

How about...

Posted by tocontrolmyself - 16 Aug 2012 16:41

MUSIC....i dont know exactly how to apply it..but i guess it depends on your situation...but in a time that is usually susceptible to lust listen to music you like..

Hatzlocha

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Re: How about...

Posted by melost - 15 Nov 2012 14:50

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Re: How about...

Posted by jewish jew - 15 Nov 2012 19:21

music help because it makes you think about something else.

Yitzchok

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Re: How about...

Posted by avi4853 - 30 Nov 2012 16:25
yes expecially if you lust because you are upset .beshimcha

Music can be a great balm to relieve Taavah. However, I would caution against listening to niggunim that have a fast beat, because I have found that sometimes they make that Taavah worse/stronger. In general, music is best used to prevent the sadness/depression/agitation that Taavah feeds on.

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Re: How about...

Posted by reallygettingthere - 02 Dec 2012 04:17

Music often works for me. I have specific songs that are my go-to songs

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Re: How about...

Posted by jewish jew - 04 Dec 2012 16:42

Nothing is like the classics of Mozart and Beethoven (without the opera singers additions of course) to soothe the soul and mind. (and no, I am not a Buddhist ;D)

Yitzchok

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Re: How about...

Posted by melost - 05 Dec 2012 10:59

[jewish wrote on 04 Dec 2012 16:42:](#)

Nothing is like the classics of Mozart and Beethoven (without the opera singers additions of course) to soothe the soul and mind. (and no, I am not a Buddhist ;D)

Yitzchok

yes with a few scented candels and the lights off

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Re: How about...

Posted by shomer bro - 27 Jan 2015 08:03

Music is great because it relaxes the mind and allows us to think clearly. I find that listening to certain jewish songs that i can connect to on an emotional and spiritual level help tremendously in relieving lustful thoughts and feelings. It's like taking a deep breath (call out to dms1234) for the soul. I've actually found, that at different stages of my life, i connect to different songs. For example, there was a long time when i felt that i could really connect with the song Bsheim Hashem Benny Friedman. Something in the melody, and something in the words just spoke to me and i felt like i could relate to it.

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