

GYE - Guard Your Eyes

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How to get rid of lust, anger, and more!
Posted by amusichef056 - 04 Aug 2015 20:11

So my wife has recently gotten into Zen Buddhism (the philosophical kind, not the religious/spiritual one) and one of the teachings is that when you feel anger or temptation come up, you separate yourself from your body... A Jewish perspective might be that your body is from the earth and only knows evil and your spirit is from G-d and is holy. If, during your life, your soul teaches your body holiness then when it returns to G-d you will be happy. If your body teaches your soul evilness then when your soul returns to G-d it be a painful process.

So when temptation arises, draw back into your head and meditate that your body is the part of you experiencing lust/desire/anger/etc and you need to distance yourself from your body thus teaching it not to act wickedly. Your body has/is the yetzer hara but your soul is what is in control. Your soul does not experience temptation, only your body. Thus, by distancing yourself from your body's desires you gain control and teach yourself (your body) to be holy.

A good way to practice thinking like this (it takes practice to automatically react this way), start by thinking about how when a bodily event occurs, it is in the body and not the mind. I am not hungry, my body is hungry. I control if/how to feed it. I don't need to use the bathroom, my body does and I control where/when to do that. I'm not closing this door, my body is. But I told it to.

Hope this helps someone. It definitely helped me control my yetzer hara.

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Re: How to get rid of lust, anger, and more!
Posted by cordnoy - 04 Aug 2015 20:28

that's what it means that "talkin' body" is ??? ?? .

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