

Funny walk to 90 by Yehoshua

Posted by yehoshua - 03 Jun 2010 14:42

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blb

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Re: Funny walk to 90 by Yehoshua

Posted by yehoshua - 14 Feb 2013 12:57

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I am not getting anywhere with this method to be honest.... I am not disciplined enough, I am a total idiot to be honest and I am starting to think that there is no other way but to join a live group.

I was up until around 1 am yesterday, saw the end of Modern Times, Straw Dogs and started to watch other stuff. Yesterday I had a slip too in that late hour, typed some shmutz in this engine (well that site is always full of women flashing at you), but I didn't download it or view it - you need strong nerves to stay clean there, but how can I get movies other way!??? But then I went on GYE and talked with Kedusha. He was really busy, so he didn't really answer my question, but hey, it was great to reach out, to talk and say hi to someone knowing he is struggling too.

I put to on much stress my viewing movies and neglect other things. And I feel this deeply, it is eating me up inside. As Elya would say RID is growing and that is bringing a fall....

I haven't done any sports, no reading the news, no Rashi, just movies. This needs to change today or I am loosing my mind, my sobriety. I am so helpless and so lazy. It's not the laziness to

It is also true that then I woke up at 3am for feeding, but BH my wife took care of it tonight. Well then I woke up at 6. My eyes hurt a bit and I feel tired and my head kind of hurts..... A this self pity, do we really stand alone, isn't Hashem here, just waiting to asked for help!? All we need is to ask! BH i did that yesterday

So a question to the forum? Do you guys work out, do you guys run or something? Do you follow news? I don't want "feeling better that thou", but some experience would be nice....

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Guys all the best to You, let every challenge bring you closer to Hashem

Re: Funny walk to 90 by Yehoshua  
Posted by Dov - 17 Feb 2013 21:21

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I have been practicing karate for the past 30 years and find that a good workout with a few regular calisthenics and stretches, a walk on the treadmill, and some punches, does wonders. I guess I get out all the punches on the bags, so I don't have to hit the kids as much...nor as hard when I do hit them....ok, that was a joke...don't call the cops.

News? Yeah, I follow Google news frequently but I must tell you that in the weeks that stories abounded about Tiger Woods and his Cecil B DeMille-esque cast of mistresses - I did not look up a single story about it, because I had the humility (borne of humiliation) that I simply have no business doing that, for I can't afford playing with lust. Also, the present story about Petorius (or whatever his name really is) shooting his girlfriend - as soon as I hear that she was a pretty model, I know the media will be all over it because sex sells...and I have enough sex problems, I do not need to vicariously get into his house, his love-life, his girlfriend, or anywhere else. I Can't afford to play that game today...just today. Who knows and who cares what I can or cannot do tomorrow.

Even if it would be a mitzvah for me to look up those stories - even if porn were somehow a mitzvah - I would be patur, just as it is obviously completely assur for alkies to drink wine for the 4 kosos or on Purim (hic\*!). Simple. I sacrifice nothing but my hubris when it is 'a struggle' inside me.

Is this clear? Is it holier than thou, or thou, (or them)? I do not think so. I'm just a recovering pervert doing OK today and enjoying this life the easy way!

Work out, man! It feels great! Your Maker obviously wants you to feel *great*, not just 'OK'.

BTW, Rashi is very nice, but have you tried saying Tehillim. Not in hebrew, but in a good english translation - or better yet, in your own words reading from the hebrew? There are some great translations that are not just party-line stuff. R SR Hirsch's translation is sweet, I feel.

Hatzlocha!

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Re: Funny walk to 90 by Yehoshua  
Posted by Eye.nonymous - 25 Feb 2013 23:31

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I have made a few attempts at signing up for news E-mails. Somehow I always get stuck only on the boring international news feeds with nothing but political editorials so I usually get sick of it after a week or so and then unsubscribe.

Besides that, I think my main source of news is Aish.Com. If anything really interesting or contraversial is in the news, they always have somebody write something about it, and that--strangely enough--seems to be enough news for me. They don't have p\*rnography, either, which is a plus.

