

Tateh all my struggles are you
Posted by tiger - 13 Feb 2017 02:56

WWho gives me my breath?

who gives me my sight?

Who gives me strength?

Who gives me everything I have?

I think we all can agree that hashem gives it to us!!

So why don't I believe that my lusting comes from him too?

Why when I lust do I think that I am disconnected from hashem?

Without him I would never be able to lust! Why did he send me lust? To stay there and fall?
Heaven forbid!!

He sent lust so that I can understand what love means!

But what do I do now when I am all tied up in lusting for the wrong things?

I ask hashem to remove it for he is the one that blows life into it!

But I do this lots of times and I find it does not help me??????

We don't know hashems ways at all. We ask him to remove it and we are honest with ourselves
and we leave the rest up to him!

If it's so simple why do I keep falling?

It's not so simple to believe that everything is hashem,try it and see for yourself.

Just sharing some of my thoughts

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Re: Tateh all my struggles are you

Posted by Singularity - 13 Feb 2017 15:05

This, I think, might be why. A brief discourse. And I stand to be heavily corrected.

Say your regular mussar shiur. You sit around a table with a rov and he reads from *Mesillas Yescharim*. He discusses the part about abstaining from evil and gives the proofs the Ramchal uses.

And some guys nod, and you hear an "mmm-hmmmm" here and there.

Will you ever hear someone pipe up, "Wow, Rov, you know I really need to consider this before I type in the address to that porn site again"?

We hear concepts but fail to apply them. There's no connection. Because maybe there's no allowance for such a connection in the shiur. Maybe for like, fluffy concepts. "Oh, I'll bring in Shabbos 5 minutes earlier. That's what I've gained from this".

But if you're into hardcore stuff, you need a forum for greater honesty.

The 12 step meetings are a forum for honesty. That's it. You disclose it all. Gradually maybe, but there they are. They're a *koach* beyond what I've seen in mussar shiurim. But I don't think that's a failing in mussar. It's a failing in how we treat these issues. Under the rug.

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Re: Tateh all my struggles are you

Posted by tiger - 13 Feb 2017 15:05

It's all talk that I understand. But in my opinion as I get older and this struggle is still here I find myself not turning for chizuk but to actually start doing and living what they say! We all make the chizuk mistake it's when we start realizing that hey something is not right here! Chizuk is the

same like chizik (joke) do you think we have tzadikim for chizuk?? We have tzadikim to show us how to live and to emulate them. That the hard part my friends, we were brought up with all these books but in the wrong way!

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Re: Tateh all my struggles are you
Posted by tiger - 13 Feb 2017 15:10

YYou guys need to get involved in some chasidus ?

i get the mesilas yesorim thing?

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Re: Tateh all my struggles are you
Posted by tiger - 13 Feb 2017 15:11

SStart learning all chasidus like the 12 steps with your friends that you trust .

then we can talk?

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Re: Tateh all my struggles are you
Posted by MayanHamisgaber - 16 Feb 2017 22:34

[tiger wrote on 13 Feb 2017 15:05:](#)

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2 things

1) True tzadikim show us how to live and we need to emulate them but yes they are there for chizuk too

2) Maybe we were brought up the wrong way maybe not (everyone has a different upbringing) but like Singularity said R' Twersky's book is a good read and actually talks about this a little there it is a good idea to try to read it

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Re: Tateh all my struggles are you
Posted by Singularity - 17 Feb 2017 08:48

[MayanHamisgaber wrote on 16 Feb 2017 22:34:](#)

[tiger wrote on 13 Feb 2017 15:05:](#)

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Re: Tateh all my struggles are you
Posted by tiger - 17 Feb 2017 15:01

Yes tzadikim definitely are here to be mechazik us, but the problem is when you only use them for chizuk for a sweet little boost but at the same time WE don't take what they say seriously, we tend to question them and not trust in what they are saying. we think it's nice Torah ah sheina vort a nice idea but we don't realize that when they said that without hashem we are nothing we say wow that's so nice..... But what does it mean? When will we go in the way of these holy people and realize that they were showing us the way?

