

LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 25 Apr 2018 23:39

I dont have the leshonos in front of me ,but here goes.

The Gemara says that an isha is like a untensil full of feces and blood,but nevertheless everyone is running after her ,how i this so? Gezeras Melech he! Which means,in order for there to be a continuation to mankind, Hashem decreed that men have to be attracted to women (and the decree is being obeyed pretty good!) eventhough in reality, its something to be disgusted/not lusted .

Does this mean that women dont or should not be respected?G-d forbid to suggest such a thing! A nonjew is Tzelem Elokim-Made in the Image of Hashem,and a Jew has that, **plus** a Neshama Kedosha,so respect upon respect is required(unless that person is a rasha meroosha).

Does this mean that i **MUST** lust after her?(hey a decree is a decree).G-d forbid to say **that** ,Viatah timshol bo! and you will/should conquer him (the yetzer hara)!

So my main question is where does this leave us, regarding the temptations of the street? And in what practical way can we make use of this precious secret from Chazal?(and it **is** a secret because suggest this idea to someone who is not ma`amin in Chazal and ask if they agree to this ,or are they **vehemently** opposed.)

To be continued ,be`ezras Hashem.

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by lionking - 29 Apr 2018 03:01

Git Voch!

How was Shabbos?

We are rooting for you.

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 29 Apr 2018 04:22

[ieeyc wrote on 25 Apr 2018 23:39:](#)

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To be continued ,be`ezras Hashem.

A gut voch Lion king , thank you for your concern, BH doing well Bli ayin hara,may we all have kochos to get out of these issues and do what we are supposed to do in this world with a clean heart(and clean eyes!)

To continue my above post , id just like to say something in the name of Rav Avigdor Miller ZTL

One time Rebbe Akiva was invited to spend the night at the palace of a certain king,the hospitable king sent two harlots to Rebbe Akiva's room,in the morning the king asked them," how the night was?" , and they said that this Rabbi sat the whole night with his back to them writhing and gagging!So the king approached Rebbe Akiva and asked," were they not pleasing to you?"Answered Rebbe Akiva, " What could I do, they smelled to me like dead rats "(or something similar , i dont know where this Gemara is)

This gemara is very similar to the Gemara above that says that an isha is like a vessel full of manure and feces,so of course this sounds (and is)a very high madriega worthy of the Ta`naim Hakedoshim,but says Rav Miller, there IS something that we can take out to deal with the nisyonas of lust b`zman haze,and that is as following,whenever Rebbe Akiva would pass by something disgusting in the street, a dead animal , someone didnt clean up after their dog etc,Rebbe Akiva would associate in his mind and think that lust ,(an isha), is as this thing laying on the floor, so when that great test happened ,Rebbe Akiva was able to pull out the picture of the dog dirt from his memory , and associate it with those 2 harlots.

So thats a great tool to use ,id just like to share how i apply it ,and it has helped me in certain nisyonas, and that is , when I walk in the street and i see the dog dirt , i stop and stand and look at it ,(not easy to do the first couple of times)and think how disgusting it is and think, "Do I have an urge to pick this thing up and to hug it and kiss it? Of course not! Well this disgust that im experiencing now is exactly how I should feel when im faced with a nisayon of a woman approaching me in the street that i feel a lust for ,and if i dont feel this disgust, only lust, i tell myself that **im** thinking wrong ,because chazal,who have have the **light** of Torah which enables them to see things as they **truly** are, and when i do actually meet up with a nisayon it **does** help.

It works if you work it and youre worth it!

I hope this share could be of use to somebody,a gut voch!

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by lionking - 29 Apr 2018 07:02

Hi iyeec,

Honestly, can you identify what do you struggle with? Do you struggle with the Yetzer harah of Taava, issues with Shmiras Eineiyim, etc...? Or are you like me and struggle with personal midos defects, and act out as a solution to my problems?

Allow me to explain:

I do not have a Shmiras Eineiyim problem.

I do not have a porn problem.

I do not have a HZ"L problem.

I have a problem dealing with stress, resentment, ego, low self esteem (Yes, they can co-exist), and feelings of being down.

I act out as a solution to these problems.

In all practical senses, I am like the druggie who can go and pull out a used dirty heroin syringe and shoot himself up with it. He knows it is dirty, he knows it will make him sick, but he is desperate for his fix. My knowing that a woman is dirty would not stop me from needing my fix. I need to work on the root issues to not need the fix in the first place.

