

Kedusha and Sanity

Posted by skeptical - 02 Aug 2013 21:48

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**Dov**

I hope you remember that the real problem here is not lusting, but lying. Few here get it. Most think this is some sort of religious kedusha struggle or something. It's really just being a real human being. Derech Eretz kodnmah laTorah. Once we have sanity, all the rest falls into place. Hatzlocha getting some and keeping it. It's certainly not a thing you are mesugal for doing successfully, so this will be a miracle - as it is with me.

Love,

Dov

**skeptical**

Lying/not lying is also a religious kedusha struggle, or something.

Derech Eretz is Torah.

**Dov**

skeptical wrote:

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Derech Eretz is Torah.

It may make you feel nice to see your own struggle to remain honest and real, as falling under the rubric of Torah and avodas Hashem, but do you see how the connection of this struggle in any way to Torah, Teshuvah, and Kedusha is poison for so many people? And if yes, do you see then that trying to be 'menachem' a person that "yes, your recovery is still Torah/kedusha," can really tempt them to run right back into the very 'holy' mentalities that have been fueling their porn and masturbation habit from day 1, 2, or 3?

Those are questions, not rhetorical, nor attacks. Just questions.

And have you read my post about "The Nuclear Reset Button"?

**mayer**

The answer (or rather my answer) to all of the above questions is yes, yes, and yes.

That being clarified at the outset (I have a sneaking feeling that this is gonna be a long hijacking), wouldn't it be fair to assume that the above mentioned "poison" is a distorted view of what Torah, Mitzvos, and Avodas Hashem are all about? They (Torah, Mitzvos, and Avodas Hashem) are NOT about MY oh so exalted levels of \_\_\_\_\_ (fill in the blank -Torah, Teshuvah, Kedushah, Chassidus, Mussar, etc.); that grain and perspective of humility, is game-changing. A more accurate, less "me-focused" perception and angle of Torah, etc. is indeed a (the?) (by)product of sobriety, no?

All Mr. Skeptical is saying, (I think) is that, if one truly has (something of the) the right perspective vis-à-vis Torah, etc., there is a way of looking at this endgame during the game, that's all; not removing it from the scope of Torah, without having his Avodas Hashem defined by masturbation.

As the saying goes "If the shoe fits, wear it!" Conversely, if it doesn't, (and if it's "poison", it certainly won't,) don't!

**Dov**

Yes, yes, and yes, Mayer. But my point is that if so, then WHY DON'T ALL THESE 'CORRECTED' JEWS HERE JUST KEEP THEIR ZIPPERS UP AND LEAVE THEIR PENISES ALONE!

But they do not.

Why?

Some of these good people (and I mean that 100% sincerely) are still searching for porn, still worshipping it, hot women, and sex with their wives, with devotion and mesiras nefesh that would be high madreigos in avodas Hashem, and are still keeping it private - so they can safely

keep doing it (hiding it and using fake names even n recovery here on GYE).

And if they are now enlightened and 'get the Torah right"...when did that sudden enlightenment occur? Did they undergo any real inner change that is a total revamping from the 'Torah' they knew and accepted back in the day (last week?) when they 'were still sinning regularly'? Or was it just a few posts they read that showed them a nice vort or chizzuk of some sort and 'now they've got it all right'? How can I have faith in quick sincerity-fixes rather than see them as gimmicks.

I have seen so many guys insist that they now 'get it', so many speeches from newbies still masturbating their brains out, spewing what they feel with their whole heart is sincere: about how "if you just trust hashem and do xy&z things, you will beat this thing!" And they 'fall' so badly they disappear in shame. This happens over and over. GYE helps a lot. But so many more than it helps, are lost to the denial of religious enlightenment.

Sorry for the rant here. But it hurts.

How is what you are saying any different than that? I just don't get it - please explain it to me, chaver.

## **MendelZ**

Dov is just keeping us real, as he is wont to do. I would like to take this opportunity to thank Dov for his super-valliant efforts to help us all realize that unless there is some serious paradigm shift occurring in the way we see life itself, we can be pretty sure that we've got a lot of work to do. Not to discourage us, chas v'shalom, but real recovery requires real realization. The misguided Torah lives we all live/lived is not the real Torah. We live/lived it because we thought it was about us. Its not. If we could see that as true, more true and real than whatever pleasurable feelings we had when we acted/act out, we would be able to make a little more room for the true and real Torah to have its glorious and uplifting effect on our lives.

**mayer**

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There is but one difference (and although it mat be dismissed as mere semantics by some, it drives others up the wall) and that is the insistence that for some people who are deeply mired and entrapped in porn, masturbation, etc., Torah is NOT the (an) answer.

Yes - certainly, their Torah ain't - real Torah is. I think we all agree on that one.

The point of divergence is whether one can begin to live that while still entrenched in the dirt. Just as saying "I'm powerless", without truly recognizing it is merely a lesson in self-delusion, so too is the " sudden enlightenment" of "get the Torah right"; Torah is not a lesson in mental gymnastics or enlightment, but in action. Just as any other mode of recovery is a process, so too is this. One must be honest - difficult, very difficult.

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Re: Kedusha and Sanity

Posted by cordnoy - 18 Jan 2015 05:36

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[Watson wrote:](#)

Embarrassing as it is for me to read through again I think it is a very important thread, if somewhat difficult to follow.

Leave it up the O' Fishel thread-bumper

And Watson, it is so great to hear about the happiness.

B"H!

Gettin' closer to God is a bit catchy; my posts are changin'.

b'hatzlachah

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Re: Kedusha and Sanity

Posted by cordnoy - 10 Jan 2016 02:31

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[Dr.Watson wrote:](#)

Dov, thank you for your post. Thank you for taking the time to post, it is always appreciated. I agree with what you're saying. I wonder if my problem is that i can't identify myself to it. Here's what i mean:

1. I didn't say i was an addict, I'm still not sure i am, despite the numerous falls I've had. I still have the mindset that I just need to control my yetzer and that's where it is. Even though i fall i still think i'm making progress and getting better at fighting my yetzer each time.

A person might masturbate once or twice and that's just called doing an aveirah. There's a point at which this behaviour is out of control and he might be called an addict. Equally a person who used to masturbate every day and now does it only once in a while is not really an addict anymore. I mean, he is because it can easily slip back to what it was, but his behaviour is not out of control, he's just doing an aveirah.

I'm really not sure where to put myself on this scale. I'm not sure it's relevant because I don't want to do any aveirahs at all. One masturbation is too many, and to me that's because of the aveirah not because I would feel like my behaviour was out of control just because of one masturbation.

2. I've read this a lot but I've never identified with it. I've tried to think about what's wrong deep down that makes me masturbate and I haven't come up with anything. B"H I have a good life. I

have a loving wife, a nice family, nice in-laws, enough money for what I need, a promising career, i learn and daven. The things that bother me are not learning enough, not getting to minyan enough, maybe i could have more friends, but overall I'm a very happy, content person. I just can't get my head around why i keep falling except maybe i fell for another of the yetzer hora's tricks.

3. I'll give you the honest answer. I don't know what my motivation is. I can't say I'm such a tzaddik that I'm doing it l'shem shomayim. At the same time, if it was just out of control behaviour i was worried about, i think i would be happy with where i'm at now, and i'm not.

Doc,

How would you describe your old issues now?

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