

I am not jewish, unfortunately

Posted by herewegoagainn3 - 21 Aug 2016 01:19

I am not jewish yet. Unfortunately, I have had an addiction and I have come to the Jewish faith. I wish there were a set of prayers I could use on a daily basis to maintain purity and stuff. I tried searching online, but they are hard to come by. I am not even sure if those prayers are the ways that most Jewish folks would say.

I just wish I could get the three morning, afternoon, and bedtime prayers. Since I have not been circumcised or gone through the whole ritual, I am not certain if saying those prayers is even appropriate. I obviously cannot read Hebrew at all. I just hope that I am not just using religion or God to get what I want and then abandon him.

I have always been spiritually inclined. However, a part of me wishes to achieve material success. I know you cannot have one without the other. I was not raised in a wealthy family but rather in a low and average family so as a result, I thought if I worked hard, get a good education and got a high-paying job like most people would to make their elders proud of them and to be financially independent, I would be happy. I am only 20, and a part of me just seems highly ambitious and want success so badly. However, you can't have both spirituality and ambition at the same time. I may have to sacrifice the latter to hone in the former. I just don't know. I feel like I have to give up success to become spiritual. I thought spirituality originally meant living in seclusion and being an ascetic and renouncing all material pleasures and that one cannot enjoy any success even if it were financial and that one must be a hermit and stuff. I was wrong.

What can I start doing to stay clean? I don't have any money to pay for donations and I do not have an income. There is no way I am able to donate even after recovery. Do I really need to make a donation after recovery? Does this mean I will never recover if I don't? It's hard. Times are tough in this day and age and our economies are not doing so well worldwide. I am not sure where you are from, but we are from the U.S.

A strange and unhealthy thought had just come to my mind. I had actually used God at one point for a lot of good things that happened to me. I just feel like God will not care about my desires, my ambitions, and that since wealth does not mean a thing to God, I didn't pray about it. I just wanted success and porn is robbing me of that material success. I feel that since God has not yet healed me completely, I feel that I am wasting my time dwelling on guilt on the days I watch porn. I do so subconsciously and I definitely do want to weaken those neuronal connections that are simply not healthy.

I feel like a part of me keeps blaming on God and yelling, "God, you have ruined my life completely."

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Re: I am not jewish, unfortunately
Posted by 360gye - 22 Aug 2016 02:17

Hey herewegoagain3,

Welcome to GYE and the community. I will start by telling you GYE has a vast assortment of tools to help with porn addiction, i'm sure there's something for you.

I would advise to get in touch with an orthodox Rabbi to circumsise you and convert you to Judaism (it's a process) and then start prying three times a day and learning more about spirituality and GD. One is able to attain spirituality and materiel success, as i know orthodox people who, thank GD, have both. Being spiritual does not mean to be a hermit and secluded from the world, on the contrary part of attaining a higher spiritual level means being kind to people, helping people(Judaism has a lot to do with man-to-man interactions).

Don't think that Gd doesn't care about you, he created EVERYTHING, meaning he cares about everything and everyone. Coming to this site and posting your thoughts shows that you want to be better and want help, giving Gd more of a reason, if that's possible, to care about you and help you on your journey.

I think you should focus on solving your porn addcition and attaing spirituality through being Jewish and you'll find, with Gd's help, your financial situation will be better.

You should know that all of us on GYE are here to provide support for each other. Look around GYE and see what tool fits for you. Please feel free to email me(360gye@gmail.com) about anything at anytime

Good luck on both of your commendable endeavors,

360gye

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Re: I am not jewish, unfortunately
Posted by gibbor120 - 22 Aug 2016 15:47

Welcome! Have you read the handbook? It has lots of ideas.

You don't have to be Jewish to recover. You can pray in any language. Just speak from your heart.

What have you tried for recovery already?

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Re: I am not jewish, unfortunately
Posted by Dov - 24 Aug 2016 21:40

Gibbor120 asked you a good question (what have you actually done to try and recover)...can you detail that and clarify how much real action you took, please? Things like posting here behind a fake name to other people hiding behind fake names is of course not much of a *real* action. Attending meetings is of course a real action, as is going to therapy - and many other things are...but they each depend on how much we put into them, to have any hope whatsoever of actually working.

Going to a therapist and being told that 'enjoying porn is fine' means little if all you told him or her was something like, "I look at porn." Do you understand why that is?

When we leave out ***how much*** and ***how often*** and ***what kind*** and ***what we gave up doing, to make the time for it*** and ***how much we lie to cover it up from others***, etc....well, these details give 'looking at porn' a whole different meaning to any therapist. They are not really details - they are everything.

Do you get my meaning, friend?

In a post of yours that was apparently deleted, you listed a bunch of good things you did to try and get help and I think it would help if you clarified per my specifics above (if you like).

But aside from all that, my main question for you is going to be this:

What *consequences* are there in your life to your porn-viewing, masturbation, and whatever else you do? Actual, concrete consequences.

Can you please clarify that? As I hope you can see, it really makes a difference and will help you.

People generally think they want to quit...but the truth is often that they are confused about what they want and do not face that fact. I am ***not*** saying you don't want to quit - just that consequences are a factor whether we like it or not. The lack of real consequences is a factor in our desire to be clean, yet we overlook it. It's an uncomfortable thing to face. We like to assume that religiosity and morality and honesty are things we deeply desire...but that's a bit of a mess, obviously. It leads to confusion and frustration when not faced up to with the right kind of help.

Thanks and once again: Welcome!

- Dov

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