

Learning Torah

Posted by MisterD91 - 06 Mar 2016 23:03

Hello Dear Yehudim, Princes of the world, Beloved children of the King of the world, blessed be He!!!

Everybody knows how important Torah learning is. I do not know if you knew that but it is not getting Emes in Torah, it is about thinking! (Ohr Yisrael Letter29). I.e you do not need understand Torah. It is all about struggling and engaging in it, because getting the underatanding and keeping it in mind is all from heaven (AleI Shor I and Nefesh HaChaim). Lpum Zaara Agra (Acoording to the struggle is the reward). Imagine you with such a desire to watch the Internet and you sit down and start learn Torah. One Thought comes. You struggle and read two words. Another thought, you struggle another 2 words, after 1 hour you have only few line vaguely in your head. How beloved are you by HKB"H. Even if you sin afterwards r"l, it does not tale your award and light your brought to the world. HKBH knows how much you struggled.

Even if you start doing that 5 minutes a day BUT every day, and then you will add time it will be a great benefit.

I wish everybody much success!

Do not forget who you are.

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Re: Learning Torah

Posted by Shlomo24 - 07 Mar 2016 03:09

So how do you plan on stopping masturbating?

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Re: Learning Torah

Posted by MisterD91 - 08 Mar 2016 21:26

Dear Shlomo,

The light of torah can penetrate everything and make any one holy. If you do all the exercises and tips, people suggest here, it is great but with Torah even greater. HKBH created the Yetzer Hara and Torah asbits antidote. Only Torah can help us. But many people are getting discouraged and do not want to learn because they think it is about to keep anything in mind and they can not do that because ofvthe bad thought and disturbances. I just want to encourage the multitude not to give up and L E A R N. Even if it is hard and in the beginning it is only able to do 5 minutes a day. This levels up. And the results it is not able to see after 1 day or 1 week. But only after months.. But regularity is the main thing. This will strengthen all the other tips. Start small and grow.

Hatzlacha

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Re: Learning Torah
Posted by Shlomo24 - 11 Mar 2016 02:28

Has this kept you sober?

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Re: Learning Torah
Posted by markz - 11 Mar 2016 02:49

Shlomo if you need someone to talk to you can chat with me

Some guys here have interesting perceptions, like this misterwD40, who wrote to me personally [here](#), and the only 2 words he wrote that made sense were KOL TOW

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Re: Learning Torah

Posted by markz - 11 Mar 2016 02:50

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Re: Learning Torah

Posted by cordnoy - 11 Mar 2016 10:53

[markz wrote on 11 Mar 2016 02:49:](#)

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what don't you understand about concentratin' by brachos, learnin' mussar, becomin' holier? I'm not sayin' that it's an approach that worked/works/will work by me, but it is an approach.

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Re: Learning Torah

Posted by Shlomo24 - 11 Mar 2016 16:41

[cordnoy wrote on 11 Mar 2016 10:53:](#)

[markz wrote on 11 Mar 2016 02:49:](#)

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I am asking him if it worked for him. I also have 7,000 ideas that didn't work for me, but I don't share about them. If it worked for him then kol hakavod, but something tells me it didn't. He has a very anonymous_14 feel to him. We aren't used car salesmen on GYE, we aren't selling faulty things over here. If we were then there would be no purpose.

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Re: Learning Torah

Posted by Mesayin - 11 Mar 2016 18:02

Hey [MisterD91](#)!

This is a very deep discussion whether torah is the "only" way, it obviously is a way but perhaps not the only way.

There has been discussion on the forums about this.

I f it worked for you than kol hakavod, I'm sure it might have worked for all of us at some point without us realizing it.

Chazak V'emutz

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Re: Learning Torah

Posted by cordnoy - 13 Mar 2016 02:47

[Shlomo24 wrote on 11 Mar 2016 16:41:](#)

[cordnoy wrote on 11 Mar 2016 10:53:](#)

[markz wrote on 11 Mar 2016 02:49:](#)

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I agree with you askin'.

There ain't nothin' wrong with that.

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Re: Learning Torah

Posted by MisterD91 - 16 Mar 2016 13:33

I can say, since I started to learn more Torah it did help me. Not in the beginning. The moment i left the learning, bad thoughzs came again. But i kept boruch hashem at bay. In the end it is all HKBH who helps you. But he can only help you, when YOU do something. Of course these ideas might help or not, but for me it was a great chiddush to learn that it is not about knowledge but about the fact that you are learning. I just wanted to share it, because many people think like that and become discouraged of learning. And so what when it does not help you to stop? Only because you do one aveira you should do another (of bitul torah)? In the end it is on you to try ot out and see when it works. But the try out can not be one or two days, but weeks.

I am willing to give you privately all my story and oc you want you can phone me.

Hatzlocha raba.

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Re: Learning Torah

Posted by Eyeglasses - 16 Mar 2016 14:06

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I'm very much with you on this.

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