

Want to use Chassidus

Posted by trying23 - 27 Mar 2025 21:29

I'm making this thread for people like myself who learned chassidus and want to use it to help, you can tell me why it doesn't but as you'll see in my post I won't listen...

As a lubavitcher I always connected what I learned in Chassidus with my struggle and it seemed that nothing fully helped, so some might say that it doesn't work and others might say that for me (who may be a addict) it won't work.

I don't like either approach, rather I think I may need help applying it Better or other techniques, I would very much like to do this and was wondering if anyone has input to share.

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Re: Want to use Chassidus

Posted by funbuchur - 28 Mar 2025 05:09

100% agree, although at times when I learnt something in chassidus quite often I didn't realize the relevance to my life and I thought it was Stam a nice Vort or interesting derher. But recently certain maamorim or concepts resonate a lot more, and i think could be a help.

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Re: Want to use Chassidus

Posted by 5678 - 28 Mar 2025 05:51

Chassidus can be the best tool, when learned and applied correctly

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Re: Want to use Chassidus

Posted by seekingkedusha1 - 28 Mar 2025 08:18

[funbuchur wrote on 28 Mar 2025 05:09:](#)

100% agree, although at times when I learnt something in chassidus quite often I didn't realize

the relevance to my life and I thought it was Stam a nice Vort or interesting derher. But recently certain maamorim or concepts resonate a lot more, and i think could be a help.

Could you give some examples. Recently someone was saying a shmuz and he contended that sifrei mussar take priority over maharal and sifrei chasidus because they're geared to the practical.

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Re: Want to use Chassidus

Posted by yoshev - 28 Mar 2025 09:02

Tnx for starting this great thread!

In general ?? ?????? ?????? ?? ???, and any true ideas can be found in Torah - but sometimes there are barriers that make it easier to get the idea in a different format. But once you succeed, you can look back and find the ideas you used in seforim. Let's take Chassidus (Chabad) as an example.

Recovery is not just stopping P&M it's living a full life, living w/ satisfaction and meaning, and Chassidus definitely helps with that a lot. It teaches how to live with a mindset of ein od milvado, bittul to Hashem, not being self-centered (the 12-steps has that theme), etc., so ultimately, *once you stop* acting out, there's a lot to live for. That's ultimately what ????? spoken about so much in Chassidus; it's not just a distraction - it's giving your full attention to holy things and living life - obsessing with your "green circle" rather than being consumed by the problem. It also gives you a very deep understanding of the cosmic value of even small wins (??? ??????? ?????? ?????? ?????? - ????? ??"), and kal vachomer big ones. There is a ton about staying away from ?????, not obsessing over falls, having realistic expectations that our nefesh habehamis is here for life, and Hashem gets ??? ??? davka from those that struggle, etc.

So why doesn't it "fully" help? The reason might be because the struggle with P&M is unique. Even R' Amram **Chassida** needed practical solutions to resist the urge. ??? ??????? ??? ?????? kal vachomer for us. Tanya Perek Lamed talks about a Yoshev Kranos who is constantly triggered—that's life today for so many of us. ????? ?????? ?? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ??" ? ?????? ??? ?????? ??? ?????? (see the Possuk there - it's referring to an obsession)... ?? ??? ?????? ??? ??? ??? ?? ?????? ??' ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ?????? ??? ?' ?????? ?????? ???...why did the Tanya pick that example? Because it's the most extreme type of fight. And he says even the greatest people usually don't

fight as hard as that ???? ????? needs to! Now for us, the sexualized street, and easy access to porn, we can get 100x more triggered than even that extreme ???? ?????... - which is why these things are called "supernormal stimulus"...

On the other hand, we're not victims, and we can avoid at least some of the triggers as a first basic step.

Also, In Perek 28 it talks about treating voices in our head as if they were foreign people that best just being ignored as fighting them would just backfire, which sounds like it could be written in a modern therapy book lehavdil, as well as an emphasis on basic strategies like ?? ???? ?? ??? (sounds a bit like CBT), ???? ???? , etc.

However, strategies could remain theoretical. Even the most brilliant true ideas take a lot of to apply, especially when there's a part of us that is very resistant. R' Amram used accountability. In Chabad, there's an emphasis on having Asei Lecha Rav / Mashpia that can keep you accountable and help you talk things out, as well as being vulnerable with one's Rebbe and asking for a tikun.

