

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

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 ZemirosShabbos - 30 Aug 2011 21:40

this is the secret dream of a GYE poster, to correct Dov:

[dov wrote on 30 Aug 2011 21:35:](#)

And I'm *still* not such a nice guy.

Dov, you are WRONG!!

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Re: Zemmy's story

Posted by ur-a-jew - 30 Aug 2011 22:39

I debated whether this belongs on the Thank You Hashem thread or the Zemiros thread. Your thread won. From Rabbi Leff's Sefas Emes emails:

Parshas Shoftim Shoftim 5631/5635 This parsha begins: "Shoftim ve'shotrim ti'tein le'cha be'chol she'areetcha asher HaShem Elo'kehcha no'sein le'cha ..." (ArtScroll: "Judges and officers shall you appoint in all your cities [literally, gates] which HaShem, your God gives you ..."). The Sfas Emes tells us that his grandfather had his own way of reading this pasuk. The Chidushei HaRim would focus on the phrase " ... the gateways that HaShem, your God, is giving you ..." He would then comment that the Torah here is telling us a basic --but often forgotten --fact of life. We should keep in mind that the gateways --she'arim --that permit access to HaShem are themselves a gift from Him. Like any gift, this access to HaShem should not be taken for granted. Continuing, the Sfas Emes presents what he refers to as the pshat (the plain/ simple meaning) of the pasuk. In that mode, he reads the pasuk as a command that we place judges and "enforcers" at all the points of access to our senses. Thus, we should monitor our eyes, so that we do not see what we should not see. Similarly, we should monitor our ears, so we do not hear what we should not hear (e.g., music from the jungle). Thus far, I have been presenting the Sfas Emes of 5631. Four years later he elaborated on this theme, explaining that the "shoftim" (the "judges") to which this pasuk refers are our "chochma veda'as" (wisdom and knowledge). He adds that sometimes our chochma veda'as suffice to induce us to do the right thing. But we must also conduct ourselves properly in cases "she'ein ha'seichel mas'kim" (in which our intelligence does not concur). Living life intelligently --and doing the right thing --requires yishuv hada'as (calm reflection). But often we are not able to be calm and reflective. In such circumstances, our seichel does not do the job. On the contrary, our judgment becomes an unreliable compass for navigating life. The Sfas Emes notes that such cases often occur. That is, many times ("harbei zemanim") a person is not privileged to be in a state of yishuv hada'as, and thus to reach proper judgments about proper behavior. In such cases, the Sfas Emes tells us, the "shoteir" ("enforcer") --is needed to coerce us to do the right thing. In our context, what might fill the role of shoteir in cases where our sei'chel is not giving us accurate decisions? Two candidates come to mind. Peer pressure (from the right peers!); and firm adherence to policies that were decided in an atmosphere of yishuv hada'as. Continuing with his ma'amar in 5631, the Sfas Emes closes the circle. Thus, he tells us that placing overseers on our senses can help us live life more reflectively. And living life with yishuv hada'as, we are better able to perceive the world as governed by HaShem rather than by immutable Nature. Finally, to the extent that we live our lives with prior reflection, the sha'ar of access to HaShem will be opened wider for us. Note : we are back to that key word and that key feature of life : namely , "gateway". (In reality, we are not "back " to it ; for with the Sfas Emes's singleminded focus, we never left it.) The Sfas Emes concludes this discussion by citing a zemira (song) which the Arizal wrote for the Shabbos evening se'uda. The Sfas Emes quotes the zemira to enable us to see the link between : song (shira) and access (sha'ar).. We say in this zemira, "Aza'meir bish'va'chim lemei'al gav pisc'hin ..." ("I sing praises of HaShem, and thus may enter through the sha'ar to gain access to HaShem.) In fact, singing praise of HaShem can remove the Hester behind which His Presence is often hidden. The Sfas Emes elaborates on the idea that song (zemira) can help us in our avoda (service), To do so, he calls up a secondary meaning of the Hebrew root ZMR --namely, "to cut away". Working with that meaning of ZMR, the Sfas Emes explains the objective of the "pe'su'kei de'zimra" ("the verses of song" that we recite before we begin the formal Shabbos Shacharis davening). By singing praise of HaShem,

we can cut away the sitra achra --the power of evil --that constantly tries to interpose itself between HaShem and His people. Thus, the Sfias Emes can now read " azameir bishevachim " as "I will cut away with praise". Sounds right.

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Re: Zemmy's story

Posted by Back on Track - 01 Sep 2011 03:32

Hey there ol' chap, just wishing you a good evening. You chap?

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Re: Zemmy's story

Posted by ZemirosShabbos - 01 Sep 2011 14:32

with much joy and gratitude to the RBSO, a new voice was added to the zemiros shabbos choir

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Re: Zemmy's story

Posted by Gevura Shebyesod - 01 Sep 2011 14:45

Mazel Tov!!!!!!!

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Re: Zemmy's story

Posted by Yosef Hatzadik - 01 Sep 2011 14:53

Mazel Tov !!!!!

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Re: Zemmy's story

Posted by an honest mouse - 01 Sep 2011 15:07

mazal Tov! may you have only nachas and zemiros shabbos!

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Re: Zemmy's story

Posted by gibbor120 - 01 Sep 2011 15:12

MAZAL TOV!!!

MAZAL TOV!!!

MAZAL TOV!!!

MAZAL TOV!!!

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Re: Zemmy's story

Posted by ZemirosShabbos - 01 Sep 2011 15:16

thank you all kindly for your warm wishes

iy'h by you oif simchos

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Re: Zemmy's story

Posted by obormottel - 01 Sep 2011 15:34

Just to add my private Mazel Tov to the choir of public ones:

MAZEL TOV!

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Re: Zemmy's story

Posted by ben durdayah - 01 Sep 2011 17:01

[rtl] ??? ??? !!!

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Re: Zemmy's story

Posted by ZemirosShabbos - 01 Sep 2011 17:08

the ironic thing is that as soon as he was born he started singing. well, he did not know the words or the tune but he was belting it out like a pro in baby-talk (some people confuse baby-talk with crying)

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Re: Zemmy's story

Posted by Shteeble - 01 Sep 2011 17:17

OooooooooOOOOOOOOOh!

Mazel Tov!

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thank you!

Re: Zemmy's story

Posted by JackAbbey - 01 Sep 2011 17:24

mazel tov!!!

how right, its amazing, you can cry to hashem, & in heaven its the most beautifull song

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