

Practical kabbalah for the masses

Posted by inastruggle - 17 May 2013 23:37

---

hey emu,

remember when you were the lawyer in that case of the blood libel?

(Disclaimer: this thread is in no way intended to make litzanos of any part of yiddishkeit, it is meant solely for the purpose of being mesameach yidden and giving anyone who needs a kosher outlet a place to write. thank you for your understanding and cooperation)

=====

Re: Practical kabbalah for the masses

Posted by Gevura Shebyesod - 23 Aug 2015 14:45

---

How would I know? I'm not the one that was looking for it.

=====

Re: Practical kabbalah for the masses

Posted by Gevura Shebyesod - 26 Aug 2015 15:36

---

<https://guardyoureyes.com/forum/1-Break-Free/210029-Tryin?limit=15&start=660#262766>

=====

Re: Practical kabbalah for the masses

Posted by chosemyshem - 29 Jul 2024 17:10

---

[Dov wrote on 07 Aug 2013 22:43:](#)

Dear SonicReducer guy,

Every time a lust temptation comes along whether in reality (one of Hashems people He made and loves whether Jewess or goyess), or in your brain cell (those 'ol fantasy tapes), I suggest you quietly sing:

"Ssssooonnniccc Reduuuuuuuuucer....." a few times with a familiar and spooky tune. I am dead serious.

Have you tried it yet? I promise it will help you smile. And smiling is the doorway into simple calm joy. And that's reality - as it says in Mishlei: "Leiv chochom mishteh tomid".

Not to get too heavy, and even though this is not the marrieds' ('ba'al habatim') side of the forum, I want to say this about sex just to clarify something important and bust a myth or two, be"H:

Our problem is the same in sex, too! We are *way* too serious about it as a subject and in actual practice...and the struggle with lust we have endured, certainly makes that soooo much **worse**. It scares the hell out (sorry) of our wives. Trust me (trust my wife, too).

My wife enlightened me during my early recovery that I was *just too damn serious about sex!* It was after all, such a big deal for us porning-men! We 'know' how mind-blowing and intensely sweet this sex thing is 'supposed ' to be!! Well, shouldn't it be? In my heart, this was the tape playing during foreplay, sex, and even afterward: "Will this work!? Or is *that* gonna feel better for me?! Will *this* 'get her in the mood' - or should I be touching more over *there* or somewhere else?! Aye! Is this gonna 'work'? This is serious business! It's **gotta** work, you know!!"

Oh, boy. And it really didn't work, in the end...sex never 'saved' me. Surprise.

What woman wants *that* heavy load put on her? ...and while she is in *bed*, too.

**No** woman would - except *the ones getting **paid** for it!!* Porn really confuses us, doesn't it. We do not even know how to **love**.

All my seriousness about that most important thing for me (getting good sex) was a huge turn-off to her. I was shooting myself in my own foot! But she was young and didn't know how to say that, nor *why* I was behaving that way, nor that there was a better way! I was her sex

OMG.

On the 'Torah'-side, she was told (as I was) how meaningful sex is, how holy, how serious a matter it is...concepts all way beyond us and probably way beyond anybody here in this generation. Basically useless information. What did the teachers think? That we were going to be having sex in public or something!?

But the teachers really do not have a CLUE. And anyhow whatever they say, we sex-hungry, porn-exposed guys end up hearing that sex really is - and **should** be al pi Torah - a huge, big, teacher...or Rebbi. Really. Most of us husbands are, you know.

Make it enjoyable - fun! Collaborate on it, you two. The **Zohar hakadosh** calls **Z'eir Anpin** the '*mekor hasimcha*' for **Nukvah**, particularly when they work together as partzufim are supposed to do, called zivug. And 'working together' for us **is** the midah of Yesod in all endeavors and with all people, not just married people and not just sexually. But *anytime* people work together and collaborate to produce a tachlis (learning, working, discussion about anything, really). Yesod is of course particularly demonstrated in sex itself, between husband and *his* 'nukvah'.

And that area is one in which he can be her **mekor hasimcha**. So: make it happy! It is not easy for us. And that's OK. If you have no clue how to do that, ask your wives! They may not have a clue, either - but probably have some ideas that are far better than anything you or I could ever come up with. Be brave. Lo habayshon lomeid. You may need to talk with a therapist, maybe even a sex therapist. Not all of them are perverts and resho'im, you know...

[ [i]A caution: Any guy who is still hiding from his wife and feeding himself with sweet porn on a regular basis, masturbating himself, etc...will **not** succeed in circumventing the issue and saving himself from the rotten sex he is having due to his porn-brain, by (finally) just collaborating with his wife to try and make sex more happy and more fun for them both. It will just not work until you get clean and start living honestly with yourself and with her. You may not need to tell disclose to her the stupid things you did in the past (or you may), but you can't fix life up if you are still living in drug-land. It will collapse. The one person you can never escape from will always be yourself. And she can smell your mess, she may not know what she is smelling, but it does stink. ]

But regardless of whether you are married or not, WORK ON IT NOW! How? By learning how to take life in general more realistically. Get and live right-sized. RMB"M's emotional 'shvil hazahav' of Sh'moneh P'rakim. We addicts (and semi-addicts) take so many things way too seriously...and so many things not seriously enough. It's the work of a lifetime. A *real-life* time, not a *fantasy-life* time.

Balance takes tefilloh, practice, and more tefilloh and more practice and tefilloh. And it takes time. We never get it perfect, but we improve. And when we do improve, everyone we come in contact with has a nicer life.

