

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.

=====

Re: Just starting my journey

Posted by richtig - 21 Aug 2023 20:07

---

[shmira101 wrote on 21 Aug 2023 19:16:](#)

[syataDshmaya wrote on 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.

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.

I would just add that if the "hoiche zachen" take away from focusing on the wife and the present- then it is worth rethinking.

=====

Re: Just starting my journey

Posted by frank.lee - 22 Aug 2023 07:46

---

But I am hoping to apply it some way. With focusing on her, but in a high way, not lowly and pure physical, rather spiritual, elevated love? Maybe someone can elaborate some better guidance.

=====

Re: Just starting my journey

Posted by chaimoigen - 22 Aug 2023 13:16

---

[frank.lee wrote on 22 Aug 2023 07:46:](#)

But I am hoping to apply it some way. With focusing on her, but in a high way, not lowly and pure physical, rather spiritual, elevated love? Maybe someone can elaborate some better guidance.

Spiritual, elevated love is loving her as person. The texture of her soul. Wanting to give to her, to make her happy. To connect to her emotionally, psychologically, and to use the special bracha of physical connection to build it better.

Face to face, eye to eye, heart to heart. That is elevated.

A wise person says that if it feels good afterwards it was probably the right thing to do...

If you look in Ramabn in Iggeres HaKodesh you will find this idea

=====

Re: Just starting my journey

Posted by shmira101 - 22 Aug 2023 17:27

---

[chaimoigen wrote on 22 Aug 2023 13:16:](#)

[frank.lee wrote on 22 Aug 2023 07:46:](#)

But I am hoping to apply it some way. With focusing on her, but in a high way, not lowly and pure physical, rather spiritual, elevated love? Maybe someone can elaborate some better guidance.

Spiritual, elevated love is loving her as person. The texture of her soul. Wanting to give to her, to make her happy. To connect to her emotionally, psychologically, and to use the special bracha of physical connection to build it better.

Face to face, eye to eye, heart to heart. That is elevated.

A wise person says that if it feels good afterwards it was probably the right thing to do...

If you look in Ramabn in Iggeres HaKodesh you will find this idea

Physical love and intimacy if done the right way is the highest form of spiritual. Spiritual isn't an end, it's a means towards creating a whole person who uses the physical to connect properly with Hashem (and his wife).

Like the dybbuk said "When He (The Gaon) eats his stale bread soaked in water it's like a

Korban from the Mizbeach".

(For those more philosophy oriented, take a look at the Kuzari and Rambam, for those more Chassidic oriented take a look at the Tanya.)

=====

Re: Just starting my journey

Posted by shmira101 - 22 Aug 2023 18:55

---

Hoara Nechbedes.

Disclaimer: nothing here is meant to negate the many other positive aspects of what I write about.

One of the many purposes of this site is to help people leave the darkness of being alone and join a community of friends (strangers) who all share the same interests in a specific area. "To get out of loneliness".

Of the many ways in which that is done is by connecting to real people, via the forum, hopefully calls and maybe even meeting people. This is beneficial for many reasons, to find that we aren't alone in the struggle, that we can get out of it and succeed in many different ways in life.

However this creates a persona of each of us dealing with this issue, and this issue alone. Meaning as an "anonymous forum" no one connects here besides for the purpose of solving the issues of p&m. This gives way to the falsehood that these struggles are in a vacuum. That these things are things that happen in and of themselves.

However fortunately we were created as social beings and it is impossible for us to live in that vacuum. Therefore, the help and insight we each offer are relevant only as much as we disclose.

The only way in my opinion to find an honest solution to each individual is to have full disclosure of that specific human being, not just a specific struggle, because none of these actions are happening in a vacuum, they are happening to a person who has many other things happening in his life, all of them creating the ability to do things he wants to and things he doesn't.

As such we aren't here to become less lonely, for we are only seeing a small part of a big person- who remains alone. Rather we are here to find people to really get out of the loneliness with, and to help us on our way. (Besides the many other important parts of our being here. Tzaras Rabim Chatzi Nechama etc)

=====

=====

Re: Just starting my journey

Posted by BennyH - 22 Aug 2023 19:03

---

The only way in my opinion to find an honest solution to each individual is to have full disclosure of that specific human being, not just a specific struggle, because none of these actions are happening in a vacuum, they are happening to a person who has many other things happening in his life, all of them creating the ability to do things he wants to and things he doesn't.

As such we aren't here to become less lonely, for we are only seeing a small part of a big person- who remains alone. Rather we are here to find people to really get out of the loneliness with, and to help us on our way. (Besides the many other important parts of our being here. Tzaras Rabim Chatzi Nechama etc)

Reb Shmira! A belated welcome to the forum. You sound like a very bright and insightful person.

I agree. I have made some real friends that I call and we talk about all manner of things. The context of our struggles within our greater lives and circumstances matters a lot. And often, these friends are the only ones I'm comfortable speaking about ANY issues, not just GYE related.

