

Did the "life after death" video help of hurt you?

Posted by Momo - 31 Dec 2009 08:52

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I am wondering if the life after death video ([www.guardureyes.com/GUE/Tips/SealofTruth.asp](http://www.guardureyes.com/GUE/Tips/SealofTruth.asp)) inspired you stop acting out for a period of time, or did it pressure you to act out more than before?

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**Warning:** If you never saw this video, before you do, consider the fact that some people after watching it felt so anxious, they acted out much more than before. Others were inspired to stay clean for a period of time

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Re: Did the "life after death" video help of hurt you?

Posted by the.guard - 31 Dec 2009 12:56

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In my opinion, it all boils down to the "level of addiction" that you have. If you'd show this video to young teenagers who are starting to have this issue, it may make a strong impression on them to stop. However, once it has become an addiction, "Fear of Heaven" can't stop us anymore, and if anything, it makes it worse because it increases the guilt and anxieties, which cause us to act out even more. Please read Principle #10 of the [Attitude Handbook](#) called "Fear of Heaven can't stop us, but it can *PUSH* us".

See also my reply [over here](#), in regards to this video.

I need more experts on this forum in the handbooks. I won't always have the time to post links to them, and to the relevant chapters therein. Who wants to take it upon themselves to study the handbooks well and be able to start pointing people to the relevant sections? It's a shame that I seem to be the only one who knows them well enough to point things out from them. I believe they are the foundation of the entire GYE approach, i.e. progressively powerful tools for progressive levels of addiction. This is a *chiddush* of GYE that you won't find anywhere else in the world, to my knowledge. And we need to have more people trained in this approach.

Common guys, who wants to apply for a PHD in GYEonics? Graduation is in 3 months. I will be

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giving out certificates to those who can pass the test.

Re: Did the "life after death" video help of hurt you?  
Posted by Ineedhelp!! - 31 Dec 2009 16:25

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To reiterate what Guard said, as an addict this SHOULD not transform you from addict to non-addict. This might be a good one time prevention tool, but in the long run this will surely not make the necessary change. I remember watching this video a while ago and was basically crying. I am still an addict. I think this would be a good indicator if someone quesation wheather they are an addict or not. Tell them "watch this video and tell me what happens in a week, two weeks, a month, etc. If they stop, then they were correct, but if not....I need not even say. I also agree this video can be very dangerous and detrimental to someone's progression on their road to recovery. As soon as someone starts to think about their past x amount of years of acting out, it might revert them back to their cycle of lust, maybe thinking they have no hope to fix what was done in the past. People need to realize what was done was done and Hashem wants us to grow from our past experiences not sulk in them.

-Yiddle

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Re: Did the "life after death" video help of hurt you?  
Posted by Kollel Guy - 31 Dec 2009 23:15

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Rage, you speak words of true wisdom.

Realize however, that for someone accustomed to deriving his incentive to do the right thing - from the seforim of old, there is plenty of talk about it, and it is very clear that at one point - not too long ago either, this knowledge served as a real, non-crossable boundary for the majority of jews not to do things forbidden by the Torah.

Today we are very weak, and when we are presented with something scary or intimidating, instead of reacting in a way which reflects our new understading, we tend to block out the realization, and it no longer has the same meaning to us. The same words as before, just hollow on the inside.

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Re: Did the "life after death" video help or hurt you?

Posted by Kollel Guy - 01 Jan 2010 02:38

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i dont think were supposed to be good jews because of heaven or hell...

Your absolutely right that schar v'onesh should not be our entire incentive for listening to what G-d said, but we are supposed to be aware of the concept, and each generation should use it in measure. Ours - just to know nothing in this world is for free.

The parsha of v'haya speaks very openly about schar v'onesh. Surprisingly, it's not even referring to spiritual retribution, just simple worldly benefits. There is an entire tochacha discussing punishment. The gemara speaks about it in many places.

The actual Torah shebiksav doesn't really speak about reward either. Just a couple of hints here and there. Like by punishment.

I think the chovos halevavos speaks about why the Torah doesn't discuss the topic, I can't remember what he says, but it definitely isn't "Because it's useless information for serving G-d anyway".

I seem to remember the Tanya also discussing it....

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Re: Did the "life after death" video help or hurt you?

Posted by Kollel Guy - 01 Jan 2010 03:07

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The gemara and medrash darshin out from a few pesukim in chumash, and nach has a few explicit ones.

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Re: Did the "life after death" video help or hurt you?

Posted by jerusalemsexaddict - 01 Jan 2010 10:09

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It personally did not help me at all.

My friend (who is aware of my addiction) suggested it to me saying "you wont ever masturbate again after seeing this".

Later that night he called back asking how it was "im telling you uri.from now well be clean.thisll be your boost."

"Too late,dude."

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Re: Did the "life after death" video help of hurt you?

Posted by NotAlone - 03 Jan 2010 00:30

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It helped for about 5 minutes.

Then I was disgusted by the sheer flakiness of, put down the whole thing to a hallucination, and fell to prove myself right. So I voted no.

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