

Listening metal to don't fall ?!

Posted by David26fr - 16 Mar 2016 19:13

Listening metal to not fall ?!

My dear friends, I have a little question that was on my tongue since months, and I decided at

Often, when I have a huge attack, I have a solution that works well for me : I go to my Spotify account, and I start to listening some metal music...

Not songs that are too dark, not of groups that are too "black", and I also avoid songs talking about lust or some strong allusions.

And, magically, the attack is fading, and I feel better. Even after stopped to listen, the attack has gone away and don't go back.
fast to submit it to you

After a couple of hours or some, I can have a new attack or don't have a new attack, but at least I gained some hours of sobriety.

But I am asking myself if I am doing well ?

These metal groups are often made of guys with no morale, singing some terrible things, against all Torah values, and I am sure that my wife will strongly disagree if she saw me one day listening to this music !

But looking to p**n is also against all Torah values, and my wife will strongly disagree if she saw me looking to a p**n site (for the little)...

So I don't know what to think about this, to continue or to stop ?

For complement, I don't understand all the lyrics because I am french and not so fluent in english, and I was listening to many metal 15 years ago when I was young, and I stopped before my marriage, 7 years ago.

What do you think ?

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Re: Listening metal to don't fall ?!

Posted by Mesayin - 16 Mar 2016 19:45

This question should probably asked to a rabbi.

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Re: Listening metal to don't fall ?!

Posted by markz - 16 Mar 2016 19:51

[Mesayin wrote:](#)

This question should probably asked to a rabbi.

The Metal Rebbe!

Or the Rebbe that banned metal glasses frames?

Oy - disregard!

this was for Adar

You should ask a sober Rabbi (I may be demoted...)

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Re: Listening metal to don't fall ?!

Posted by Gevura Shebyesod - 16 Mar 2016 20:05

<https://mostlymusic.com/?search={q=metalish}>

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Here's some metal music you can enjoy guilt-free

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Re: Listening metal to don't fall ?!

Posted by David26fr - 20 Mar 2016 11:20

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Re: Listening metal to don't fall ?!

Posted by Watson - 20 Mar 2016 12:17

Yeah, I tried listening to metal, rock, pop, rap, jazz and all sorts too. As the urges got stronger the music got turned up to help drown out the thoughts. It didn't work for me, but maybe it works for others.

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Markz :

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Sevura: I will give a look, or rather an ear

Re: Listening metal to don't fall ?!

Posted by Shlomo24 - 20 Mar 2016 13:34

I would be less concerned about the band members than about the using of another "drug". However, if it works for you, why not? Progress not perfection, if you are working on yourself then you're headed in the right direction.

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Re: Listening metal to don't fall ?!

Posted by David26fr - 21 Mar 2016 22:49

I am not sure if this kind of medicine is so good, or some kind of homeopathic treatment.. To colmate my suffering with other sufferings....

For example, I listened to some Metallica songs last week, and the lyrics was really adapted...to my situation. It helped me to calm down.

And I really felt the message in the songs. But I am not sure if Metallica's message is very good for my neshamoh, you know.

It's a little difficult to explain, I hope that this is understanding

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Re: Listening metal to don't fall ?!

Posted by Shlomo24 - 22 Mar 2016 05:23

I also find that music helps sometimes. Many times it allows me to express myself. Music has a lot of power.

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