Dug through the weirdest thread evah to find this gem \(\*\_\*)/

=====

Re: Practical kabbalah for the masses  
Posted by redfaced - 29 Jul 2024 17:15

---

[chosemyschem wrote on 29 Jul 2024 17:10:](#)

[Dov wrote on 07 Aug 2013 22:43:](#)

Dear SonicReducer guy,

Every time a lust temptation comes along whether in reality (one of Hashems people He made and loves whether Jewess or goyess), or in your brain cell (those 'ol fantasy tapes), I suggest you quietly sing:

"Ssssooonnniccc Reduuuuuuuuuucer....." a few times with a familiar and spooky tune. I am dead serious.

Have you tried it yet? I promise it will help you smile. And smiling is the doorway into simple calm joy. And that's reality - as it says in Mishlei: "Leiv chochom mishteh tomid".

Not to get too heavy, and even though this is not the marrieds' ('ba'al habatim') side of the forum, I want to say this about sex just to clarify something important and bust a myth or two, be"H:

Our problem is the same in sex, too! We are way too serious about it as a subject and in actual practice...and the struggle with lust we have endured, certainly makes that soooo much **worse**.

It scares the hell out (sorry) of our wives. Trust me (trust my wife, too).

My wife enlightened me during my early recovery that I was *just too damn serious about sex!* It was after all, such a big deal for us porning-men! We 'know' how mind-blowing and intensely sweet this sex thing is 'supposed ' to be!! Well, shouldn't it be? In my heart, this was the tape playing during foreplay, sex, and even afterward: "Will this work!? Or is *that* gonna feel better for me?! Will *this* 'get her in the mood' - or should I be touching more over *there* or somewhere else?! Aye! Is this gonna 'work'? This is serious business! It's **gotta** work, you know!!"

Oh, boy. And it really didn't work, in the end...sex never 'saved' me. Surprise.

What woman wants *that* heavy load put on her? ...and while she is in *bed*, too.

**No** woman would - except *the ones getting paid for it!!* Porn really confuses us, doesn't it. We do not even know how to **love**.

All my seriousness about that most important thing for me (getting good sex) was a huge turn-off to her. I was shooting myself in my own foot! But she was young and didn't know how to say that, nor *why* I was behaving that way, nor that there was a better way! I was her sex

OMG.

On the 'Torah'-side, she was told (as I was) how meaningful sex is, how holy, how serious a matter it is...concepts all way beyond us and probably way beyond anybody here in this generation. Basically useless information. What did the teachers think? That we wer going to be having sex in public or something!?

But the teachers really do not have a CLUE. And amyhow whatever they say, we sex-hungry, porn-exposed guys end up hearing that sex really is - and **should** be al pi Torah - a huge, big,

Make it enjoyable - fun! Collaborate on it, you two. The **Zohar hakadosh** calls **Z'eir Anpin** the '*mekor hasimcha*' for **Nukvah**, particularly when they work together as partzufim are supposed to do, called zivug. And 'working together' for us **is** the midah of Yesod in all endeavors and with all people, not just married people and not just sexually. But *anytime* people work together and collaborate to produce a tachlis (learning, working, discussion about anything, really). Yesod is of course particularly demonstrated in sex itself, between husband and *his* 'nukvah'.

And that area is one in which he can be her **mekor hasimcha**. So: make it happy! It is not easy for us. And that's OK. If you have no clue how to do that, ask your wives! They may not have a clue, either - but probably have some ideas that are far better than anything you or I could ever come up with. Be brave. Lo habayshon lomeid. You may need to talk with a therapist, maybe even a sex therapist. Not all of them are perverts and resho'im, you know...

[ [i]A caution: Any guy who is still hiding from his wife and feeding himself with sweet porn on a regular basis, masturbating himself, etc...will **not** succeed in circumventing the issue and saving himself from the rotten sex he is having due to his porn-brain, by (finally) just collaborating with his wife to try and make sex more happy and more fun for them both. It will just not work until you get clean and start living honestly with yourself and with her. You may not need to tell disclose to her the stupid things you did in the past (or you may), but you can't fix life up if you are still living in drug-land. It will collapse. The one person you can never escape from will always be yourself. And she can smell your mess, she may not know what she is smelling, but it does stink. ]

But regardless of whether you are married or not, **WORK ON IT NOW!** How? By learning how to take life in general more realistically. Get and live right-sized. RMb"M's emotional 'shvil hazahav' of Sh'moneh P'rakim. We addicts (and semi-addicts) take so many things way too seriously...and so many things not seriously enough. It's the work of a lifetime. A *real-life* time, not a *fantasy-life* time.

Balance takes tefilloh, practice, and more tefilloh and more practice and tefilloh. And it takes time. We never get it perfect, but we improve. And when we do improve, everyone we come in contact with has a nicer life.

Dug through the weirdest thread evah to find this gem \(\*\_\*)/

Good stuff

=====  
=====

Re: Practical kabbalah for the masses

Posted by chaimoigen - 13 Aug 2024 19:21

---

I am trying to figure out what the blazes most of the posters were talking about.

The basic gist, I think, except for the Gevaldig Dov post, is that summoning Daemons to battle lust isn't the greatest idea, because Ashmedai may have his own lust problems. Also, that may qualify as solving one problem by creating seven more. And, even though Gevura can see them, the rest of us can't.

I think that Gevura must have used Shvartze lecht to banish many of the good folks who are on this thread who are here no longer. Kinda wish I coulda gotten to know them...

P.S. Headless shadows are for Hoshana Rabba night, not Tisha Baav.

P.P.S I DONT belong on "Just having fun" today.

=====  
=====