But it only works if you can be honest. Heart-to-heart conversations with a group (aka farbrengen) can also help a lot if it feels safe to be vulnerable, and that's a big IF, especially with these topics... the forums and especially talking to real mentors here fill that gap. This would all be true even if P&M were just stemming from a natural ???? ??? ???? . How much more so when, on top of that, P&M becomes a coping mechanism for dealing with emotions, life problems, etc. - it takes discussion with real people and repeated attempts to untangle things and figure out the root issues, and then focus on applying the solutions for long enough that they really stick and become ??? ??? .

L'chaim!

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Re: Want to use Chassidus

Posted by amevakesh - 28 Mar 2025 11:32

[yoshev wrote on 28 Mar 2025 09:02:](#)

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L'chaim!

What a first post! Gold!!!

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Re: Want to use Chassidus

Posted by trying23 - 28 Mar 2025 12:26

[funbuchur wrote on 28 Mar 2025 05:09:](#)

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I wasn't talking about haskallah in chassidus which can be harder to relate to, but the basic Tanya (not all prokim) is very applicable in this area

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Re: Want to use Chassidus

Posted by livingagain - 28 Mar 2025 12:40

[yoshev wrote on 28 Mar 2025 09:02:](#)

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L'chaim!

Great stuff, there are so many sifrei chasidus Please post more

who is amram chasida

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Re: Want to use Chassidus

Posted by itzi - 28 Mar 2025 12:54

This Yechidus took place right after Yud Shvat 5710, the bachur, Reb Yossel Raices wrote down the Yechidus, gave it in to the Rebbe to make sure he understood it correctly. Everything in **bold** is the Rebbe's edits!

This Yechidus covers many of the ideas the Rebbe would tell people, specifically bachurim.

It needs to be unpacked.

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Re: Want to use Chassidus

Posted by yoshev - 28 Mar 2025 13:08

[livingagain wrote on 28 Mar 2025 12:40:](#)

who is Rav amram chasida

You can see the story [here](#).

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Re: Want to use Chassidus

Posted by funbuchur - 28 Mar 2025 13:18

Where can I find this?

I actually remember once stumbling upon a part of the gye website that had a lot of seforim from all different types of chassidus mussar and different rabeim in their original text. Can't find it anymore but it definitely existed was a great library if anyone has the link to it plz share

https://wiki.guardyoureyes.com/Main_Page

This is it. Thanks to the gye team for sending it to me.

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Re: Want to use Chassidus

Posted by trying23 - 28 Mar 2025 17:51

First of all thanks to all who posted and here is some more clarification.

I'm not trying to say that I have Chassidus and therefore I'm good, (imo that goes against the entire Chassidus chabad which focuses on avoda bkoach atzmo). Rather my point is that instead of the foundation being other sources let's start from Chassidus. I'll try to explain where I'm coming from. I've been struggling a lot over the years and it always progressed so now that I'm trying to work on it, the concept of S.A. came up a few times (not for here and now if I'm joining...) And from my little knowledge about it is that it's not a Jewish thing, I know that many rabbis endorsed it very very much but why can't we implement the same methods (the very necessary ones) but instead of focusing on the big book focusing on Tanya. To conclude with why I think that others think it's possible (because my real reason to think it's possible is from the hakdomo of Tanya) I heard that someone asked rabbi twerski a"h why he sends people to S.A. and not a Tanya class? And he responded that if People Would use the Tanya like they do S.A. then he would.

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Re: Want to use Chassidus
Posted by trying23 - 28 Mar 2025 18:18

[itzi wrote on 28 Mar 2025 12:54:](#)

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Do you know what the context of the yechidus was?

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Re: Want to use Chassidus
Posted by m111 - 30 Mar 2025 09:31

Welcome everyone to the farbrengen.

I have what to say, but I'll post when I have more time be'ezras Hashem.

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Re: Want to use Chassidus

Posted by empoweredviper59 - 30 Mar 2025 15:08

Of course learning chassidus helps

Chazel say "????? ??? ??? ?????? ???? ??????"

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