

Gemaras about Shivchat Zera L'Vatala
Posted by asimplejew613 - 26 Nov 2017 05:00

I've been looking around the site and could not seem to find a discussion about places in oral law(talmud, midrash, or even tanach etc) which speak about the gravity of Shivchat Zera L'vatala and the enormous greatness in keeping away from the sin - would anyone know sources that might help me in this area?

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Re: Gemaras about Shivchat Zera L'Vatala
Posted by Markz - 26 Nov 2017 14:30

[asimplejew613 wrote on 26 Nov 2017 05:00:](#)

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Brother id be happy to look around and get sources for you. Why do you feel they will help you? those alone haven't helped anyone I know on gye to get sober.

Have you tried and failed the [20 gye tools](#), and therefore now 9 months since joining gye, want to attempt a last straw at gemaras?

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Re: Gemaras about Shivchat Zera L'Vatala
Posted by serenity - 26 Nov 2017 14:39

There are people for whom understanding the gravity of the aveira is enough. Maybe that's a place to start. But if it doesn't work, don't let that get you down or think your lacking on your yiras shmayim. Personally I didn't get sober until I totally gave up the idea that it was a sin. The guilt and remorse was making me feel like I wasn't a good Jew. I focus on positive sobriety.

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Re: Gemaras about Shivchat Zera L'Vatala
Posted by lovingpapa - 26 Nov 2017 14:48

Hi. I found a very easy to read and easy to relate to book, yet full of broadness and depth that would probably help you

Sefer v'zos brisi which is now in English. Available online at seforimcenter.com and Amazon for easy purchase.

Really a gem and great tool to help us all. I feel after struggling for many years this really helped me a lot in terms of connecting the dots and opening my eyes to things I couldn't or didnt want to see before.

Wishing you and everyone only ????? and growth through becoming more aware of yourselves.

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Re: Gemaras about Shivchat Zera L'Vatala
Posted by Highroller - 23 Mar 2018 15:02

Would be able to give any more details on what the book is about ? what's written in it ??

[lovingpapa wrote on 26 Nov 2017 14:48:](#)

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Re: Gemaras about Shivchat Zera L'Vatala
Posted by lionking - 23 Mar 2018 15:09

I think it is hosted on GYE, books section as a PDF. Free download. Will confirm when I am by a computer.

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Re: Gemaras about Shivchat Zera L'Vatala
Posted by ieeyc - 28 Mar 2018 20:30

hi, i think reading books on the sechar and onesh on shimiras habris is a GREAT idea if it wont break your spirit(if the onesh part is too strong for you , it still pays to read the positive reward for shimiras habris) !im baseing my opinion on what ive read from the writings of gye ,WHAT HASHEM WANTS FROM US IS NOT PERFECTION,BUT IMPROVEMENT AND FIGHTING FOR KEDUSHA!and reading everyday these sefarim definitely accomplish that purpose,TRIED AND PROVEN!hope you dont fall! but chas veshalom if you do fall , try to get up again thats what Hashem wants,(look at the gye archives chizuk emails).i dont know if i can suggest any method thatll gaurentee that youll never fall again, i know people here who have tried alot of ways and unfortunately have fallen even after many days, so whatever inspires you,go for it!

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Re: Gemaras about Shivchat Zera L'Vatala
Posted by J.J.J. - 12 Apr 2020 10:16

Hey there! You wrote this 3 years ago, if your still looking for sources let me know, I have endless. I'm new to this website not exactly sure how to work it. Reply or feel free to email me at anonymousanonymous123789@gmail.com

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