Again I am talking to myself here

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Re: Tateh all my struggles are you
Posted by tiger - 17 Feb 2017 15:04

I know that this talk offends some people and that is not my intention at all, personally this is my struggle

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Re: Tateh all my struggles are you
Posted by tiger - 17 Feb 2017 15:49

On this thread I will point out when I have time to write what I mean that if we would follow them we would have a way out of this mess. Whoever does not appreciate this talk does not have to read this.

i want to believe that there are some guys that would appreciate it.

While at the same time I hope to share my daily struggles

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Re: Tateh all my struggles are you
Posted by tiger - 17 Feb 2017 17:46

Just left work. I have a really hard time controlling my eyes in the streets but as I was leaving work and driving through the streets of the town I work in I thank god had strength to control my eyes and say to myself what you are about to see is not good for you. These Days I am working on rewiring my mind which obviously till now I was thinking that this is what I like to see i enjoy to see this, right now I'm working on saying no this is not good for me.

how am I doing it? I try talking to hashem every day and one of the things I talk about is that he says lusting and not watching your eyes can take you out of this world couse it's not good for you!So I spend a few min a day talking to hashem that he should give me the strength to realize that lusting is terrible for me unlike now that I think it's just a fun thing to do

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Re: Tateh all my struggles are you
Posted by GrowStrong - 18 Feb 2017 17:03

This is great!

Its not easy to look down and sideways after a lifetime of the opposite.

Every day it becomes more programmed.

You should be matzliach!

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Re: Tateh all my struggles are you
Posted by silentbattle - 19 Feb 2017 17:37

I agree 100% that we need to believe that seforim hakedoshim are true. And if we were following the mesillas yesharim to the point where we were able to do techiyas hamesim, we likely

wouldn't be in this struggle.

Personally, I don't want to wait that long until I stop acting out. I want to stop now, because it's ruining my life. And I'll do whatever it takes. And I bet that if I asked Rav Nachman, or any mechaber seforim of that caliber, they would say exactly the same thing.

Of course, if following the seforim helps you stop, then you don't need anything further...but since you're here, it's possible that the seforim HAVEN'T helped. So maybe this isn't a question of a nisayon, but of a disease. And for every other disease, you go to the doctor and follow his advice.

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Re: Tateh all my struggles are you
Posted by tiger - 19 Feb 2017 18:25

This past week the meor enayim parshas yisro says something fascinating,

He is talking to someone who finds himself falling and does not have the state of mind and clarity to stay connected to hashem, what are you supposed to do???

Most of us feel when we are at a point of a fall that right now we are not connected to hashem, listen to what the meor anayim says!!!

"When a person finds himself falling instead of being a shota and saying, hey listen, right now I fell and I am staying here, instead the meor anayim says NO don't be stupid instead say to yourself in middle of all your junk and feelings of wanting to fall and not being able to say NO ,say to yourself who is giving me the strength to breath and live now??? Hashem is.. and by doing that you are never losing the connection to hashem.

I have heard that this is from the yosodoes in yiddishkiet, he is teaching us how to never lose hashem.

This is not nice Torah this is a way of life.

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Re: Tateh all my struggles are you
Posted by Singularity - 20 Feb 2017 08:24

[tiger wrote on 19 Feb 2017 18:25:](#)

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I have heard that this is from the yosodoes in yiddishkiet, he is teaching us how to never lose hashem.

This is not nice Torah this is a way of life.

Very nice. It's a wonderful way of life. Just don't let it tip into **this territory**:

Nuclear Reset Button

The "Nuclear Reset Button" idea is about how we unfortunately thrive on that very honest state we do feel after masturbating ourselves, and that no matter how holy we feel in that state, it is all part of the same sick cycle. It suggests further, that **since we sincerely crave feelings of pure kedusha and hate the feeling of struggling with lust, we end up masturbating ourselves in order to get out of the struggle and into that holy, connected and honest state we often feel after masturbating.** It's one of the only ways we know of that practically guarantees plugging into kedusha and teshuvah (with a 'v') again. A dirty cycle in which t'shukah (with a 'k') for avodas Hashem and kedusha leads us to end up masturbating again for years and decades.

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