Hatzlocha Rabba

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 29 Apr 2018 07:20

[GrowStrong wrote on 26 Apr 2018 08:33:](#)

[lifebound wrote on 26 Apr 2018 05:47:](#)

[GrowStrong wrote on 26 Apr 2018 04:55:](#)

Do you think if you get to the bottom of this you will be able to stop masturbating?

Is masturbation an intellectual exercise for you?

To be fair, this is the "Torah & Chizuk Approach" board, which is, and I quote:

A Board for Yidden who are not as addicted, and for whom Torah/Chizuk/Chassidus can still help them stop.

Just pointing that out.

Yup I totally get that... I just felt that after what must be nearly a year of posting and 5 days clean, that ieeyc is not going to get clean from Torah and Chizuk..

Hence my question.

boy ,you give up on me quick,but you havent met my stubborn streak,up up and away ,90 days here I come!!(be`ezras Hashem!)

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 29 Apr 2018 07:55

[lionking wrote on 29 Apr 2018 07:02:](#)

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Hatzlocha Rabba

i hear you, youre saying that even if you know that a woman is dirty,you will still act out,so are you saying that you dont need the above mentioned Gezayras melech , because youre running after her anyway ,feces and all?

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by lionking - 29 Apr 2018 08:57

[ieeyc wrote on 29 Apr 2018 07:55:](#)

[lionking wrote on 29 Apr 2018 07:02:](#)

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In all practical senses, I am like the druggie who can go and pull out a used dirty heroin syringe and shoot himself up with it. He knows it is dirty, he knows it will make him sick, but he is desperate for his fix. My knowing that a woman is dirty would not stop me from needing my fix. I need to work on the root issues to not need the fix in the first place.

Hatzlocha Rabba

i hear you, youre saying that even if you know that a woman is dirty,you will still act out,so are you saying that you dont need the above mentioned Gezayras melech , because youre running after her anyway ,feces and all?

What I was saying is, that these Gemoras and Droshos can be really helpful when I am sober and living a normal life.

However when I am insane, then unfortunately yes, I will act out, (borrowing from your lexicon) "feces and all".

However, here is the disclaimer, this is just me, (and perhaps some others), You might be different which is why I am asking if you can identify what your root issues are.

Signed by someone who truly cares about you.

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 29 Apr 2018 09:07

What i mean/want to say is ,welcome to the wonderful world of musar,take a chazal, the one with isha -kiton maley tzo`ah vidam-a woman is compared to a vessel full of manure and blood , etc, say it once, twice,thrice...with a nigun , dont have a musar nigun?take a hesped nigun that you know of, go to a shteeble where no one is present,and say this chazal with the nigun,whenever yousay maley tzo`ah ,pull out that picture of dog decoration and eventually it will sink in,and when you walk in the street the woman passing you wont bother you, im not interested in manure . of course keep your eyes on the ground ,you cant make your eyes hefker and look wherever you want and hope that the chazal will help,but if you do the right shemira ,the chazal WILL help, you just have to WORK ITit will also help that youll WANT TO DO THE RIGHT SHEMIRA,try it ,you might like it.

sounds crazy? be crazy and try it!

it HAS helped me in certain circumstances. Hatzlacha!

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by lionking - 29 Apr 2018 09:09

I noticed that this is the Torah and Chizuk board and this is your personal thread. I apologize for the intrusion. My comments were not appropriate for someone that can still stop with torah and chizuk.

Keep on posting!

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 29 Apr 2018 09:28

no problem,it was good shmoozing with you,hatzlacha

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 29 Apr 2018 15:31

hi , im just wondering if anyone on this site has a problem that they know to look at women /znus is an aveira ,but they look anyway?

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by ieeyc - 29 Apr 2018 15:39

Warning: Spoiler!

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by lionking - 29 Apr 2018 15:45

How would you answer that question???

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by lionking - 29 Apr 2018 15:48

[lionking wrote on 29 Apr 2018 09:09:](#)

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Keep on posting!

I wrote "*someone*".

My question still remains, Are you that someone?

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Re: LUST OR DISGUST?LETS DISCUSS!

Posted by lionking - 29 Apr 2018 15:50

[ieeyc wrote on 29 Apr 2018 15:39:](#)

Warning: Spoiler!

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