

Bigmoish's path to tahara

Posted by Bigmoish - 29 Jul 2014 23:01

I just posted my story in the "introduce yourself" forum. It feels like a weight off my shoulders already, but I hope I can really do this.

I already woke up this morning with the YH in my head, but I managed to brush it off and go

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 03 Sep 2014 23:13

Got it.

~~daven~~=====
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Re: Bigmoish's path to tahara

Posted by Bigmoish - 10 Sep 2014 07:22

I'm feeling a little remiss in not having updated my thread in a while, but I really have very little to say. I've had ups and downs over the past couple of weeks, but right now I'm feeling pretty good. Hopefully that will be a good siman for the future.

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Re: Bigmoish's path to tahara

Posted by ZemirosShabbos - 10 Sep 2014 19:58

[Bigmoish wrote:](#)

a good siman for the future.

t'is the season

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Re: Bigmoish's path to tahara
Posted by Pidaini - 11 Sep 2014 16:23

the future.....the future.....Hmmmmm.....the future....

THE FUTURE?! DID SOMEONE MENTION THE FUTURE?! :mad:

Where does that come in?! If life is good I should be basking in it's goodness not hoping that it will last long and healthy!! Especially because.....life isn't a picnic and experience has shown us over the past few hundred years that we don't always feel pretty good!

So enjoy it, but keep your head on straight, don't get drunk with it for it can lead to hangover....
HUH?!

OH!! And KIT!!! KOP!!!!

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Re: Bigmoish's path to tahara
Posted by cordnoy - 11 Sep 2014 16:57

I don't care what's come to pass

I just want this moment to last

I don't care about the future or its gravity

I care about now and my sanity

No care of the future, nor of the past

it's all about now, and I'm havin' a blast

That's all that we ask for - one day at a time

and for the keyboard - to get this to rhyme.

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 11 Sep 2014 18:20

[Bigmoish wrote:](#)

I'm feeling a little remiss in not having updated my thread in a while, but I really have very little to say. I've had ups and downs over the past couple of weeks, but right now I'm feeling pretty good. Hopefully that will be a good siman for the future.

Just read this post again, and I think I was actually sleeping when I typed it. I have very little recollection of writing these words, and you are correct, yankel and avrom, they make no sense. Sorry for the confusion.

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Sep 2014 08:25

This may have something to do with why I liked the gibbor120 quote in my siggy so much...

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 08 Oct 2014 10:02

It's been a while since I last posted. Been busy with yom tov preparations, work, kids, and throw in the fact that I can only go on GYE when my wife is not around.

I still read all the threads, just haven't been posting much.

In a way, I feel like I have everything "figured out" (total nonsense), and I'm not really interested in saying how amazing life is, so I have nothing to say.

I'm still here if anyone wants me, so don't freak out.

Ah Gutten Kvittel to all,

Moish

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Re: Bigmoish's path to tahara

Posted by trysohard - 08 Oct 2014 10:15

i don't know how much you've figured out for yourself. but trust me, when i was feeling pretty stuck, you were probably the most helpful in pulling me out. so keep shteiging, because you already have one of the last steps of teshuva, which rabbeinu yonah (and i think Lehavdil AA) says is helping others with their aveiros. Of course, some of the earlier steps are harder. Hatzlocha!

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 08 Oct 2014 10:42

Hopefully our teshuva was a bit more sincere than this one...

and accepted more.

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Re: Bigmoish's path to tahara
Posted by mybrotherhelpsme - 08 Oct 2014 18:38

it is so annoying. I am 55 days clean and I still had a difficult night last night. I was up till 6 fighting my yetzer hara. When will I stop having these withdrawal symptoms!!!!??? Is this late night desire just part of life that I'll have to live with or will I be able to control that too and sleep with ease??

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Re: Bigmoish's path to tahara
Posted by dms1234 - 08 Oct 2014 20:42

Hi mybrother helps me. Perhaps start a thread for your self! Simply click "new topic" and introduce yourself!

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Re: Bigmoish's path to tahara
Posted by Pidaini - 11 Oct 2014 23:36

hey there MBHM!!

Wlecome to GYE!!

Don't be a stranger, tell us more about yourself!

As for that question, I don't think anyone can answer that definitively. The common experience here is, though, that it does get easier. I don't know how long you have been acting out, but for

me 55 days is a drop in the bucket, and it wouldn't be reasonable for me to say "Well I'm "clean" for 55 days, so those ten of years of lusting should just fall away magically!!"

(I put clean in quotations because it can have different meanings. Are you not lusting at all, or are you lusting and just not acting out?)

Keep on Posting!! Keep on Trucking!!

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Re: Bigmoish's path to tahara
Posted by Bigmoish - 13 Oct 2014 05:57

[mybrotherhelpsme wrote:](#)

it is so annoying. I am 55 days clean and I still had a difficult night last night. I was up till 6 fighting my yetzer hara. When will I stop having these withdrawal symptoms!!!!??? Is this late night desire just part of life that I'll have to live with or will I be able to control that too and sleep with ease??

I'm not sure why you decided to post this on this particular thread (hashgacha pratis?), but I can definitely relate to that feeling very much.

Keep at it, brother.

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Re: Bigmoish's path to tahara
Posted by newaction - 17 Oct 2014 03:35

A healthy winter to all and to you Bigmoish . i wish you Hatzlacha in our common struggle and BE"H this year will be one of a continuous Aliya , for you , for GYE memebbers and Klal yisrael.

With your permission the one thing that i took upon myself 72 days ago and i hold to it dearly because my life depends on it is guarding my eyes . I use the computer for strictly business .

But the " Amud Barzel " my Pillar of iron is keeping a tight watch on my eyes when i walk in the street , drive , etc . Because of my work i had to travel during Aseres Yemei Tshuva .that meant Ben-Gurion , Newark Liberty and other (undisclosed) places. i had to meet a lot of people among them women . After Y"Kipur i did the trip back to Israel. Another thing that helped me was the Tikune Hazohar . I took mine with me and read and read whenever i had time. The Tikune Hazohar purifies my soul and mind even if dont grasp what i am reading. A blatt gemora can do the job but i didnt have peace and quite to concentrate so i just read the Tikune Hazohar sometimes 20 pages at a time. By guarding my eyes i feel that i am keeping the battle scene far from me , in "enemy territory " so to speak . I find it amazingly interesting that after 72 clean days , when i am on the street whenever there is a woman in the vision field of my eyes i still feel a force like a magnet to look at her but i look away , etc , i sit tightly on the guard of my eyes . thats how i keep my sanity (or sanctity i wish). Still and all i have to battle with lust thoughts and that is how the Y"H brings the battle to "my territory " . i try hard to push them away from me or tell myself "hey this is lust" Wacth Out !. When it comes to my eyes i can not let the guarding go down , not for a split of a second if Ch"Veshalom i would let such thing to happen it would be for me no less than death personified , and judging by the first 72 days this will not change until my last day on this earth. i wish you Hatzlacha in your saintly journey to sanity and yes sanctity . You and me and us all do not have time to despair or feel down . There is a war going on here and Hashem requires every single soldier and each one with his special mission to perform and we trust you will perform yours with success . Keep up the good work !!

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