

Just starting my journey

Posted by shmira101 - 03 Jul 2023 21:51

Hi guys, I'm new here. I tried this months ago and it didn't work out that well for me, but I've grown and come to a place of more healing and growth now, that I can join properly.

I am a yungerman, happily married. I am considered a very very strong learner, I daven well, am considered all around a shining star in the "Yeshiva" world.

i have been struggling with p&m for many years now and I've gotten to feel so sad that I just can't continue living like this. I am hoping to gain clarity and healing through this platform of like minded individuals who share my struggles.

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Re: Just starting my journey

Posted by richtig - 19 Jul 2023 14:29

This may also be why **each day** the Y"H needs to bring a new development, because even with a failure, yesterday's trick won't work, "I have fallen, I have risen, and I shall conquer". As long as we remain in the battle, we are growing.

I hope this makes sense to my fellow brothers in arms. I would appreciate any clarity of description, and feedback.

I suppose the corrolary of this is what the gemara says ?? ???? ???? ???? ???? ?????. And there is supposed to be a yerushalmi that adds ??? ??? ???? ??? ???? ?? ???.

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Re: Just starting my journey

Posted by shmira101 - 19 Jul 2023 17:27

Something I was thinking this morning in mussaf.

We come with a "laundry list" to Hashem for the month. We ask for a whole bunch of things. I got caught on two of them. ?????? ??????, ?????? ???????, why in that order, shouldn't it be

the other way around? After receiving the salvation and comfort we can be happy and glad, not be happy before the salvation comes.

I would like to offer that maybe the ????? and ???? are specifically after ???? ????? because only when we are happy and fulfilled can we get the salvation and accept the comfort. It comes through the happiness!

? ??? ?????!!!

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Re: Just starting my journey

Posted by frank.lee - 21 Jul 2023 13:38

Awesome insight!!

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Re: Just starting my journey

Posted by shmira101 - 27 Jul 2023 03:49

I would like to share something which shocked me to the point of silence, and I think that for now I will just let myself absorb the strength of it.

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Artscroll,

“For the Lord will not reject forever”.

No comment just acceptance.

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Re: Just starting my journey

Posted by syataDshmaya - 31 Jul 2023 11:46

A therapist once told me, there's a fine line between "privacy" and "hiding," between "tznius" and "ungenuine". When you keep things private and don't reveal things about yourself because it is not appropriate or because the Kavod won't do good for you, or because you want to develop it further before you share it with others, that's tznius. But when you hide things because you are embarrassed, or because you are afraid you are "different" or "weird," or because you feel you need to maintain an image, that creates a black hole in a person's life and feeds the yetzer hara and the dark side.

For me that was the biggest thing GYE helped me with. I was able to share and to hear real stories and tips from real people, I was also able to use the tools and lessons they taught me to rise out of the hole I had sunken into. But the tools and practical implementation were definitely a necessary step 2.

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Re: Just starting my journey

Posted by shmira101 - 01 Aug 2023 06:53

I would like to offer an understanding of the word ????? in way of ???? that I think applies to many of us here.

the common understanding of the word ??? is heel, meaning ????? ???? ?? ??????. I would like to offer that it can also be translated as support, like a heel which supports us. We are accustomed to give very little attention to our heels. However it is the base and support of our entire body to keep us upright.

I think that if you use this understanding we can explain "???? ??? ??????" when you will accept that many "small" things are integral parts of our stability, and they will be used as a springboard for growth, Hashem will reciprocate in kind to return the value of the small things in life.

To translate into "gye terms", I treated a very important base point of marriage as a heel, not giving it its proper focus and respect. Now B"H with much Chessed from Hashem I am working towards treating it as a base and springboard for growth. And Hashem in his kindness Let's me value a smile from my beautiful wife, a giggle from my baby, as the fruit of respecting the "mundane"...

Just a thought, take it or leave it.

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Re: Just starting my journey

Posted by richtig - 01 Aug 2023 13:53

[shmira101 wrote on 01 Aug 2023 06:53:](#)

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Just a thought, take it or leave it.

Yes! Yes!! Yes!!!

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Re: Just starting my journey

Posted by chaimoigen - 01 Aug 2023 14:29

I’ll take it.

Thank you!

