.

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Re: charoset a 90 day recipe

Posted by DovInIsrael - 29 Apr 2010 16:48

hi chaim -

my wife knows all about mr r(his was not a sexual situation - if was a financial one...but yet one where I felt helpless, and used, too)

she also knows that if I had the opportunity I'd wrap a wire around his neck and pull it tight - and watch his eyes bulge in his head.

i've tried to let go of Mr R... and let Hashem deal out the appropriate consequences.

he knows he lied...

he knows he stole...

he knows he cheated, and mislead Gadolim Israel...

and he knows that I know, too.

we recently moved to a new community...I see Mr R in the in teh local shul... it amazes me how

he can sit there knowing he lied to Hashem gadolim...

When I see him, I get a certain pleasure out of stopping over to him and saying - HEY MR R - good to see you again...

it must really irk him,,, and stir up his RID ratings...

but i dont care..

part of me realizes that the judgements we pass to another is the judgement Hashem passes upon us..

would I want someone to remind me of my past... NO

and yet... on a different hand, Mr R reminds me of a different situation (sexual) where I did feel used, and taken advantage of.

so I'm stuck..on the one hand, I feel very angry about what he did and how he used me for his financial gain

(actually was not even me - he took advantage of a friend of mine - who I introduced him too)

and would like to wish upon him an equally nasty death...

so whats my part...

I turned the tables, and used his own game against him to lie and cheat him out of some money.

when one deals with lavan - one has to treat them like Lavan.

do i feel guilty about what I did to him?

yup.

how to make amends..

I'd love to bring him to a beis din - revela his whole story and tell the judges I want to repay the money I cheated him out of...and at the same time let the beis din know the whole story ... (and let them throw his butt out on the street..)

ok - that is holding grudge.

I'll have to learn how to forgive him, as wel as the one who used me sexually.

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no immediate answers..wil work on it,

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Re: charoet a 90 day recipe

Posted by Yosef Hatzadik - 29 Apr 2010 17:16

[DovInIsrael wrote on 29 Apr 2010 16:48:](#)

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no immediate answers..wil work on it,

There is no need for immediate answers... just an immediate recognition of the need for work!

;D

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Re: charoset a 90 day recipe
Posted by DovInIsrael - 29 Apr 2010 18:14

i agree.

working with dC on the fifth step...helpig others..

it was good review, and get ready to help others

recognizing lots of work to do...but not alone.

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Re: charoset a 90 day recipe
Posted by DovInIsrael - 02 May 2010 10:05

day 21 and 22 - shabbas ...

realize i get easily angry with my wife.

if we decided to not to talk with each other - things woudl probalbly go smoother.

seems like we still have not figured out this communiation thing.

at leasst I am not alone... Shlomo Hamelech the wisest of all men, who even knew the language of the bird said he could not figure out women.

decided to stop getting angry at my wife... for everything and anything.

its like a 24 hour / 7 - hisbodidut...

Please Hashem, help me NOT to get angry at my wife at this moment...

the hardest part is when the rug gets pulled out from under me - the surprises catch me off guard.

need to learn to JUST PAUSE!

lag baOmer was ok- with the exception of too many young ladies around the fires to look at.

trying to be more aware of alien thoughts entering my head, too - and asking Hashem to take care of these alien thoughts..

wow - and I thought my plate was full at work... I sure do pass alot of requests on to Him...I dont feel bad, thoguh, He is the Bosss...if I cannot do the assignment by myself, I dont mind delegating it back to Him.

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Re: charoset a 90 day recipe
Posted by DovInIsrael - 09 May 2010 20:27

day ??

still hanging in there.

while GYE was down lots of stuff going on - or so it seems ... funny how i cannot remember any of it.

will try to gather my thoughts -and log something.

(anyone see my thoughts...not sure where I put them)

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Re: charoset a 90 day recipe

Posted by NOYA - 09 May 2010 21:48

Hi DovInIsrael,

How you doing today?

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Re: charoset a 90 day recipe

Posted by DovInIsrael - 09 May 2010 22:43

hi Noya -

the effects of freedom are settling in... (the new settlers)

actaully feeling kinda good...and becoming more productive at work too

and creating more positive, encouraging conversation wiht my wife.

I'm liking this freedom stuff!

are you ready for the 5th step call - dont delay for too long.

dov

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Re: charoset a 90 day recipe

Posted by DovInIsrael - 11 May 2010 14:41

Day ??

slipped!

ugh!

serves me right for not keeping up with my Journaling... stopped after GYE had a virus and then never got back into it.

o - lesson learned ..

will start up journaling again.

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Re: charoset a 90 day recipe

Posted by Yosef Hatzadik - 11 May 2010 15:16

A virus is contagious.

When it transfers to humans it mutates into Aveiros.

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Re: charoset a 90 day recipe
Posted by DovInIsrael - 11 May 2010 16:13

not only does A VIRUS morph into AVERIUS ...

but :

Addict evolves from DID ACT

Laziness leads to SIN SLEAZ

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Re: charoset a 90 day recipe
Posted by Yosef Hatzadik - 11 May 2010 16:18

Eyes = Y (why) See :o

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Re: charoset a 90 day recipe
Posted by an honest mouse - 17 May 2010 13:37

Hi Dov I.I how are you doing today? we haven't heard from you here in a while, is everything alright? we miss your inspiring journal!

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