

YHs ways of cheating us

Posted by Someone - 28 Sep 2008 18:37

Hi,

a question to those experienced, if I find a mental loop/way to stay "out of trouble", will that not be enough at some point anymore? So, will we keep on having to grow our mental strategies, as in, always being a step ahead of YH? Also, will it not end at some point? I have read posts where it said that there is a "temptation-free" level (at least the type that we are fighting). If not... wont the ways of staying ahead run out at some point?

I am asking this, because till now my 'battle-plan' has worked well. 4 days clean, and no intentions to start again !

/SO

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Re: YHs ways of cheating us

Posted by Mevakesh Hashem - 28 Sep 2008 22:10

Chazal have taught us, that the bigger a person is, the bigger his Y"H will be. There is never a temptation free zone, rather we train ourselves to become better warriors and thus will be able to act as if we are temptation free. THAT is a strategy that works, Yes, always remain one step ahead of the Menuval!

Chazak V'Ematz!

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Re: YHs ways of cheating us

Posted by battleworn - 02 Oct 2008 12:18

Don't worry, the ways of staying ahead won't run out. What will happen is (provided that you're serious and you don't give up) that you will keep becoming a better and better person.

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Re: YHs ways of cheating us
Posted by Elya K - 02 Oct 2008 19:33

Once you're clean for a few months, you will begin a natural search for the core reason you were using this addiction to soothe your pain. In that search you will find yourself.

Once you find yourself, what you love to do, there will be a natural state of serenity and calmness. Once you're in this state, you will not have a reason to act out.... after a while you won't even think about it. It will take something unexpected, like a filter free computer or something else to trigger you. Then you will pull out one of the tools from your toolbox and find something else to soothe you.

Begin to think of other ways to enjoy yourself, some way to pamper yourself and your body

Kosher massages by men,

swimming, eating your favorite dessert as a reward for a good day or week, yoga, meditation.

Read Aryeh Kaplan's book on Jewish meditation. For me there is no greater method to calming me down and facing the day than meditation.

Maybe that would be a good topic. What are some ways you soothe your anxiety & pain in healthy ways?

Any takers?

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Re: YHs ways of cheating us

Posted by Mevakesh Hashem - 03 Oct 2008 03:40

My dear brother Elya,

Kol haMaschil B'Mitzva, Omrim Lo Gemor!

Chazak V'Ematz!

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Re: YHs ways of cheating us

Posted by Someone - 03 Oct 2008 11:10

Indeed, I would like to learn more about meditation
(especially and maybe *only*) about Jewish meditation!

BTW: 6 more days clean! PRAISE HASHEM ! Only around 30 days till the 40 day-mark!
Great idea. Please do the honors and start the topic

This time I am really serious...

/SO

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