

How to Overcome Images That Pop Into Your Head

Posted by Elya K - 26 Nov 2008 16:13

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Practically, we can control our own minds. Sometimes it's better not to close your eyes for an extended period of time because that brings on the images. What works for me is the following.

Think of a "clean" pleasurable image of a place you've been or an experience that you enjoyed. Concentrate on this image for a while with your eyes open or closed. Feel the feelings, see the picture and hear the sounds all around you.

Now every time an old image comes up which you want to get rid of, simply replace it with this good image.

There is a trick to doing this called the "swish" technique. I can tell you how to do it over the phone if you're interested. Just call the hotline at 1-901-685-3256. I'll call you back or if I'm home I'll answer the phone.

I did this 9 years ago after passing by a place I used to go into. Now, even 9 years later when I drive by, I remember my good picture and all the memories fade away.

If you can stand being on this computer any longer you can Google "NLP Swish technique" and learn how to do it.

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Re: How to Overcome Images That Pop Into Your Head  
Posted by Chaim - 24 Jun 2009 12:52

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Tzitzis!

HaSHem tell us that they have the segulah for keeping our minds from straying.

So if I am confronted with a untznius sight - I try to "erase" from my mind by looking down and staring at my tzitzis. This replaces the sight, and possible start of bad thought with good ones.

If you have techeles - of course this is more powerful, as the segulah of seeing it - is what specifically is referred to by Chazal as the basis for meditation all the way up to Kise HaKavod.

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Re: How to Overcome Images That Pop Into Your Head  
Posted by the.guard - 24 Jun 2009 21:15

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woops. Habib is a girl. So Tzitzis won't help... Hmm...

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Re: How to Overcome Images That Pop Into Your Head  
Posted by UTS - 02 Jul 2009 04:10

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[Chaim wrote on 24 Jun 2009 12:52:](#)

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I remember seeing in the Tzetel Koton some things to do if one is faced with seeing things that he does not want to. Anyone interested can have a look there.

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Re: How to Overcome Images That Pop Into Your Head

Posted by coby613 - 28 Aug 2009 20:36

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images are not my ownly problem. it's like the feelings of pleasure i had are coming back along with the images. i can be VERY strong and go maybe a month or so without action, but the two combined always bring me down eventually. anybody have a like problem? if so, how do you treat the memory of the raw feeling (i.e physical as opposed to emotional)?

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Re: How to Overcome Images That Pop Into Your Head

Posted by the.guard - 29 Aug 2009 18:28

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Coby, a lot of great ideas and tips on [this page](#), read top to bottom.

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Re: How to Overcome Images That Pop Into Your Head

Posted by Menachem - 31 Aug 2009 07:53

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I sometimes use a suggestion that I heard in a Hassidic story many years ago.

Try to visualize the 4 letters of the Divine Name.

Concentrate intently on the letters, I often focus just on the Yud at the beginning of the Name. The letter is so small, yet sometimes has the power to banish much bigger images from my mind.

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