

Momo II: Another try

Posted by Momo - 17 May 2009 10:10

Hi everyone,

After originally joining this forum, my first streak was the best for me (24 days). That was accompanied by almost daily posts and the chart. More important than the number of days, during this streak I really felt the Kedusha and that was an amazing feeling. I felt that I was actually getting rid of lust from within me. However, after I fell, I gave up with the forum and chart, and had smaller streaks. I make efforts to try again, however, I never reached the feeling of Kedusha during the shorter streaks (that were between 5 and 20 days). I also never felt that I was getting rid of the lustful feelings. I was just counting days until the next fall.

Anyway, I'm ready to try again with the chart and posting on the forum. I'm ready to make a REAL effort again but I've been feeling very lonely for the past few days, and I need the chizuk from this board to remind me that I'm not alone, and someone cares if I try or not.

Here's another try to feel the Kedusha and attempt to rid myself of the lust...

My first clean day was May 12, so yesterday (May 16) counts 5 clean days so far.

May HaShem help me.

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Re: Momo II: Another try

Posted by the.guard - 17 Jun 2009 11:34

This is a must for a chizuk e-mail!

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Re: Momo II: Another try
Posted by hoping - 17 Jun 2009 12:14

MOMO-

I was going to write a post of Chizuk when I read that you fell yesterday. Then I read what YOU wrote and saw that it was more inspirational than anything I could think of. You continue to show how committed you are to the fight against the YH and we all need to follow your example.

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Re: Momo II: Another try
Posted by Momo - 17 Jun 2009 12:16

Thank you "hoping" for your beautiful words!

To be honest, I'm jealous (in a good way) of everyone who is putting together large amounts of days while I'm not. This somehow seems harder for me than everyone else (although, that might not be true). Could it be that my 6 days of battle is equal to 16 days of battle for somebody else? Could it be I'm not trying hard enough? Although I believe what I wrote in my last post (about the baseball game), it does hurt to rise and fall so many times.

Don't misunderstand me, I wish everyone the best success! I just want a part of it too!

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Re: Momo II: Another try
Posted by Kedusha - 17 Jun 2009 13:55

[Momo wrote on 17 Jun 2009 12:16:](#)

Don't misunderstand me, I wish everyone the best success! I just want a part of it too!

You can be!

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Re: Momo II: Another try

Posted by Efshar Letaken - 17 Jun 2009 21:29

You know the saying "you cant win if you don't play"

"You Can't Win The Fight With The Y"H If You Don't Fight!"

So, just keep on fighting & you will Prevail!

Efshar Letaken

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I did it! (Sort of)

Posted by Momo - 18 Jun 2009 06:09

Hi all,

Yesterday I said that I'd deactivate my Facebook account, and I did. Right before I did that, I said a prayer that with the zchut of this action, HaShem should help everyone who's on this forum. Then while I was doing the deactivation, the Y"H started voicing his objections "come on...". I countered by singing (in my head) a niggun really loudly. I felt very proud of myself after I did it, until I received a notice from Facebook that I can always activate my account again simply by signing in.

After searching the net, I found that you CAN request to have your account permanently deleted, and I'll have to do this. Here's the link:

www.facebook.com/help/contact.php?show_form=delete_account

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Re: Momo II: Another try

Posted by the.guard - 18 Jun 2009 07:30

Now that we don't have the Beis Hamikdash, Hashem looks for the Korbon Tamid every day in different places... In Shamayim it was announced: Today Momo brought a Korbon for Hashem by sacrificing FaceBook on the Mizbe'ach of his heart!

Everyone, learn from this Tzadik. Delete access to Facebook, Youtube, GoogleVideo, etc.. Anything that is a stumbling block for you, ***Kol Ish Asher Yidvenu Libo*** - make Korbonos to Hashem, ***VA'TITAV LAHASHEM MISHOR POR!!***

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Re: Momo II: Another try

Posted by the.guard - 18 Jun 2009 07:36

Could it be that my 6 days of battle is equal to 16 days of battle for somebody else?

