

The Mark of Torah - Lust Chizuk

Posted by Markz - 02 Dec 2015 03:57

1. **TORAH TAVLIN:** a) Torah is not a blanket protection and can actually do the opposite [if not approached correctly](#). b) May not work for all forms of [Yetzer Hara](#)
2. Gd wants our small [sacrifice](#) and [effort](#)
3. **ODAAT:** [One Day at a Time](#). And a nice [source](#) for ODAAT.
4. **DO SOMETHING:** When facing a personal challenge, We can't say "I tried, I cried, I prayed", No no no! [Do something positive!](#)
5. **BECHIRA:** The "main" bechira we have is to [avoid triggering situations in the first place](#)
6. **THE 3 SECOND RULE:** [The pasuk is telling us - do not follow your heart to take that second look](#)
7. **THE REAL PROBLEM:** To me it seems poshut that the problem is lusting [not shmiras eynayim](#)
8. **WHITE KNUCLING:** Is not [the Torah way](#) so cut the [Confrontations](#). Which according to the Torah way [will not succeed](#)
9. Is everyone in the world an [addict?](#)
10. **WIFE:** Is she your [Pas Besalo?](#)
Warning: Spoiler!

- 11. **INTENT:** I'm a lustaholic and I want [Intimacy](#) leshem shamayim. Honest?
- 12. **TESHUVA:** Teshuva (the way we understand it) is [NOT recovery](#) but a ploy
- 13. in the Zohar, it is said the sin of wasted seed is the worst sin for which no recovery is possible. And that relations with non-Jews attaches to us even in Olam Haba. What are the [defenses against these charges?](#)

SCOURCES:

- 1. The prohibition of [V'NISHMARTA and V'LO SASURU](#)
- 2. including undressed unmarried [gentile women](#)
- 3. A wife is [like bread?](#)

HOLIDAYS

- 1. Chanuka - [ODAAT](#)
- 2. Thank Gd - [Al Hanissim](#)
- 3. The 3 Weeks - We are building the [Beis Hamikdash](#) with GYE

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The Mark of Torah - Lust Chizuk
Posted by gyeuser444 - 01 Jun 2016 07:20

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The Mark of Torah - Lust Chizuk
Posted by markz - 02 Jun 2016 03:47

[gyeuser444 wrote:](#)

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Therefore genetically we have the tools in our hands to cut inappropriate (phone / music) sex from our lives, and use our ears to be there for our spouse / friend and listen to words of wisdom from (our forefather, and now our Captain) Avrom

Are we availing ourselves of the tools?

This is the place!!!

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The Mark of Torah - Lust Chizuk
Posted by thanks613 - 09 Jun 2016 19:34

Possibly we have these tools...

Another P'shat might be that Hashem first gave Avraham the human tools over all the other faculties, and then when he had shown who he really wanted to be and surrendered himself to Hashem completely, then he was given superhuman tools, and Hashem cut out all the unnecessaries.

Eilu V'Eilu

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The Mark of Torah - Lust Chizuk
Posted by Markz - 10 Jul 2016 18:45

[the.guard wrote:](#)

I want to reveal to you all one of the deepest secrets to winning this battle:

The moment a person decides that no matter how much it hurts or how bitter it is - he will do it anyway for Hashem's sake no matter what, and he is willing to suffer whatever pain it takes; an amazing thing happens then: It actually becomes EASY and SWEET!

This is the secret to true success in any spiritual feat, including Torah. Like it says: Zos Hatorah - Adam Ki Yamus Ba'Ohel. As soon as a person accepts upon himself the yoke of Torah to the point where he is ready and willing to suffer for it to the point of death - ZOS HATORAH; that is the Torah, and then he is Zoche to feel the true sweetness of Torah that by far exceeds any physical pleasure. But with Torah it is understandably harder to achieve this high madrega because it requires lots of doing and learning, such as getting up before dawn, going to sleep late, eating little and toiling day and night in Torah. This is indeed hard and requires a huge leap of faith before it starts to get truly sweet.

But when it comes to our struggle with this addiction, it is much easier. We don't have to do ANYTHING. We just have to STOP doing the bad things and accept upon ourselves that even if we feel like we are going to DIE if we don't give in, even if we feel such a deep void and depression that everything we do feels like eating "dirt" - still, we will not give in no matter what and we accept the challenge of this pain with JOY for Hashem's sake, then - and ONLY then - are we Zoche to feel the true sweetness and freedom from the Menuval once and for all forever!!

So take that leap of faith today, and accept upon yourself to succeed no matter how hard it is, and suddenly you will see that it gets easy and feels truly SWEET!

