

Shovavim: 42 days of opportunity

Posted by DavidT - 12 Jan 2020 20:35

This week begins the six week period known as Shovavim. Shovavim is an acronym for the six weekly Torah portions Shemot, Vaera, Bo, Beshelah, Yitro and Mishpatim. The word Shovavim alludes to the Pasuk in Yirmiya (3:14), "Shuvu Banim Shovavim" - "return oh wayward children"... The Arizal taught that these weeks are especially auspicious for doing Teshuvah in the area of *Shmiras Habris*.

The six weekly Parshiyos of Shovavim deal with the slavery of the Jewish people in Mitzrayim and their subsequent redemption, all the way through the giving of the Torah on Har Sinai. The struggle for moral purity often follows the same theme, where a person often feels trapped and enslaved to their animalistic desires. Through Teshuvah and divine intervention, one can succeed to break free of the bondage to these destructive behaviors and become a servant of G-d.

The weeks where we read about the Jewish people's journey from slavery to divine servitude, are especially auspicious for **own personal journeys** from slavery - to becoming men of G-d.

[\(See here](#) for more information on Shovavim).

Here are some more great resources on Shovavim:

[Shovavim and recovery](#)

[SHOVAVIM Workshop](#)

[Leave the Mitzrayim of the Yetzer Hara](#)

[Torah Anytime Shiurim](#)

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Re: Shovavim: 42 days of opportunity

Posted by Human being - 11 Jan 2023 20:12

[willdoit wrote on 10 Jan 2023 16:13:](#)

What about the people who didn't choose to have ssa? Who don't want ssa? Feel shameful they have ssa? What about those who aren't selfish? Who don't want to "switch around the world" ? What about those who don't want to be lonely?

And What about the people who didn't choose to have Low self esteem? Who don't want Low self esteem? Feel shameful they have Low self esteem?

Does not wanting the symptom take away the underlying subconscious cause??

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The author uses the word *want*. He doesn't say anything regarding an "*underlying subconscious cause*".

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Re: Shovavim: 42 days of opportunity
Posted by willdoit - 11 Jan 2023 21:02

[Human being wrote on 11 Jan 2023 20:12:](#)

[willdoit wrote on 10 Jan 2023 16:13:](#)

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And What about the people who didn't choose to have Low self esteem? Who don't want Low self esteem? Feel shameful they have Low self esteem?

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The author uses the word *want*. He doesn't say anything regarding an "*underlying subconscious cause*".

And how do you say *wanting* something subconsciously?

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Re: Shovavim: 42 days of opportunity
Posted by Human being - 11 Jan 2023 21:46

*"Altogether, we have found three reasons for homose*ual **behavior**. One cause is because a person doesn't want to give pleasure and he only wants to take pleasure; therefore, he engages in a relationship in which only he enjoys and takes pleasure, and there is no one to receive his pleasure. (The solution for such homose*ual behavior is to become the giver of pleasure, and not to be a taker of pleasure).*

His wanting to take pleasure and not give pleasure is not the cause. And therefore just giving pleasure isn't the solution. What is underlying his "wanting" is the cause.

The cause is his feeling unsafe. And therefore, the solution requires healing. Its misleading to use the word "want" as "subconscious desires" especially if the offered solution is to.....just not do it. That aint an answer to subconscious desires.

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Re: Shovavim: 42 days of opportunity
Posted by Human being - 11 Jan 2023 21:48

*Another cause for homose*ual behavior is that a person wants to switch around the way the world is supposed to be; **he wants to defy the laws of nature that Hashem created the world with.***

He aint talking about subconscious desires my friend. That don't come along with the sentence of "he wants to defy....."

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Re: Shovavim: 42 days of opportunity
Posted by Human being - 11 Jan 2023 21:52

*A third cause for homose*ual behavior is that a person wants to remain alone, **because he feels like he doesn't need anybody.***

He is too independent. It can get to the point that a person is so conceited with himself that he thinks of himself as sort of like a G- d, which was the problem that Pharoah developed, as well as many other people throughout history.

