

Hey gentleman Im new to this program

Posted by goodjewishneshama - 10 Jan 2017 20:10

what do you gentleman think is the best way to keep a clear mind?

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Re: Hey gentleman Im new to this program

Posted by Markz - 10 Jan 2017 20:20

Welcome

It really depends on your struggle...

Some struggle with google thumbnails

Some struggle with fingernails

Some struggle with Masturbating only at bedtime

Some struggle with...

The list is quite extensive...

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Re: Hey gentleman Im new to this program

Posted by 360gye - 10 Jan 2017 20:25

Welcome,

I do agree with Markz that everyone is different because their struggles are different.

I once heard a shiur that the best way to keep a clean mind is to fill your mind with clean stuff-
you have a limited amount of room in your head so if you fill it with torah, shiurim, etc. there is

no room for shmutz

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Re: Hey gentleman Im new to this program
Posted by Markz - 10 Jan 2017 20:50

[360gye wrote:](#)

Welcome,

I do agree with Markz that everyone is different because their struggles are different.

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you have a limited amount of room in your head so if you fill it with torah, shiurim, etc. there is
no room for shmutz

This works for most people while they are in the Beis medrash

That wasn't our brother's question - and I'm sure he's been there, or maybe is posting from his
kollel...

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Re: Hey gentleman Im new to this program
Posted by gibbor120 - 10 Jan 2017 20:52

Trying really really hard not to think of pink elephants will undoubtedly have you thinking all
about, well... pink elephants.... so, focus on other stuff, and hopefully, you will not think of pink

That was a bit of a silly example, but 100% true. Feel free to post some more.

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Re: Hey gentleman Im new to this program
Posted by GrowStrong - 10 Jan 2017 22:58

[goodjewishnesshama wrote on 10 Jan 2017 20:10:](#)

what do you gentleman think is the best way to keep a clear mind?

I don't profess to have any answers, and i am not an expert (at staying clean) but my understanding of the principle is that you can try to keep any openings to the mind (eyes/ears) free of 'schmutz' (however thats defined for you and what triggers you)

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Re: Hey gentleman Im new to this program
Posted by cordnoy - 11 Jan 2017 00:36

[goodjewishnesshama wrote on 10 Jan 2017 20:10:](#)

what do you gentleman think is the best way to keep a clear mind?

A clear mind indicates that it is free of doubts, beliefs and prejudices avoidin' confusion of thoughts. Meditation and breathin' exercises can lead one to such a state.

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Re: Hey gentleman Im new to this program
Posted by Singularity - 11 Jan 2017 08:11

[360gye wrote on 10 Jan 2017 20:25:](#)

Welcome,

I do agree with Markz that everyone is different because their struggles are different.

I once heard a shiur that the best way to keep a clean mind is to fill your mind with clean stuff- you have a limited amount of room in your head so if you fill it with torah, shiurim, etc. there is no room for shmutz

Sure you have a limited amount of space. But it's like infinite minus one. About fiftwenty billion square miles of space. Gonna have to fill it with a hell of a lot of Torah! But if that's what you're

Welcome, *yiddishe neshomele*! And how polite you are! Now which specific gentleman you

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into, Hatzlocha! I don't have the power

referring to? I hope it's you