

Solutions for Tonight

Posted by waydown - 16 Aug 2015 22:06

Guys I need some ideas how to overcome my yetzer for tonite. As I have posted before I normally fall asleep via J/O. And if I wake up in middle of the nite I'll do it again. Any ideas how not to? So far for starteres read something clean before sleeping.

I will be on only for another hour or two. I do not want log in to the internet once I get home from shul even if its just for GYE. Its just too dangerous. Thus the urgency

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Re: Solutions for Tonight

Posted by Gevura Shebyesod - 22 Sep 2015 15:37

No, but we are supposed to receive, not take.

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Re: Solutions for Tonight

Posted by waydown - 22 Sep 2015 15:48

"Of course we are supposed to have pleasure but the pleasure is supposed to come from giving to the other. "

"No, but we are supposed to receive, not take."

But thats my question who says that your staement is accuarate? Why can't I have pleasure from taking? Why can't I take while I give? You say it like its a given source and it mus be that way. Of course if I only take or if my taking harms the other party then my giving is worthless. But otheriwse why not take?

And if we are only "recieving" why does my wife need makeup?

I will point out that yes as addicts lust is an obsession. If my intimacy is an obsession its dangerous.

More importantly, I think you guys are overkilling it. Yes GYE is a holy community thus we live up to higher standards. And as addicts we want to fully surrender lust. But come on every rav or rosh yeshiva will tell you that there is an element of lust with one's wife.

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Re: Solutions for Tonight

Posted by eslaasos - 22 Sep 2015 16:16

Sorry waydown, I think Gevura is correct. I wish I had more experience with the cleaner side of living to be able to explain it better, but in my limited experience, lust has no place in a Jewish home.

Gevura - this sounds like a very tricky balance. We engage in an action that by the rules of nature is extremely pleasurable, yet we are supposed to be able to do so ignoring our pleasure and focusing on the giving. Is that what you're saying?

Can you give me more details on the distinction between lust and physical attraction?

For example, there can be a physical arousal generated by an emotional bonding. What's that about?

For someone who is used to indulging in pleasure it is difficult. With a handful of victories under) I have seen that it's possible, but it's like a muscle that needs a lot of time and working out to get it to the level it should be, kind of like PT or OT for someone who was in an accident. Without getting too graphic, it's easier in the beginning but as things progress, it gets harder to retain that focus.

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Re: Solutions for Tonight

Posted by markz - 22 Sep 2015 16:33

One small example that separates the true lover from the luster;

Many a wife like mine are often too tired even on Mikva night

A luster would cajole twist and convince his partner to be partially awake so as fulfill his lust every night or 2 that he possibly can

A lover can say

"Darling I want to have sex with you but only when you can enjoy it which is when you're not tired. How about we plan for once a week and that day you try rest in the afternoon? Friday night you're always too tired, so forget about that night..."

I believe lusters would have a hard time doing this.

Waydown what's your thoughts

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Re: Solutions for Tonight

Posted by Arye b.g.l. - 22 Sep 2015 16:38

Sorry but I feel a little like way down about this point,

Hashem gave us a wife so it should save us from sin,

That still stands for something,

Besides why did rav chisda teach his daughters how to arouse thair husband,

I think there is some clarification needed

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Re: Solutions for Tonight

Posted by eslaasos - 22 Sep 2015 16:40

Markz, I think that's a good start but not close to what Gevura is saying.

Reason being, it's a lot easier to make the choice of love over lust before the action starts. Also, for the ibber chochom luster, it makes more sense to schedule a good time than try to make it happen, if experience has taught that this provides a better lust experience.

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Re: Solutions for Tonight

Posted by eslaasos - 22 Sep 2015 16:40

[Arye b.g.l. wrote:](#)

Sorry but I feel a little like way down about this point,

Hashem gave us a wife so it should save us from sin,

That still stands for something,

Besides why did rav chisda teach his daughters how to arouse thair husband,
It's just the luster using delayed gratification in order to obtain a better instant gratification

I think there is some clarification needed

Coooooooooooooooooordnoy, where are you? Confused in Seattle calling.

Oh yeah, it's Erev YK, maybe he's busy???

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Re: Solutions for Tonight

Posted by eslaasos - 22 Sep 2015 16:47

[Arye b.g.l. wrote:](#)

Besides why did rav chisda teach his daughters how to arouse thair husband,

Maybe he wasn't teaching them what to do, he was teaching them what not to do. Do you know where the Gemara is?

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Re: Solutions for Tonight

Posted by Hashivalisesonyishecho - 22 Sep 2015 17:02

This topic is soooo my cup of tea, but I just don't have time to read and certainly not to respond. Just a quick point which since I haven't really read the comments, I don't know if it's relevant. It says ?? ????? ?????? ?????? ???. And that's is even for someone like Yishai who never committed a sin. It's just the nature of the act that it must involve a degree of selfishness, (everyone by his madraiga, of course).

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Re: Solutions for Tonight

Posted by eslaasos - 22 Sep 2015 17:06

[Hashivalisesonyishecho wrote:](#)

This topic is soooo my cup of tea, but I just don't have time to read and certainly not to respond. Just a quick point which since I haven't really read the comments, I don't know if it's relevant. It says ?? ????? ?????? ?????? ?????? ???. And that's is even for someone like Yishai who never committed a sin. It's just the nature of the act that it must involve a degree of selfishness, (everyone by his madraiga, of course).

Maybe after Yomtov, you would elaborate? Do you have a thread where this has been discussed previously?

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Re: Solutions for Tonight

Posted by Arye b.g.l. - 22 Sep 2015 17:06

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Re: Solutions for Tonight

Posted by eslaasos - 22 Sep 2015 17:07

Thanks, I'll check what the Mesivta has to say about it. I knew the quote just not the maare makom, and as you see he was also telling them what not to do, so it's debatable without further research what his intention was.

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Re: Solutions for Tonight

Posted by Arye b.g.l. - 22 Sep 2015 17:13

Of course but when you shukel lulav you do it with all you got,

I believe this mitzva requires no less

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Re: Solutions for Tonight

Posted by eslaasos - 22 Sep 2015 17:17

[Arye b.g.l. wrote:](#)

Of course but when you shukel lulav you do it with all you got,

I believe this mitzva requires no less

We have to start quoting in our responses because now I have no idea which post this is in response to.

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