

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

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Would like to formally introduce myself here, even though it is a little late in the game.

I am married with a couple of kids b"h. ever since i started working on computers i would periodically seek out p\*\*\*. first with a dial-up connection, then later with hi-speed internet. for days i would zone out at work, doing the bare minimum, making sure no one saw my dark secret, and feeling all the time that i am probably the only one in my circle of people who has this terrible secret. i would feel bad and try to stop. especially on Yom Kippur i would decide to stop. usually it would last a few weeks but then i would fall back into it. years later i put in a filter and it helped a lot. but only my computer had a filter and even a filter is not fool-proof. i found things that got through the filter. i found opportunities to use other computers. i changed filters. i even shut off the filter at some points.

i found GYE in a round-about way, through a google search for a halacha. i slowly started reading more and more. then i put in k9 and gave the password to the filter gabai (what a zechus Guard and him have!). that helped a lot for the p\*\*\*. almost a year ago i registered for the forum and posted a little here and there. someone on the forum reached out to me and we became partners (thank you!). that gave me a lot of chizuk. i feel that someone understands my struggle and i spilled the beans about my dark secret. i feel that if i fall ch'v i can holler out to my partner to come dig me out. that is a great feeling. like wearing a life-jacket on a boat or a parachute on a plane.

since Pesach i am clean. thanks to Hashem and to GYE. i realize that since i did not do the steps or join any phone groups the level of change to my attitudes are not too drastic. i think it is the awareness and constant chizuk provided by the forum and chizuk emails that account for whatever time i was able to stay out of trouble. at least i know that the resources for further change are available if ch'v needed in the future.

i cannot thank Guard enough for putting up this Migdal Oz of kedusha and for showing me and others the way to living clean lives. Same goes to Dov, Bardichev, yechida, Kedusha, Kaneshner (remember him?), ImTrying25, Kollel Guy, RageATM, Briut, Silentbattle, Tried123 and many many others, more recently Ovadia, 1Daat, Frumfiend the Star, Yosef Hatzadik, ur-a-jew, jooboy, world, an honest mouse, HashemsSoldier, JIP and more. Special thanks to 1daat for pushing me (gently) to make my own thread. i read a lot more than i post and every time anyone posts about a victory, a fall, a thought, a struggle it is a chizuk just to see others who struggle and sometimes win and sometimes not and keep on going trucking. of course the lessons learned from the veterans here are precious beyond words.

I am by no means out of the woods. i constantly struggle to keep my eyes off things that they should not see both on and off the computer and i know that the dangers of p\*\*\* will never go away. but with Hashem's help and with GYE i hope to be clean and slowly change my attitudes for the better.

i chose the name zemiros shabbos because to me shabbos is the day we celebrate our relationship with Hashem and zemiros are one of the most beautiful ways of bring out the spirit of shabbos. it reminds me of what i have at stake in the struggle.

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Re: Zemmy's story

Posted by Eye.nonymous - 20 May 2011 06:35

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[an honest mouse wrote on 18 May 2011 15:18:](#)

thanks for lesson zem!

I guess you could call that "Zem meditation".

--Eye.

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Re: Zemmy's story

Posted by ZemirosShabbos - 20 May 2011 14:06

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and the art of tricycle maintenance...

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Re: Zemmy's story

Posted by TheJester - 20 May 2011 14:07

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[ZemirosShabbos wrote on 20 May 2011 14:06:](#)

and the art of tricycle maintenance...

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Re: Zemmy's story

Posted by ZemirosShabbos - 20 May 2011 14:30

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Re: Zemmy's story

Posted by an honest mouse - 20 May 2011 15:36

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Followed by an Enquiry into morals?

Re: Zemmy's story

Posted by ZemirosShabbos - 20 May 2011 15:40

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"Zen and the art of motorcycle maintenance: an inquiry into values" was a famous book in the '70's

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Re: Zemmy's story

Posted by TheJester - 20 May 2011 16:05

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if it passed you by fret not, Michtav Me'elياهو (lehavdil) is wayyyyyyy better

[ZemirosShabbos wrote on 20 May 2011 15:40:](#)

"Zen and the art of motorcycle maintenance: an inquiry into values" was a famous book in the '70's

It was followed by "Lila: An enquiry into morals" - not nearly as good, or as critically acclaimed (to explain my follow-up).

