

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b'e"h

Posted by tzomah - 31 Dec 2017 11:17

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sounds like an oximoron  
encouraging and thoughtful that i know i can do this for good !

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Re: I will make it b'e"h

Posted by MayanHamisgaber - 31 Dec 2017 18:32

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Just updating the family here:

I will be moving back to U.S.A. soon and I do not know the availability I will have to log in here.

I will iy"h reach 90 days for the second time just before I leave and will post then.

I hope to keep in touch with the people that have helped me in the past via phone and text,

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Re: I will make it b'e"h

Posted by Hashem Help Me - 01 Jan 2018 12:21

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Maybe when you arrive in the USA you can meet up with some of the chevra here.....

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Re: I will make it b'e"h  
Posted by MayanHamisgaber - 01 Jan 2018 12:23

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Looking forward

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Re: I will make it b'e"h  
Posted by tzaddik212 - 01 Jan 2018 15:33

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Hi Mayan Hamisgaber

No worries to come back to the states. we welcome you with open arms and Huge hearts.

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Re: I will make it b'e"h  
Posted by MayanHamisgaber - 02 Jan 2018 18:15

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Just wanted to share

I was in yeshivah today when I noticed I did not have my keys with me. I thought they might be in the door to my dira but I did not want to go back for that is a BIG NO NO for me to be home by myself. but I had to go get them. I asked Hashem to help me and B"H I had the strength to leave and go back to yeshivah without anything happening.

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Re: I will make it b'e"h  
Posted by tzaddik212 - 02 Jan 2018 18:35

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This is the Koach Of Tefilah

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Re: I will make it b'e"h  
Posted by MayanHamisgaber - 02 Jan 2018 18:40

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I agree though I do not always see such success with it

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Re: I will make it b'e"h  
Posted by tzaddik212 - 02 Jan 2018 19:14

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Tefilah has two parts to itself. 1. Asking Hashem your needs and your wishes. 2. Asking yourself to become close to Hashem.

With this concept the Seforim Hakdoshim explains, why is there a need to Daven, isnt what is happening the ratzon Hashem, and they answer, that whatever hashem does is to wake us up to daven to him, and to connect to him. to realize that he is the front driver, and that were all here to do his will. and we humble ourselves to him and to his torah and mitzvos. and when we do so sincerely it is proven that it helps. The vilne gaon writes, that Hashem had put into the Teva that Tefilah helps. and whoever does not believe in it, there was a public proof for that 2 weeks ago on Zos Chanukah that we all saw how the 2 parts of tefilah helped to get Rubashkin out of prison. and Rubahskin was a public proof, but there is private proofs on a daily basis.

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Re: I will make it b'e"h  
Posted by youcan - 03 Jan 2018 01:03

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[MayanHamisgaber wrote on 02 Jan 2018 18:40:](#)

I agree though I do not always see such success with it

I think that a tefilah like this helps even b'gashmius, cuz by this you point out that this is very

important to you and you need help about it, you know there is a chance to fall, so when you involve Hashem it makes you more focused & in a fighting mode so you won't give in easy.

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Re: I will make it b'e"n  
Posted by tzaddik212 - 03 Jan 2018 01:49

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well this was part of my point, that when Mayan Hamisgaber Davened not to fall, besides that he asked Hashem a tefila, he as well put himself into a place the he doesnt want to fall, and that is the two components of teffilah i mentioned before.

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Re: I will make it b'e"n  
Posted by MayanHamisgaber - 03 Jan 2018 18:08

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I have a confession to make

There is a certain site that gets thru my filter that I can watch trailers of movies nothing xxx but enough that I know it makes my struggle so much harder.

I hereby commit to not going on to that site for the next month bl"n.

I need to do this now as stress is most likely to happen just before a major move and I need to help myself as much as I can. And yes I will call someone from my contacts when I need to vent or cry or whatever.

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Re: I will make it b'e"n  
Posted by cordnoy - 03 Jan 2018 18:32

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[MayanHamisgaber wrote on 03 Jan 2018 18:08:](#)

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Remind me please to post about the difference between a confession and admittin' our defects.

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Re: I will make it b'e"h  
Posted by MayanHamisgaber - 03 Jan 2018 18:47

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[cordnoy wrote on 03 Jan 2018 18:32:](#)

[MayanHamisgaber wrote on 03 Jan 2018 18:08:](#)

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Remind me please to post about the difference between a confession and admittin' our defects.

I am remindin' you

I thought it was a confession because I was and am hiding this from my wife (guess I did not do such a good job confessing to her...) my defect is that I am still lyin' to everyone includin' myself

Waiting to here your explanation

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Re: I will make it b'e"n  
Posted by tzaddik212 - 03 Jan 2018 19:01

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Regardless if it is a Confession or an Admission, Mayan Hamisgaber I wish You success in your new Kabbalah, and may you always be pure and clean.

It is time to stop to be Medakdek on others terminology, Lets leave the Lomdos and the Dikdukim for the Beis Medrosh.

What works for me when i am stressed, is that i bring Hashem in the stress, and i do my chores according to Hashem priorities. What would hashem wants me to do first, and another tool i use, is that i "Let God, Let go". I cannot control my outcomes, and i am not trying o control other,s i am only striving to be the best that Hashem intended me to be.

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