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The Mark of Torah - Lust Chizuk
Posted by Markz - 22 Jul 2016 18:23

[markz wrote on 01 Apr 2016 02:57:](#)

Here's my first music post and not the last iyH

BEHS just completed the introduction to Mesillas Yesharim

You may enjoy the tune for

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Copy this link into your browser

<http://zeevhatorah.org/index.php/more/extras/regesh-music>

Pause the first song that automatically starts

Search (Ctrl+F) for "04 Yesod Hachasidus", and click the **green button** to play

It's a matter of taste - Let me know if you enjoy it

Here's another nice music link

This song is for the 3 weeks, they have many other varieties, but now's the time to check it out

aaronteitelbaumproductions.com/js_videos/shloime-daskal-yedidim-choir-shaarei-demaos/

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The Mark of Torah - Lust Chizuk
Posted by Markz - 04 Aug 2016 16:26

A thought for the 9 days

BRING THE HOUSE DOWN

Rashi says (several places in Shas) that the third Beis Hamikdash in completed form will descend from Heaven miraculously, and therefore it can come down on Shabbos too (As there are no restrictions regarding its building)

The Maharil Diskin asks;

Why then do we pray for the opportunity to assist in its construction (?????? ??????)?

He answers that there will be what to complete. The same as man has surgery after birth with circumcision to grant him completion (Ed. the purpose of which according to Rambam is to minimize lust). So too the Beis Hamikdash finishing touches will be in our hands

For example; When the Beis Hamikdash was destroyed, its gates sunk into the ground, and in the future, the Jewish People will excavate the gates and affix them to the Beis Hamikdash (See Medrash Eichah 2:9).

My dear brothers

Do you recall which construction was performed by us in the previous Beis Hamikdash?

The platform for the women's forum to be separated from the men, was built against original building code, at the Simchas Beis Hashoeva celebrations. Its fair to assume it will be repeated by us in the near future, as the Yetzer Hara will yet be in full steam.

If we want an appreciation of the future constructions, let us prepare by drafting the blueprint

today, of the separation from women at the times and venues of rejoicing.

At the same time there's another part of Beis Hamikdash that we should try to build upon - I.e. our relationships

For example the Jewish home. I heard the following incident related

A young man saw an Adam Gadol take the garbage out his house. He said "wow I have what to learn from you".

The Rav turned to him and said "What are you saying? It's a clear Mishna that discusses the trash removal from the Beis Hamikdash"

The young man replied "but that's the Beis Hamikdash... who told you it's applicable here?"

The Rav gave him a look with both his eyes ;-)

Guard your eyes, and may we all be zocheh soon to see the new house come down with our own eyes!

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The Mark of Torah - Lust Chizuk
Posted by Markz - 11 Aug 2016 12:41

[ur-a-jew wrote on 17 Jul 2013 04:57:](#)

Some thought on Tisha B'av

I was thinking about the Kinnah we say concerning the son and daughter of Rabbi Yishmoel. I would think that if you want to give over a tragedy tell me about the Jewish children who were violated. Why did chazal pick this incident?

I was thinking that perhaps ????? wanted to convey to us a message. **If someone is faced with**

the nisayon of arayos, think about the children of Rabbi Yishmoel.

What was Ben Rabbi Yishmoel's reaction: I'm a descendant of Aharon and I should marry a maidservant. We too are mamleches cohanim. We have to ask ourselves the same question. How can we be nichshol in such a sin? The children of Rabbi Yishmoel were so pained by such a thought it brought them to death. Can you imagine how strong a person's grief must be to die from that grief, and in a matter of hours (it was already daylight when they recognized each other). This is what happened to them. Perhaps Chazal are conveying to us next time we are tempted contemplate the pain and anguish that is appropriate in a situation of a mamleches cohanim being nichshal in arayos.

We should be zoche to guard our eyes and in that zechus experience ?????? ?????? ?????? ?????? ??????. I was thinking everyone will see the third bais hamikdash after techias hameysim, but **a select few will see bshuvcha at the actual time of return. If I had to guess it is those who work on being ???? their ?????? their eyes. May we all be zoche.**

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Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 06 Oct 2016 13:36

Where's the hundreds of new members??

MOAYT

"Missed Opportunity Aseres Yemei Teshuva"

I'm sharing this thought because I see others are having the same thing, what I went thru too for many many many years

As yechidah wrote yesterday, Rosh Hashana is a time of awesome light in the darkness. It uplifts us.