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Re: Zemmy's story

Posted by an honest mouse - 23 May 2011 21:48

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i prefer michtav me'elياهو!

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Re: Zemmy's story

Posted by 1daat - 27 May 2011 05:05

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Couldn't it just be a stupid bird? Keeps flying into brick walls! Remind me of anybody I know???

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Re: Zemmy's story

Posted by ZemirosShabbos - 29 May 2011 03:26

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gut voch

this bird who is a safek window-crashing-addict / gilgul / stupid-bird is still coming to the shul and crashing into the window...

maybe i ought to tape a piece of paper with the GYE hotline number in that window.

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in unrelated news, the summer has started after much hemming and hawing, and with it the usual shmiras einayim challenges. helps to remember the 'secret' from rebbe b. if a person is empty, needy and looking for a fix then he is vulnerable and might easily get dragged into destructive behavior. if he is upbeat, content and humming a tune then the vacuum that nature abhors is not there and it will be that much easier to let the 'sights' slide right off and not register.

**simcha is the secret** (rebbe b)

in other unrelated news, my computer broke on thursday and needed a new hard drive installed. so right now i have a new -unfiltered- system and i have to go in to work on Sunday. i plan on putting in a filter and giving away the password on Sunday. i asked a few of my friends to ask me if i installed it on sunday to keep myself accountable.

melave malka beckons...

as they say: it is a segula for parnassa to tell stories about the Baal Shem Tov on motzai shabbos. but not only parnassa, and not only the Baal Shem Tov and not only on motzai shabbos...

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Re: Zemmy's story

Posted by 1daat - 30 May 2011 07:18

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[ZemirosShabbos wrote on 29 May 2011 03:26:](#)

the vacuum that nature abhors

Is this big yellow slug I drag around hoping it'll pick up at least a little dust. To pick up the actual dirt, I understand, would be asking way too much.

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Re: Zemmy's story

Posted by ZemirosShabbos - 30 May 2011 18:59

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*Iekovod the yartzeit of Rav Moshe Chaim Luzzatto - the Ramchal zy'a*

## **Caviar, Truffles and the Ramchal: Putting things in perspective**

One of the many amazing characteristics evident in the many writings of the Ramchal is a profound clarity and sense of order within a complex system of ideas. Philosophy, kabbalah and halacha all mesh fluidly and form a uniform entity.

In the preface to Derech Hashem he illustrates this point with a mashal of a splendid garden full of different varieties of flowers and plants, each arranged according to size color and character, and tended to with exacting care. A person who has wealth of knowledge is comparable to that garden as long as he understands clearly the relation and order of importance of the various ideas in his repository. Knowing many ideas and lacking the knowledge of their interaction is similar to a garden that lacks order and is untended and overgrown with weeds.

Anyone who learns the seforim of the Ramchal will be amazed at the experiences he had and the depth and breadth of his knowledge. He was a mekubal par excellence. Yet, when he wrote his Mesilas Yesharim, which is a guide for a person's growth, he did not prescribe any esoteric measures or incantations. He writes that the point of the sefer is just to remind people of the basics. Ideas that because of their simplicity and widespread familiarity they don't warrant much attention. Those are the tools of growth. The simple and basic ideas. Emuna, Ahava, Yira'h, Dveikus.

Someone may appreciate the fancier things in life and he does no wrong in doing so. But if someone were to eat caviar and truffles for breakfast every day...

For addicts this is especially important. An addiction affects our thinking possibly even more than our actions. Fancy ideas and intellectual dances are not what we need to focus on. We need the basics. True living with G-d, not living with our intellectual prowess.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 30 May 2011 22:00

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Did I hear something about Michtav M'Eliyahu? :-\

*nuuu??*

Does Teshuva work for this too?

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Re: Zemmy's story

Posted by 1daat - 31 May 2011 03:30

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Whew. Thanks Zem. Beautiful vort.

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