

## IT'S HARD NOT TO THINK ABOUT IT

Posted by Kedusha252 - 31 Aug 2011 03:49

---

Hello,

Baruch Hashem and praise to Hashem that He created everything in this world. For a man, the most beautiful aspect of Hashem's world is a woman. The feeling that one gets from looking at a woman is clearly from Hashem. It's a mental and body experience. The media and internet are impossible venues to avoid. There are images and videos of thousands of celebrities and attractive women. During the summer months there are women all over the streets who do not dress modestly.

A single unmarried person is left with a very demanding life test. He has no ability to release his sexual urges. But a man must not feel boxed in. He must view this as an opportunity to be tested and earn olam habah. The best thing is to avoid being tested by having filters on the internet and only use the internet for kosher purposes. It's important to learn Torah, daven well and have kosher outlets.

But it's so hard. Some nights I just lay in bed and wish I can look at a celebrity's guf and face and enjoy. Or go on facebook and see pretty girls. But it's important to take this feeling, embrace it and say this just proves there's Hashem on this world. This urge is so real and so strong that it had to be planted by Hashem into a person's life. Something so delicate and intricate like taiva for women of all types must have come about from wisdom of Hashem.

So even this taiva can be a spiritual thing and increase our awareness of Hashem.

Anyway, it is my hope that men and women find their bashert and have beautiful growth oriented lives together. The fight probably continues after marriage but at least some sexual energy is being used and a person can feel satisfied with his/her partner. Marriage is much more than relations, it's about building a family and caring for each other. But for the purposes of sexual desires marriage definitely plays a role.

Until then, a single man must learn to control his taiva and remember the ???? that says the more you feed it the hungrier it gets the more you starve it the more satiated it becomes.

Layla Tov!

Kedusha252

=====  
=====

Re: IT'S HARD NOT TO THINK ABOUT IT  
Posted by alexeliezer - 31 Aug 2011 18:20

---

TR,

I completely relate to your struggle. It is a much easier battle if you simply aren't looking at women. Not their faces, not their triceps, not their socks.

But there is permitted beauty everywhere. The beauty of nature, the sky, the clouds, the trees, the wind, water, gravity. The awesome planning of this planet. Dwell upon the awesomeness of nature and you will find Hashem. You will see Hashem in a loaf of bread that came forth from the dirt.

The symphony of nature. This is beauty. Not a woman of a certain age range that is destined to lose her attractiveness.

Alex

=====