This aint no subconscious desires either my friend. Are you being serious here?

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Re: Shovavim: 42 days of opportunity
Posted by davidt - 02 Jan 2024 21:49

[DavidT wrote on 12 Jan 2020 20:35:](#)

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This year it's 56 days of opportunity! Let's take advantage of this gift that Hashem has given us...

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Re: Shovavim: 42 days of opportunity
Posted by ainshumyeiush - 03 Jan 2024 01:08

Shovavim.org is a project of gye, geared towards bocherim, with a whole program

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Re: Shovavim: 42 days of opportunity
Posted by davidt - 12 Jan 2024 14:43

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Re: Shovavim: 42 days of opportunity
Posted by yitzchokm - 12 Jan 2024 15:56

Regarding homosexuality, I was homosexual until the age of 12. The reason was because I was abused as a child and I desperately needed a masculine figure who can embrace me the way I was. In the book he writes that sometimes SSA is triggered because the person wants to be a receiver which I translate as having feminine tendencies which matches who I was. I don't want to hijack this thread. If anyone wants to continue this discussion, it would probably be better to do so in the SSA section.

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Re: Shovavim: 42 days of opportunity
Posted by davidt - 12 Jan 2024 16:17

[yitzchokm wrote on 12 Jan 2024 15:56:](#)

Regarding homosexuality, I was SSA until the age of 12. The reason was because I was abused as a child and I desperately needed a masculine figure who can embrace me the way I was. I don't believe that causes for homosexuality are based on philosophies, as seems to be quoted above. Homosexuality comes from deeply embedded emotions that are very complex. I don't want to hijack this thread. If anyone wants to continue this discussion, it would probably be better to do so in the SSA section.

You're right, it would be better to continue your discussion in the SSA section...

This section is "The Torah & Chizuk Approach" for basic struggles.

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Re: Shovavim: 42 days of opportunity
Posted by cordnoy - 12 Jan 2024 16:30

[yitzchokm wrote on 12 Jan 2024 15:56:](#)

Regarding homosexuality, I was homosexual until the age of 12. The reason was because I was abused as a child and I desperately needed a masculine figure who can embrace me the way I was. I don't believe that causes for SSA are based on philosophies, as seems to be quoted above. SSA comes from deeply embedded emotions that are very complex. I don't want to hijack this thread. If anyone wants to continue this discussion, it would probably be better to do so in the SSA section.

If they want to, they can; my advice is that they shouldn't. A professional or a mentor of sorts, yes, not with anonymous bloggers.

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Re: Shovavim: 42 days of opportunity
Posted by yitzchokm - 12 Jan 2024 17:43

I saw a little bit of the book "The Time for Fixing, Guide for Shovavim". It seems to be excerpts from a bigger book written in Hebrew. From searching online, the author seems to be a therapist and Rabbi and it is unclear to me whether he is speaking as a Rabbi or a professional. I think his books are very popular in Israel.

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Re: Shovavim: 42 days of opportunity
Posted by yitzchokm - 12 Jan 2024 18:38

I saw the Hebrew version of the book. It is torah and not psychology. I retract my criticism.

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Re: Shovavim: 42 days of opportunity
Posted by bright - 20 Jul 2025 03:34

Dont retract. If anyone has any information on the books and why the author seems to take the

liberties of viscerally ripping on therapy and saying it basically doesn't help yidden (see hakara atzmis) please let me know. I love the ideas within his sefarim, but if the person is so clueless about peoples struggles, as he seems in this letter as well, then I have a hard time being zorek the klipos. My Chashash is he is a person who thinks he is on the level to pull therapy directly from the Torah, while having very little knowledge of it. Rabim chalalim hipila. If anyone has different info, please, please respond. I really do love the Torah inside them non withstanding and in that aspect he seems to be a unique Talmid Chacham.

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