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Re: Just starting my journey

Posted by shmira101 - 21 Aug 2023 04:51

Interesting point I've recently noticed. It is obviously my feeling and situation that causes this but I think others might be able to relate, but again feel free to disregard if not applicable to you.

I am noticing that during time of issur nidah, it is easier for me to stay away from inappropriate viewing, both online and off. I find that I am much more aware of myself regarding where and what I look at, from the beginning of her period until mikva. This doesn't mean to say that I look wherever I want, it means that I have an easier time controlling my impulses.

I think the reason may be because since I am working on creating an intimate connection INDEPENDENT of the bedroom, I don't view everything in terms of the "bedroom", ergo, it's easier to stay focused. (This does not mean to say that the bedroom intimacy doesn't have any importance, it sure does, but it isn't the all around focus of everything else.)

Any thoughts would be appreciated.

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Re: Just starting my journey

Posted by richtig - 21 Aug 2023 09:55

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Any thoughts would be appreciated.

I think I can relate, but can you elaborate a bit more? What happens to you when she is clean?

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Re: Just starting my journey

Posted by syataDshmaya - 21 Aug 2023 11:25

Interesting observation. I think I could relate also. After my wife gave birth I thought it would be super difficult to wait for months until she recovered, but it was a lot easier than I thought. I think it's just natural that when you get your body excited it brings up thoughts etc.

I'm wondering if it's worth considering how you think about intimacy as a holy endeavor (without being extreme or ascetic of course). For myself I think it makes a difference if I'm thinking about ??? and the shechina, picturing in my mind the "?" on my tefillin shel rosh, thinking a tefillah in my mind... Those things make intimacy a different world, and separate it from those things I try to avoid thinking about day to day.

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Re: Just starting my journey

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Any thoughts would be appreciated.

I can relate.

For me there is a simpler factor- I find it easier to fast than to diet properly. Sometimes keeping entirely away from arousal and sexual desire is easier than experiencing sexual tension (and sometimes frustration) and still channeling it properly.

But I think you're saying something deeper. I think that you are saying that when you are focusing on the non-sexual aspects of intimacy , on connecting in other ways- this helps a person raise himself to a higher place, where his need to connect is less likely to get confused with the pull of lust. That's powerful. Not sure if it works for everyone- I'm going to think on it a little, see if it part of what I experience and if it helps me.

thanks!

Keep soaring!

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Re: Just starting my journey

Posted by shmira101 - 21 Aug 2023 19:03

[richtig wrote on 21 Aug 2023 09:55:](#)

[shmira101 wrote on 21 Aug 2023 04:51:](#)

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Any thoughts would be appreciated.

I think I can relate, but can you elaborate a bit more? What happens to you when she is clean?

I will try to explain a little better.

during the time of Hetter, there is a delicate balance between true and forged connection, intimacy vs lust. Meaning even if I am completely TRULY satisfying her, physically and emotionally, there is the physical element which tends to get carried away.

??????, since there is a part which is very physically pleasurable, to paraphrase Reb Shlome Volbe Zatzal, "it is very easy to get flattered", to think that everything is perfect emotionally, that there is a perfect connection. The balance of giving vs taking, of lust vs intimate connection, is challenged not to get fooled to think everything is good.

However, during the time of Issur, it is easier not to fall into the trap of physical connection, due to the complete lack of any. Therefore the focus of proper union without physical connection is easier to focus on. To work towards a proper sync is easier when there isn't any potential stumbling block. More than that, the connection is more honest and it is easier to rise above physical focus because of its lack.

I hope this gives you a better understanding of what I mean.

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Re: Just starting my journey

Posted by shmira101 - 21 Aug 2023 19:16

[syataDshmaya wrote on 21 Aug 2023 11:25:](#)

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I think you bring up two interesting points.

I fully concur with your first point, however I was trying to bring out a little more than that, although I do agree with your point.

To address your second point, I personally don't believe that thinking of it in terms of "????? ?????" works generally for me. I believe that for me, those things are better left to those in generations past. I try to view the holiness of intimacy as the greatest form of giving that a person can give. Meaning to strive towards being a complete giver and everything included in that. Not to get back, not to have a better relationship, but to be a giver- to satisfy another person, (whom I deeply love and respect) without any personal strings attached. That for me is the ultimate goal for the time being, and my kavanos of intimacy.

I do hope one day to include in that all the many special thoughts and kavanos you wrote about, however as of right now personally I am nowhere near there.

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