=====

=====

Re: Just starting my journey

Posted by richtig - 22 Aug 2023 19:14

---

[frank.lee wrote on 22 Aug 2023 07:46:](#)

But I am hoping to apply it some way. With focusing on her, but in a high way, not lowly and pure physical, rather spiritual, elevated love? Maybe someone can elaborate some better guidance.

This is very good. I have no idea; I am still trying to make it better on a practical level, and there are various moving pieces. But I would say this- If the gadol hador asked you to make him a tea, you would try to make a very good tea, just the way he likes it. The hoiche thoughts I would have are trying to make it just right, how special it is that I have the zechus, and really being enveloped in the situation. I would apply that here (not in the sense that a wife is a gadol, but in the sense that hoiche thoughts can be fully engaging with the act at the time). You may apply the shmooz about Chanoch being tofer tefiros u'meyached yichudim if you like. Old fight. Or you can call it "her gashmiyus is your ruchniyus". You may also refer to the pasuk of "vehayu lebasar echad" as being the end in itself. Long shmooz

=====

Re: Just starting my journey

Posted by shmira101 - 22 Aug 2023 19:19

---

[richtig wrote on 22 Aug 2023 19:14:](#)

[frank.lee wrote on 22 Aug 2023 07:46:](#)

But I am hoping to apply it some way. With focusing on her, but in a high way, not lowly and pure physical, rather spiritual, elevated love? Maybe someone can elaborate some better guidance.

This is very good. I have no idea; I am still trying to make it better on a practical level, and there are various moving pieces. But I would say this- If the gadol hador asked you to make him a tea, you would try to make a very good tea, just the way he likes it. The hoiche thoughts I would have are trying to make it just right, how special it is that I have the zechus, and really being enveloped in the situation. I would apply that here (not in the sense that a wife is a gadol, but in the sense that hoiche thoughts can be fully engaging with the act at the time). You may apply the shmooz about Chanoch being tofer tefiros u'meyached yichudim if you like. Old fight. Or you can call it "her gashmiyus is your ruchniyus". You may also refer to the pasuk of "vehayu lebasar echad" as being the end in itself. Long shmooz

Agreed- don't lose focus

=====

Re: Just starting my journey

Posted by shmira101 - 22 Aug 2023 19:23

---

[Bennyh wrote on 22 Aug 2023 19:03:](#)

The only way in my opinion to find an honest solution to each individual is to have full disclosure of that specific human being, not just a specific struggle, because none of these actions are happening in a vacuum, they are happening to a person who has many other things happening in his life, all of them creating the ability to do things he wants to and things he doesn't.

As such we aren't here to become less lonely, for we are only seeing a small part of a big person- who remains alone. Rather we are here to find people to really get out of the loneliness with, and to help us on our way. (Besides the many other important parts of our being here. Tzaras Rabim Chatzi Nechama etc)

Reb Shmira! A belated welcome to the forum. You sound like a very bright and insightful person.

I agree. I have made some real friends that I call and we talk about all manner of things. The context of our struggles within our greater lives and circumstances matters a lot. And often, these friends are the only ones I'm comfortable speaking about ANY issues, not just GYE related.

Maybe you can speak to them about other things, because they are the ones who know the whole you and relate to that, not just part of you.

=====

Re: Just starting my journey  
Posted by richtig - 22 Aug 2023 19:32

---

[shmira101 wrote on 22 Aug 2023 18:55:](#)

Hoara Nechbedes.

Disclaimer: nothing here is meant to negate the many other positive aspects of what I write about.

One of the many purposes of this site is to help people leave the darkness of being alone and join a community of friends (strangers) who all share the same interests in a specific area. "To get out of loneliness".

Of the many ways in which that is done is by connecting to real people, via the forum, hopefully calls and maybe even meeting people. This is beneficial for many reasons, to find that we aren't alone in the struggle, that we can get out of it and succeed in many different ways in life.

However this creates a persona of each of us dealing with this issue, and this issue alone. Meaning as an "anonymous forum" no one connects here besides for the purpose of solving the issues of p&m. This gives way to the falsehood that these struggles are in a vacuum. That these things are things that happen in and of themselves.

However fortunately we were created as social beings and it is impossible for us to live in that vacuum. Therefore, the help and insight we each offer are relevant only as much as we disclose.

The only way in my opinion to find an honest solution to each individual is to have full disclosure of that specific human being, not just a specific struggle, because none of these actions are happening in a vacuum, they are happening to a person who has many other things happening in his life, all of them creating the ability to do things he wants to and things he doesn't.