Dear Momo, I just want to repeat a beautiful saying from "Hoping" that I think everyone should repeat:

"A fall while on the journey is worth more than a clean day while you aren't trying."

And always remember this from the Attitude handbook:

It is brought down in the sefer Menucha V'kedusha, written by a talmid of R' Chaim Volozhiner, that even a person who sins his whole life can still be considered a Tzaddik, as long as he never gives up and always continues to fight. We like to think of success in terms of results. But Hashem looks at our efforts, not at the results.

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Re: Momo II: Another try
Posted by aaron4 - 18 Jun 2009 12:49

To be honest, I'm jealous (in a good way) of everyone who is putting together large amounts of days while I'm not. This somehow seems harder for me than everyone else (although, that might not be true).

Momo, it **does** get easier. Take it one day at a time and you'll break through the barrier. Just remember to **keep taking it one day at a time** even then, because the Y"H does NOT give up.

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Re: Momo II: Another try
Posted by the.guard - 20 Jun 2009 22:13

Momo, you've been quiet for two days... If you had a fall, we're all here to catch you. You are a SUPER INSPIRING WARRIOR. We will never let go of you.

Remember, you aint out of the game till your dead, brother!

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Re: Momo II: Another try

Posted by yetzertov - 21 Jun 2009 02:25

Momo, let me share with you a letter from my Rebbe that I always carry with me. Hope it will help you as it helps me.

The Rebbe Writes

Freely translated and adapted

23 Marcheshvan, 5712 (1951)

You tell me you are giving the proper amount of Tzedakah (charity). However, your shalom bayis (marital harmony) situation, needs great improvement.

The fact that you are having great difficulties in this area is a sign, that this Mitzvah (commandment) has not been completed in your previous life.

The holy Arizal teaches us, that most souls living in a body, have been here before. The reason they come back again, is to fulfill those Mitzvahs, that they did not do properly the first time around.

Those Mitzvahs that they did complete in their previous lifetime, do not require any more refinement, and therefore their observance is easy.

However, those Mitzvahs that one did not complete in his previous lifetime, are the ones most difficult to do. The Yetzer Hara (evil inclination) targets these non-completed Mitzvahs, as the ones to oppose most.

The fact that the issue of Shalom Bayis is so difficult for you proves, that it is a Mitzvah which needs fulfillment. In your past lifetime, you did not refine this Mitzvah, now is your opportunity.

Momo, you can substitute "shalom bays" for any other major difficulty that we encounter in our avoida.

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Re: Momo II: Another try
Posted by the.guard - 21 Jun 2009 06:15

We're happy to hear you're holding strong... We're all here for you. We were enjoying your handbook journal a lot, maybe you can keep at it this Sunday to keep you strong :D

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Re: Momo II: Another try
Posted by Momo - 21 Jun 2009 06:52

Instead of posting in my journal today, after reading GMA's cry for help, I took the opportunity to write him some chizuk. While I did it selflessly, it turns out that giving other people chizuk is also probably the best way for me to give myself chizuk.

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Re: Momo II: Another try
Posted by the.guard - 21 Jun 2009 11:09

So true! As they say in the 12-Step groups, that Step 12 ("we try to carry this message to others with similar problems") is the best insurance for LONG TERM sobriety!

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Re: Momo II: Another try

Posted by the.guard - 22 Jun 2009 08:19

"A fall while on the journey is worth more than a clean day while you aren't trying." So whatever falls you may have on this journey, is still a reason to rejoice - because **you are still on the journey!** As long as you're still reading the handbooks and trying to explore the NEXT steps that you haven't tried yet, you're still fully on the train!!

Rosh Chodesh is also a time of Teshuva and renewal, as you said: *Z'man Kapara lechol Toldosam!!*

TOOT TOOT!! CHUGGING AHEAD. Keep inspiring us!

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