The problem however is that we put limitations into the measure of light we will allow in

Or from a different angle: Rock bottom is the point of return where guys will take the brave step

and do whatever it takes to get real sober, whether with Taphsic that honestly works for them (some try 100 different versions of Taphsic. Brother either it works for you or it doesn't), or opening up with Dov or Cordnoy, or meetings etc...

Many of us with the inspiration of these awesome days say to ourselves on AYT "Ok I'm at rock bottom. My life as a Jew sucks. I'm willing to do whatever it takes". But... It's a catch 22. The inspiration and dread alone which brings the feeling of rockbottom, that itself was sufficient to enable me to stay clean, although a form of white knuckling. Which locked me in a mindset of "why do I need to do anything else for my recovery"

So, many take it halfway. We take the boost Gd gives us to go to full recovery mode which for many means realizing we can't do it on our own, and get out of anonymity - (read the first "dov quote").

Instead of that we resort to "white knuckling" which during Elul and AYT is smooth sailing for many. But then the light dims after YK, cause Gd says "I gave you the boost, Now you're on your own", and that is when we are dismayed to learn that we missed a golden opportunity, and it's more difficult to get the push then to get on the road to real recovery, or to realize rock bottom'ing

I was sure that Elul and the AYT is a time of high GYE membership, but it didn't happen, why? I think the answer is as I mentioned, that it's simply easier to white knuckle these days, so "although I was more inspired to get clean these days, I didn't feel the urgency to join GYE"

Current members of GYE can also have similar feelings "I'm sufficiently inspired to be clean at least until YK, who knows what will be after...". And they don't join the real GYE recovery train

Until a short while after YK - days or hours, we realize sadly that we missed the awesome opportunity

G'mar Chasima guys, I hope you feel the light and allow it to shine through the whole year, and share some with us please :-)

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Re: The Mark of Torah - Lust Chizuk
Posted by Teshuvahguy - 06 Oct 2016 14:37

Thanks Mark, from one of the new members. I don't want to miss my opportunity!

TG

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Re: The Mark of Torah - Lust Chizuk
Posted by TzedekChaim - 07 Oct 2016 20:00

Thank you Markz for the reminder that it is important to keep in mind that after YK there will be a drop in the free gift and we have to be ready, we have to try to get the most out of these days. and recovery is the key, not white knuckling.

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Re: The Mark of Torah - Lust Chizuk
Posted by eslaasos - 07 Oct 2016 20:31

Hashem decided my free gift this year was not to give me the free gift...

I just wanted to share a great vort I just heard that is perfect for this thread.

We all know the Rambam that full teshuva is when you are in the exact same situation with the same temptation, yet you overcome the temptation. Sometimes it's hard for us to imagine being in then exact same situation with the same level of lust. The temptations of 20 years ago are not

relevant to me today and we're certainly not looking to deliberately recreate the temptation, so this could be disheartening.

I think it's the Ohr Hachaim Hakodosh who says that Shabbos supplies that same factor of recreating the same environment.

Odom Harishon was expelled from Gan Eden so it was not possible for him to be put in the same matzav, so he did teshuva on Shabbos - the very first Shabbos after he was created on Rosh Hashana was the first Shabbos Shuva.

May we all be zoche to the gift of teshuva.

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Re: The Mark of Torah - Lust Chizuk
Posted by Teshuvahguy - 07 Oct 2016 20:40

[eslaasos wrote:](#)

May we all be zoche to the gift of teshuva.

Amen!

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Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 07 Oct 2016 22:11

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May we all be zoche to the gift of teshuva.

Amen!

Deep stuff

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Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 11 Oct 2016 02:48

Why did Hashem promote the test of "Guarding our Eyes" in our generation??

There's a Sefer Darkei Teshuva who answers this with another question.

The Gemara Yoma says, one who is ????? ?? ?????, does not attain atonement with ?????? or ??? ??????, but only through death.

We each have our small (/big) ways we have been ????? ?? ??????. So what hope do we have???

Said the Darkei Teshuva - "We know, the ????? says that a blind man is considered like a dead man (??? ????? ???).

That was said about someone that is physically unable to see. All the more so someone that is capable of seeing and closes his eyes so he doesn't see - is surely considered like a ??, and serves as ????? for his ?????? ???. This I heard from Rabbi Avrohom Schorr Shlita on Torahanytime

I have my fair share of ?????? ??? and due to lust (without going into details on this post). It's only thanks to GYE headed by Reb Yaacov and all the Crew members of this ship, that what used to be a struggle to "Guard your eyes" became surmountable, and I could finally start cutting down on ?????? ???, and use my time more productively and start some ?????? ??? rolling

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