

Shower

Posted by markz - 28 Oct 2015 13:27

Singing has worked to weaken the YH. He's tone deaf and hates music

Warning: Spoiler!

[MBJ wrote:](#)

erev Shabbos and I am going to shower and I wanted to fall again... This time I said I can stay sober just for today. I asked Hashem for help and started singing popcorn and didn't even think about masturbating again.

I feel great now. Better than I have in a while. I don't know if it will take long term. I do know that I can stay sober for just today.

Thank you Hashem for creating the capacity in me to hear and appreciate the complicated patterns of music and then recall and reproduce it with my voice so I can sing in the shower. (though popcorn is not really singing)

MBJ sorry I didn't grow up in the 60's. What in the world is the popcorn song?

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Re: Sing in Shower / Rejoice with Jewish Music
Posted by markz - 28 Oct 2015 14:03

Deleted

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Re: Sing in Shower / Rejoice with Jewish Music
Posted by cordnoy - 28 Oct 2015 15:26

La da di, la da da, la da daaa

Singing in the shower

La da di, la da da, la da daaa

Singing in the shower

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Re: Sing in Shower / Rejoice with Jewish Music
Posted by markz - 28 Oct 2015 16:36

[markz wrote:](#)

Share what music elevates your soul - try include links!!

There are two benefits I think Music has in helping some of us break free

1) Listening to Music elevates the soul, and acting out often occurs when emotions are running bare.

[eslaasos wrote:](#)

I too find music to be a very helpful tool, and it can totally change my mood sometimes. My Rebbi in yeshiva used to tell me to listen to music even in the 3 weeks.

I have a long list of Jewish songs that I listen to frequently that I'd be happy to share, just PM me if you're interested.

One caveat is that Jewish music didn't appeal that much to me when I was also listening to non-Jewish music. I have been "clean" from non-Jewish music for at least 12 years now...

[Hatzileini Na wrote:](#)

I am making a Taphsic Shevuah as follows... If before hand I either: visit a neighbor's apartment (or someone else) for 30 minutes, leave the house for 30 minutes or if either of those options is impossible learn or **listen to Jewish music for 30 minutes** or come on to the site for 30 minutes (or a combination of factors) the numbers will be reduced by 75% (so \$125, \$250 and \$500.)

[Hatzileini Na wrote:](#)

Last night was one of the toughest I can remember in a long time. I couldn't sleep, and was having trouble clearing my mind. B"H I fought, I Davened, I surrendered, **I listened to music**, read books and eventually fell asleep... B"H moving onward and Bez"H upward.

2) Singing has worked to weaken the YH. He's tone deaf and hates music

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[MBJ wrote:](#)

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Shower

Posted by markz - 28 Oct 2015 18:20

Can this be upgraded to the 'just having fun section' please

[cordnoy wrote:](#)

La da di, la da da, la da daaa

Singing in the shower

La da di, la da da, la da daaa

Singing in the shower

Singing in the shower is all fun and games until you get shampoo in your mouth, then it just becomes a

Warning: Spoiler!

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Re: Shower

Posted by MBJ - 17 Nov 2015 21:15

[markz wrote:](#)

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[MBJ wrote:](#)

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MBJ sorry I didn't grow up in the 60's. What in the world is the popcorn song?

Neither did I. I am only in my 30s

If you youtube, you can search "popcorn song"

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Re: Shower

Posted by Eyeglasses - 17 Nov 2015 22:26

Horav MBJ,

if you want to do yourself a big favor put a lock on youtube and 'never' go there.

It's like sitting in a toilet bowl.

It's hard, but it's a lot harder when you have access to the youtube toilet.

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Re: Shower

Posted by markz - 18 Nov 2015 00:09

[Eyeglasses wrote:](#)

Horav MBJ,

if you want to do yourself a big favor put a lock on youtube and 'never' go there.

It's like sitting in a toilet bowl.

It's hard, but it's a lot harder when you have access to the youtube toilet.

All of my threads are starting to have something in common

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Re: Shower

Posted by cordnoy - 18 Nov 2015 00:46

[Eyeglasses wrote:](#)

Horav MBJ,

if you want to do yourself a big favor put a lock on youtube and 'never' go there.

It's like sitting in a toilet bowl.

It's hard, but it's a lot harder when you have access to the youtube toilet.

Again a toilet bowl!?

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Re: Shower

Posted by Shlomo24 - 18 Nov 2015 00:48

I find toilet bowls not so attractive personally. YouTube has some quite good stuff on there.

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Re: Shower

Posted by markz - 18 Nov 2015 01:24

[Rage AT Machine wrote:](#)

Subject: 60 ways to appear frummer

22. Go 'coast to coast' without showering, changing your clothes or shaving, until you truly look like a caveman.

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Re: Shower

Posted by markz - 18 Nov 2015 01:25

[Rage AT Machine wrote:](#)

"Do not use in shower." -- On a hair dryer.

[serenity wrote:](#)

I keep my phone in the shower, so if I start getting tempted I can make a call and electrocute myself. The shock usually takes away the desire. You may be thinking that a cell phone doesn't shock you when it gets wet. That is normally true but I have a special APP called lustshock. I wanted to try a hair dryer, but I was told it could kill me.

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Re: Shower

Posted by markz - 18 Nov 2015 01:25

[Rage AT Machine wrote:](#)

On a hotel provided shower cap in a box.

FITS ONE HEAD

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Re: Shower

Posted by markz - 18 Nov 2015 01:25

[interveltnik wrote:](#)

Re: You know you're on GYE for a while when...

When you see the person that took ur shower in the mikveh after you all blue and
) you forgot to turn it back from ice cold...

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