

Tip from Rav Brevda- Food

Posted by NeverGivingUp - 20 Jun 2012 13:31

Hey Everyone,

I heard a tip/eitza from Rav Brevda Shlita. He said that controlling our tayva for food helps us control our tayva for lust.

The shiur was about how your intellect needs to control your body. At the end he took the concepts he was talking about and gave a practical application. He said controlling one's cravings for food is a good area to start. He recommended starting with one or two practical steps. He suggested try not taking doubles. At the very end he said doing this will also help a person control himself in areas of arayos.

It makes sense. If you think about it there are many similarities between the craving for food and lust. So in controlling one it helps you control the other. Also if you're working on your poor/unhealthy eating habits and you start eating less and more healthy foods your body will feel better and that defenitly will help you with lust.

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Re: Tip from Rav Brevda- Food

Posted by Machshovo Tova - 20 Jun 2012 13:41

Aha! So that's why Potifar's wife is referred to (in Yosef's episode) as

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Re: Tip from Rav Brevda- Food

Posted by Benzi - 27 Jun 2012 12:23

Wow. usually I dont look into these part of the forum and pinkt now I've looked and mamash now its very lemaase. Shkoach, I needed that.

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Re: Tip from Rav Brevda- Food

Posted by Kevin Pond - 26 Jul 2012 11:08

hi NGU,

from experience- IT WORKS!

when i worked on my taavas achila, it helped me with other lusts as wel.

the alter of Kelm says that we are like dominoes- working on one thing helps the other.

KOT!!!

kevin pond the first

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Re: Tip from Rav Brevda- Food

Posted by Machshovo Tova - 26 Jul 2012 15:01

[kevin wrote on 26 Jul 2012 11:08:](#)

from experience- IT WORKS!

when i worked on my taavas achila, it helped me with other lusts as wel.

Me too. Over a year ago I decided to cut down (or cut out) on junk food and 'nosh' as an exercise in self control, and I found that this improved my self control regarding lust.

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Re: Tip from Rav Brevda- Food

Posted by JustKeepGoing - 27 Jul 2012 01:40

Ya me three,

But then one week after shabbat, where I dont practice restraint in regards to food, 'cause every bites a mitzva you know.. so that week I kinda just like didnt restrain... now im more of a middle ground sometimes I hold back sometimes not.

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