

You don't need a filter to succeed, or do you?

Posted by Elya K - 14 Jan 2009 01:15

I want to mention something. I was recently at a conference and one of the groups was having a debate about filters and if they are helpful. I know for me personally they are essential. But someone brought up the point that there is a huge difference in being sober and being in recovery from lust.

When we are living a spiritual life, when we are not worried about the future and we have come to terms with our past... we live in the present moment, take one day at a time.

When we are living like this... in serenity... there is little chance we will act out... no matter if we have a filter or not.

So this is the end goal. The filter cannot be the end goal. REcovery is the end goal. And that means

working a program of perfecting our Middos. So we don't hold resentments, anger, fear, etc.

We trust Hashem that whatever he has dealt us, moneywise, healthwise, Shidduch wise, is meant to

be.

We get rid of our resentments and fears by examining them for our part in them. We make amends to

people we have hurt and help others recover.

The tools are all here on the forum and on the guard site. The tools are in your communities at

SA & SLAA meetings. There were 595 goyim at this conference and 20 Jews from all spectrums.

Chassidim, Misnagdim, all walking around with their Yarmulkes making a Kiddush Hashem. We had

a minyan on Shabbos with a sefer Torah, all arranged by the conference.

If they can do that publicly, you can go to a meeting. If they can LEAD meetings and get up and speak in front of 100s of people as a proud yid, you can too.

it all depends on whether you REALLY want to get better or you're happy living on the cliff of the slippery slope, where the Yetzer Harah convinces you, it's OK to just peek as long as you don't go all the way.

Hatzlachah Rabba.

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Re: You don't need a filter to succeed, or do you?
Posted by Ano Nymous - 14 Jan 2009 13:35

WOW Elya, this is powerful stuff. I can't agree more with the message. When you have a dumpster full of garbage in your house and you don't want to smell it, you don't cover up the dumpster with a towel and you don't spray a deodorant and leave it that way. If you really want the smell to go away, you need to take the dumpster out of your house. While you move the dumpster, it is wise to cover the dumpster and spray deodorant to stem the tide and make it smell a little better. But the goal is obviously to take out the garbage, because if you don't, as soon as the towel falls off or the deodorant wears off, it stinks again. Consider the filter the towel or deodorant. It is a great help, but if you don't fix YOURSELF the problem will arise as soon as you have an opportunity without the filter. This is the attitude all of us really need to have to truly succeed. Good luck to everyone (myself included)!

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Re: You don't need a filter to succeed, or do you?

Posted by the.guard - 14 Jan 2009 15:41

Ano, you would definitely make a great psychologist and therapist one day. Wow! Your perception of things is WAY beyond your years.

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Re: You don't need a filter to succeed, or do you?
Posted by Elya K - 14 Jan 2009 22:46

Thanks Ano,

Great metaphor. Our addiction (Y'H) tries to convince us we can just peek or test him and we are powerless without Hashem's help to pass this type of test. Remove lust, lustful thoughts, lustful pictures, lustful people from your life and you won't act out.

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Re: You don't need a filter to succeed, or do you?
Posted by battleworn - 15 Jan 2009 11:31

Thank you, Elya, for explaining this extremely important Yesod so well. And thank you, Ano, for your great moshol.

[As far as filters go, we need to follow Chazal's directive "Al taamin b'atzmicha ad yom moscha-Don't trust yourself as long as you're alive". Also, there is a din about this specific area, that [u]everyone[/u] is required to keep a big distance, as it says "Harchek min hakiur umin hadomeh lo". (This is discussed at length, in Sefer Chofetz Chaim)

The goal is to not need the filter, and have it anyway!]

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Re: You don't need a filter to succeed, or do you?
Posted by Phillip - 20 Jan 2009 22:17

As far as I am concerned the filter should always be on. Not just for us but also for our kids. One should never put anyone in their family with the same nisiyanos as we were put in front of.

Eizehwho chochom harei zeh seroeh ett hanolad. Always prepare for the future. So bottom line is even if we feel that we have conquered our Y"H (which there is no such thing), leave it for the consideration of our familiy.

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Re: You don't need a filter to succeed, or do you?
Posted by mdmjerusalem - 21 Jan 2009 01:07

sadly, I can witness very bitter endings of children who had access to the unfiltered net.
who is willing to through his child in the sewage. NOT ME.

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Re: You don't need a filter to succeed, or do you?
Posted by eme - 21 Jan 2009 23:45

Everyone needs a filter to win. Imagine an alcoholic trying not to drink from an open bottle that sits in from of him for 5 - 10 hours a day. No chance.

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Re: You don't need a filter to succeed, or do you?
Posted by jerusalemsexaddict - 19 Oct 2009 06:38

wow elya sums up perfectly the sober/healing combo that ive been trying to understand for months!

who is this guy??

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Re: You don't need a filter to succeed, or do you?
Posted by 7yipol - 19 Oct 2009 10:30

[Uri wrote on 19 Oct 2009 06:38:](#)

wow elya sums up perfectly the sober/healing combo that ive been trying to understand for months!

who is this guy??

Elya is one of the backbones of GYE healing, Uri.

Read all his posts and thread. Well worth your time, trust me.

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Re: You don't need a filter to succeed, or do you?
Posted by Ineedhelp!! - 19 Oct 2009 17:38

Great job Elya and Ano, you guys are a great tag team. Ano, that Mashul was great. Something applies to a sickness. If you want to truly heal your body you need to get rid of the source of the disease. And sometims you need to sacrifice in order to live a better longer life. If someone C'V has cancer they may need to amputate a leg in order to live on. But you must attack the disease from the source.

-INH

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Re: You don't need a filter to succeed, or do you?
Posted by lamed vavnik - 20 Oct 2009 19:59

i had a situation today where i was in a bad move for reasons i couldn't figure out (i think it was b/c i was such a good boy today that i didn't go once, in to ogle at the secretary and just my luck i meet her on the way out !) . i went home yelled at my wife, yelled at myself . my wife forgot to turn the white list back on and she turned it on in front of me . i got so angry at her for remembering b/c i wanted to mess up . then i got on the computer and tried to mess up anyway. i of course couldn't, except that i was able to see a few dirty words ,but then i got so angry at how pathetic i was i just stopped and did something productive with my life . the goal is definitely not the filter . but the filter saves my life on a regular basis . i don't need it to succeed , i need it to survive until i can succeed. frustrated and angry but grateful for the filter(and my wife).

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Re: You don't need a filter to succeed, or do you?
Posted by 7yipol - 20 Oct 2009 20:05

frustrated and angry but grateful for the filter(and my wife).

Dont forget to tell her that!

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Re: You don't need a filter to succeed, or do you?
Posted by lamed vavnik - 20 Oct 2009 20:31

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Re: You don't need a filter to succeed, or do you?
Posted by the.guard - 21 Oct 2009 21:32

i don't need it to succeed , i need it to survive until i can succeed

Deep words of wisdom!

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