In college I once worked in a company where it was my job to watch TV news and summarize the stories and enter them into a computer. The idea was that, if someone died drinking Coca-Cola and it was on NBC 7pm news, someone in the sales department would call up Coca-Cola and say, "NBC 7pm news just ran a story about somebody dying from drinking Coca-Cola. Would you be interested in buying a copy of that story?"

At first I thought it was a fantastic job. I always felt I wasn't current enough with current events, and here was my opportunity. The first week or two was great. But after that (in conjunction with a really amazing Media Criticism course), I could practically sit down without seeing the news and type out everything they were going to show--including who they were going to interview and what they were going to say. Here's that scene again of the police picking through the forest to find hidden clues of the murder suspect!

The news shows basically take reality and squish it into a little template they've got so they can get the "latest news" out in a flash. It's basically scripted (from shoot to finish--camera-men are poised in key locations to instigate the desired crowd response, then editors slice and dice the words to say what they want people to hear--even if nobody said it) and most of it, if you think about it, is of negligible importance for your ability to function in everyday life. It's always the

same story--some sort of s\*x scandal, or freak murder, tragic car accident, inferno, kosher meat fraud, and sometimes they do a real important piece about "Love Your Dog" Month--complete with pictures of cute little French poodles in little tu-tus and then a picture of a Rotweiler wearing a "Bad to the Bone" T-shirt just to prove the news station believes in multiculturalism. The "Love Your Dog" Month, and other such crucial feature stories, usually takes up the entire second half or two-thirds of the newscast, whereas all the other local and world news is squished into those first ten or fifteen minutes, including 12 1/2 minutes of commercial breaks where you are supposed to learn the importance lessons of Western Culture of drinking beer and choosing the correct brand of breath mint.

I overdosed on news, I guess, and since then I have lived without much of it without missing it. But you got me to reminisce a little bit, which was nice.

Glad to see you're still truckin', Yehoshua.

--Elyah

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Re: Funny walk to 90 by Yehoshua  
Posted by yehoshua - 06 Mar 2013 12:46

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Elya, you rock!

Dov, I thought I answered and I didn't. I am loosing my focus, it seems. I am impressed, Karate. I trained Uechi Ryu for 4 years, also did Judo as a kid. I love martial arts. I could put a candle  
Ok, sorry for the self praise. But  
30 years. That is beautiful (i don't know what other word to write). It would be good to train with a master like you.

My days are similar and I really want to work out, but I just get so tired in the evening. This morning I said, it will be all different, I set the alarm clock at 5.40, which should be plenty to do my routine. But the alarm woke my little daughter up. Hm...

It's back to the drawing board like Wile E Coyote would put it.

I was away this week, so I will pull my socks up and try and post more....

All the best to you guys!!!

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Re: Funny walk to 90 by Yehoshua  
Posted by Eye.nonymous - 06 Mar 2013 17:37

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[yehoshua wrote:](#)

Elya, you rock!

I would highly recommend the book "Amusing Ourselves to Death," by Neil Postman. Even if it's only half as good as I remember it being way back when when I read it, it's worth reading.

--Elyah

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Re: Funny walk to 90 by Yehoshua  
Posted by yehoshua - 12 Mar 2013 13:27

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Hi,

Overdose on news

so life goes on, bla bla bla.

I just want to be sober today.

It is an important thought, but something keeps coming into my mind: "I want more. I want real freedom. Heck, I want to talk to Hashem like Moshe." Something hit me what Dov wrote, it was about his steps to stay clean: That I should look in Hashem for the thing that thought I will find in porn.

And that I find is a big thing,

uf baby, gotta go

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Re: Funny walk to 90 by Yehoshua  
Posted by mr. emunah - 12 Mar 2013 21:53

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like!

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Re: Funny walk to 90 by Yehoshua  
Posted by yehoshua - 18 Mar 2013 08:55

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Sorry guys I FELL

Forgive me Hashem and please, please, please may this not affect my wife and my daughter,

please let my character faults not bring pain to others.

What happened?

I typed in schmutz many times as I was working this night. It is 6 am morning now and I wanted to work through the whole night, I did, but just now I fell. Saw p\* and m\*, the works. And I feel like I want to kill myself, I feel like the last dirt on earth, I feel like nothing.

