Music?
Posted by Chazak Amenu - 10 May 2010 02:53

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I find that music has helped me in the past i am curious what other people think. here is what i wrote on one of my posts.

i know that some people advise against this but this really helps me, plain old listening to music whether a woman is singing a man is a jew a non jew it stirs something inside of me like no other! today i listened to an incredibly moving song and i am not going to say otherwise but i cried :'(this was soon after my fall and this song has made me cry maybe once or twice before but it really makes me think and feel emotionally in ways i cannot explain! i think something i should try on my agenda is listening to more music everyday. i think it will help a lot as a pick me up a stress reliever as inspiration it is indescribable how much music makes me feel. i am not going to explain it anymore because i can be quite sure some of the guys on this very forum have felt it before and it is something i feel almost every time i listen to music. i stopped for sphira but right now i need to focus on the task at hand.i need to feel emotionally pleased which is something music accomplishes. i know i stressed music a lot here but that is only because for me it was a huge revelation. what do ya'll think? agree disagree

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Re: Music?
Posted by strugglingandstrivngBT - 11 May 2010 20:06

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music is a drug. That being said, so are antibiotics. do are antidepressents. there are a lot of great drugs that really help heal humanity! It all depends on which ones you take (I'm sure theres a metaphore involving dose too, but I'm not feeling up for that challenge. anyone who wants feel free).

Before my return to Judaism you could probably say music was my faith. Listening, writing and playing. I had songs of praise, songs or anger, songs of sorrow, etc. To be exact I had around 60 gigabytes of music, each song with its own purpose and creator, mood etc. I continued to use all of them in my initial stages of return and saw nothing wrong. This included female, male, all genres, everything. Then there came a point where I had to acknowledge what I knew. The angry songs made me feel angry, the songs of sorrow made me depressed, etc. Further, many of the songs had antifaith/nihilistic connatations that made me feel really weird. The females made me feel in love. All the songs were linked to memories, and these memories were worse than any triggers (not just with addiction, with everything). Once I realized this I knew I had to stop. I was high on music,abusing drugs. That being said, I have a very limited library now which is frusterating but it is what it is. One day IYH I'll be able to afford to revamp my collection so that it might compete with what it once was. I'm not going to say all music does this, and I still listen to "Secular" music, I just have to know where the artist is coming from with their writing. I'd advise to do similar, dont be any means abstain from music, just be careful what you put in your ears.

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A interesting tangent: A few months ago I was looking through my writing from one of my lowest points in life, where my goals, ideals and expected means of achievement of such were COMPLETELY different from mine now. I was very surprised to see that almost everything I wrote translated or interpretted into my current values, and still felt like it came from me, despite the radically different packaging. Further, my knowledge of music theory is completely different from now yet some of my favorite chord progressions (namely minor i VI III VII) were all there.

This leads me to the conclusion that music, lyrically and composition, can come from a level higher than regular conciousness, and listening to someone who has blocked out the G-dly connection could potentially be dangerous.

my two cents...

keep on rocking!

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Re: Music?
Posted by Chazak Amenu - 13 May 2010 14:08

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I had a great Drum lesson last night and am going to try and practice more often. for now i am probably going to continue to listen to non live, non jewish, inspirational woman singing it has never had a bad affect on me it has had a good one but if it begind to have a bad one i will stop.

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Re: Music?
Posted by briut - 13 May 2010 14:31

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Just remember, our neshamas don't speak English, so won't be able to tell us if they're tasting poison. But they do understand English, so the music of the shiksa will be able to reach deeper than our conscious bodies can feel.

So, if you're gonna wait until your hear the cry of the neshama calling 'help,' you might miss the call until it's too late.

It's not my style to offer any fire & brimstone on this site, so I'm not trying to suggest that this WILL happen. I'm just trying to put a little chink in your armor of "that could never happen to me."

Glad the drumming lessons went well, of course.

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Re: Music?
Posted by Chazak Amenu - 13 May 2010 14:40

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yeesh, you guys give me a lot to think about, which i am thankful for, right now am dealing with dropping p**n and it is obviously very difficult (the understatement of all understatements!) i can't imagine trying to drop another thing which even though has bad spects has good aspects as well, i am trying to stay away from music videos, and have mostly been very successful also i buy the songs i like for my ipod so i will not need to see the music videos. i am not sure if anyone would feel comfortable with this, but i would appreciate if you could just here part of one or two of the songs i am talking about. just a little bit i would not ask you to do anything you did not want to do so feel free to say no of course. mostly what i am trying to say is that i need to pick my poison, right now i am focusing on p**n stuff and as of now the woman singing is not harming me so i need to prioritize.

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Re: Music?
Posted by strugglingandstrivngBT - 13 May 2010 15:16

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I'm familiar with secular music. whats the artist and the song?

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