

Aha!

Posted by teshuvahilaah - 24 May 2010 03:15

So, here I am on day 14 of a 90 day journey (and beyond, Be"H). At first, I didn't think I would bother to post on the 90 day forum at all. Truth be told, though I realize I have had trouble falling into less than desirable habits, I initially came to this site as a reaction to a particular wrong that I did. The trouble with lust I did not consider, and to some extent I still do not consider, too difficult to control. But I could be very wrong. Moreover, the lust could very well be a symptom of underlying problems. In the last weeks, I have come to believe this about myself. That said, in the interest of better serving my healing, I decided to take this 90 day challenge some 14 days ago and, tonight, I decided to chronicle it here. Afterall, it cannot hurt to give oneself (and others) all the help that can be had.

Nu, what interesting tales can I tell? Tips on this road of recovery? I am afraid I don't have anything too exciting to tell. The first week, I was consumed with the pain of my past action. Because of this, it wasn't hard to do good. Lately, I find myself doing my best to keep my vision aimed low as I walk through the streets. I find myself often uttering the words, Shmiras Ainayim, as a reminder. In the city where I live, a major, metropolitan city, the women are often practically naked. And the hot weather does not help this time of year. All I do is try to do my part.

So, that is it for now. A gut voch to all and hatzlocha on this most holy of journies.

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Re: Aha!

Posted by teshuvahilaah - 14 Jun 2010 17:19

Day 36. I am glad I made it this far. It's a special day.

Hatzlocha rabbah to everyone in their struggles. May G-d strengthen and encourage you.

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Re: Aha!

Posted by teshuvahilaah - 18 Jun 2010 15:39

Today marks day 40. This is a day marking transition and I'm very grateful to have made it this far.

I love everyone on here and cannot express my gratitude enough for having gotten acquainted with you all. This really is a very special place. May everyone on this forum have a good, good Shabbos, beyond anything we could ever ask for or deserve. Amein!!!!

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Re: Aha!

Posted by Ineedhelp!! - 18 Jun 2010 15:51

Thanks Teshuvah,

You keep being an inspiration to all of us. Have a great Shabbos and be well!

-Yiddle

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Re: Aha!

Posted by installed - 18 Jun 2010 16:57

40 days!!!!!!!!!!!!!!!!!!!!!!

Real inspiration. BTW, thanks for all your amazing posts, they are extremely positive and helpful.

Good shabbos.

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Re: Aha!

Posted by teshuvahilaah - 05 Jul 2010 04:56

Tonight marks the beginning of my 57th day. Am I happy? Of course. It has been an uphill climb but every day is better and more rewarding.

I am still practicing shmiras einayim. Not always perfectly, but certainly not to the level of staring or dwelling on filth in the mind. I foresee that it will get better. One signpost of this is that the practice of shmiras einayim is becoming not just second nature, but a glad and welcome avodah. It just plain feels good to consciously apply guarding ones eyes.

I haven't posted as I used to because I have taken a more active pursuit of things away from the forum. I still appreciate everyone here. I just felt I needed (and still need) to stabilize myself in my everyday routines, especially my relationship with G-d. I hope things are good for all who are here.

I am amazed at the love G-d has for each of us. It is beyond our understanding. And that is precisely why so many lack compassion for our plight, ie., it requires a holy level of understanding. But G-d understands and is compassionate. And, from my experience, as I continue in this limitless love, living and doing, I find that I can keep on going and regain myself in the process.

Some people say, Oh, you are just telling yourself these things to feel good. I laugh. They are right! But can you imagine the alternative, telling ourselves things to feel bad? Ultimately, it all comes from within, not without. And this "within" is an extension of G-d, who blew into us a soul. We are irrevocably connected to G-d. Like it or don't, we cannot escape this fact of life. A little part of Himself, if you will, resides with each of us (Likutei Amarim/ Tanya, Iggeres Teshuvah, ch. 1-4). Having such a source, how can we honestly entertain telling ourselves anything bad at all?

I look around at the natural world, Creation, and realize that it is blameless and without authority in the matters of our minds, our souls. We make or break ourselves, not the trees and not the earth, not the sun, the moon the stars. It is us. Remember R' Elazar ben Durdayah? When he cried out to all of Creation, he received no help, no relief. He had to look squarely at himself.

And through himself, face G-d. We are the channel by which the rivers from above flow. And, thankfully, these rivers extend from G-d. He gives. We can turn to Him and turn ourselves from pollution to purity. He is the Arbiter and Ultimate Decisor; who are we to argue with His judgments? And His judgment and disposition is kind, unstintingly so.

We can flourish again, a well-watered garden. So then, when I am told, Oh, you just say that to feel better, I wonder. What water does this poor person prefer? What does this person do with their allotment? Give up? Ride the waves from without, like some shackled slave? But Creation only reflects what we have within. And G-d does not make us pawns to the winds that surround us if we but exercise our capacity to choose. Through choice, we can secure the footing we desire.

All of the above is to say that we have an indescribable gift. Our own soul. And we have an indescribable friend in the expressing of our soul, G-d. Who welcomes us to manage the waters again, for good. And who supplies us, again and again, with everything we need to be well, again.

I had, and still have at times, a hard time with my past errors. But, as I consider these things, I realize that revisiting the pain goes diametrically opposite of the love and expectation G-d has for us. I notice more and more this healing, little by little. And going back to the pain becomes harder and harder in the face of G-d's infinite love. What can I say? I am very grateful. I can see how, thanks to Hashem, I am getting out of the hole. And miraculously, the hole is being replaced with a warm, tender love.

This is a process. I am still going through it. This is my play by play as I live through accepting G-d's love and kindness. Perhaps this will serve as a benefit to another, travelling the lonely desert of shame. There is a way out and it is an unmerited gift from Hashem. Hatzlocha to everyone.

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