I am so scared that my little girl will be afraid of my face when she wakes up, that she will cry (for no reason - but of course because she can feel what I did). I hope that Hashem brings some kind of blessing right now, that I get another chance.

Another and another and another. It is what I always said, never again. Oh no not me.

But it had to happen.

I wasn't running, I wasn't reading, I wasn't posting, I wasn't praying (even though I made so much progress - man, I could stop myself in the middle of a rage, I could laugh...), but still I wasn't reading Psalms or Rashi. So this is it, I wasn't doing anything besides keeping that piece of paper in my pocket and reading it when things got tough.

Why didn't I read it today, just now?

I feel like throwing up.

Sorry guys, I will stand up, pick myself up and try again. This time with running, reading, posting, praying, crying before I fall.

When will I ever learn to cry before I fall!?

Baruch Hashem, You rule the world, may Your will be done.

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Re: Funny walk to 90 by Yehoshua  
Posted by mr. emunah - 18 Mar 2013 20:43

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fist of all don't kill yourself

Hashem will accept you back

It sounds to me like this wasn't a sudden fall

for like a long drawn out type

see if you can take action earlier in the future

We all love you

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Re: Funny walk to 90 by Yehoshua  
Posted by tehilimzugger - 19 Mar 2013 00:41

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[Dov wrote:](#)



I have been practicing karate for the past 30 years and find that a good workout with a few regular calisthenics and stretches, a walk on the treadmill, and some punches, does wonders. I guess I get out all the punches on the bags, so I don't have to hit the kids as much...nor as hard when I do hit them....ok, that was a joke...don't call the cops.

Wich part is a joke? Have you really been practicing karate for thirty years? If yes, we need to know and watch out...

[Dov wrote:](#)

BTW, have you tried saying Tehillim. Not in hebrew, but in a good english translation - or better yet, in your own words reading from the hebrew? There are some great translations that are not just party-line stuff. R SR Hirsch's translation is sweet, I feel.

Hatzlocha!

thanks for the advertisement

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Re: Funny walk to 90 by Yehoshua  
Posted by Gevura Shebyesod - 19 Mar 2013 01:07

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Yehoshua, sorry that happened. But you already know what to do....

KOMT!

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Re: Funny walk to 90 by Yehoshua  
Posted by Eye.nonymous - 21 Mar 2013 23:25

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[yehoshua wrote:](#)

I wasn't running, I wasn't reading, I wasn't posting, I wasn't praying (even though I made so much progress - man, I could stop myself in the middle of a rage, I could laugh...), but still I wasn't reading Psalms or Rashi. So this is it, I wasn't doing anything besides keeping that piece of paper in my pocket and reading it when things got tough.

There was something more obvious that you left out... try not to do it again:

[yehoshua wrote:](#)

I wanted to work through the whole night

I have the same problem. Sometimes I focus so much on all the preventative medicine, but I forget the obvious. Despite all these things that fortify our spiritual diet, the most important and most basic thing remains--don't do things that poison yourself. Looking at schmutz is one of those things. But running on overdrive [which, I think, also exhibits and overdose of EGO], is another poison.

Still, after the fact, don't take it so hard. This is one of those moments not to be so gaivadik to think that the welfare of the whole world depends on you. That's poison, too. It's one of those moments to remember that just as our success is up to G-d, so too, sometimes it was His Will for us to fall for whatever reason. Perhaps we were too proud of ourselves for our success and taking too much credit for it. "I'm so great that I've been surrendering to G-d!" When I get to feeling this way, what comes next is feeling like manure.

Posting, at least after the fact--admitting a fall, is also an action of healing. It's not easy, and kudos to you for having the honesty and humility to admit what happened.

Keep on posting--especially now.

KOT,

--Elyah

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Re: Funny walk to 90 by Yehoshua  
Posted by Dov - 28 Mar 2013 21:19

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it would seek he isn't taking your advice to keep posting....hmm....

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Re: Funny walk to 90 by Yehoshua  
Posted by Eye.nonymous - 29 Mar 2013 11:10

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Maybe he's machmir not to post on Chol HaMoed.

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