As such we aren't here to become less lonely, for we are only seeing a small part of a big person- who remains alone. Rather we are here to find people to really get out of the loneliness with, and to help us on our way. (Besides the many other important parts of our being here. Tzaras Rabim Chatzi Nechama etc)



Taka a He'ara nichbedes. For me, I have sometimes found that becoming real friends and talking about all manner of things can sometimes take my focus away from the main point of the friendship. In a way, if you know about my gye-type struggles in a vacuum, and I yours, without it spilling over into the fullness of our lives, we are free to be vulnerable and honest. Once we are real friends, in a way it can begin to feel like my other friendships, where I am more guarded. Its a catch-22, because I need real friends who can fully embrace me and I them, but at the same time, I don't tell my real friends about my struggles here, do I? I envy the one who forms a full-fledged friendship here without losing the vulnerability to be fully expressive about their gye struggles.

=====

=====

Re: Just starting my journey

Posted by yitzchokm - 22 Aug 2023 21:48

---

[shmira101 wrote on 21 Aug 2023 19:03:](#)

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

[shmira101 wrote on 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.

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.

I don't know whether this is spiritual or psychological nor whether this works for everyone but I found in my personal experience that going to mikvah after having relations with my wife cleared my mind and reset it. Relations with my wife left me with feelings of intimacy and pleasure and this made it very challenging when I would see other women afterwards. Going to mikvah left me with the close relationship with my wife but dropped the overwhelming feelings of physical pleasure. My struggles with M in recent years were due to trying to relieve stress, anxiety and depression through M and weren't related to physical pleasure.

=====

Re: Just starting my journey  
Posted by chesky1 - 22 Aug 2023 21:53

---

[richtig wrote on 22 Aug 2023 19:32:](#)

[shmira101 wrote on 22 Aug 2023 18:55:](#)

Hoara Nechbedes.

Disclaimer: nothing here is meant to negate the many other positive aspects of what I write about.

One of the many purposes of this site is to help people leave the darkness of being alone and join a community of friends (strangers) who all share the same interests in a specific area. "To get out of loneliness".

Of the many ways in which that is done is by connecting to real people, via the forum, hopefully calls and maybe even meeting people. This is beneficial for many reasons, to find that we aren't alone in the struggle, that we can get out of it and succeed in many different ways in life.

However this creates a persona of each of us dealing with this issue, and this issue alone. Meaning as an "anonymous forum" no one connects here besides for the purpose of solving the issues of p&m. This gives way to the falsehood that these struggles are in a vacuum. That these things are things that happen in and of themselves.

However fortunately we were created as social beings and it is impossible for us to live in that vacuum. Therefore, the help and insight we each offer are relevant only as much as we disclose.

The only way in my opinion to find an honest solution to each individual is to have full disclosure of that specific human being, not just a specific struggle, because none of these actions are happening in a vacuum, they are happening to a person who has many other things happening in his life, all of them creating the ability to do things he wants to and things he doesn't.

As such we aren't here to become less lonely, for we are only seeing a small part of a big person- who remains alone. Rather we are here to find people to really get out of the loneliness with, and to help us on our way. (Besides the many other important parts of our being here. Tzaras Rabim Chatzi Nechama etc)

Taka a He'ara nichbedes. For me, I have sometimes found that becoming real friends and talking about all manner of things can sometimes take my focus away from the main point of the friendship. In a way, if you know about my gye-type struggles in a vacuum, and I yours, without it spilling over into the fullness of our lives, we are free to be vulnerable and honest. Once we are real friends, in a way it can begin to feel like my other friendships, where I am more guarded. Its a catch-22, because I need real friends who can fully embrace me and I them, but at the same time, I don't tell my real friends about my struggles here, do I? I envy the one who forms a full-fledged friendship here without losing the vulnerability to be fully expressive about their gye struggles.

I think we are only uncomfortable speaking to real friends abt our struggles, cause who says they struggle and understand u, plus the might even judge u, but once u have a friend with the same struggle and whos in the same position as u, why would it be uncomfortable to speak to him abt ur struggles

=====

Re: Just starting my journey

Posted by shmira101 - 22 Aug 2023 23:04

---

[yitzchokm wrote on 22 Aug 2023 21:48:](#)

I don't know whether this is spiritual or psychological nor whether this works for everyone but I found in my personal experience that going to mikvah after having relations with my wife cleared my mind and reset it.

Part of my realization was also that "before you go to the Mikva", meaning during intimate moments, there is a very delicate balance between lust and true honest real connection, that has to be maintained.

However I do feel that after, by putting a separation it can help for the times of Hetter, as you said.

=====

Re: Just starting my journey

Posted by yitzchokm - 22 Aug 2023 23:33

---

[shmira101 wrote on 22 Aug 2023 23:04:](#)

Part of my realization was also that “before you go to the Mikva”, meaning during intimate moments, there is a very delicate balance between lust and true honest real connection, that has to be maintained.

However I do feel that after, by putting a separation it can help for the times of Hetter, as you said.

There is a delicate balance, however when focusing on pleasing our wife, physical pleasure is an emotional connection that helps bring happiness into the Jewish home. The only time I see it as bad is when we are doing it primarily for ourselves without focusing enough on pleasing our wife or when treating our wife as an object instead of a person. And yes, day to day living is the real measure of how good a relationship we have with our wife.

=====

====