

OivedElokim-I'll never give up

Posted by OivedElokim - 21 Feb 2021 21:37

Day one.

This is my brand new thread for my brand new journey towards purity.

I will keep with me the lessons learned so far and keep my eye on the ball.

Today is the first day of the rest of my life.

A porn and masturbation free life.

A life of positivity and happiness.

A life of Torah and Avodah.

The life G-d intends for me to live.

Wish me luck.

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Re: OivedElokim-I'll never give up

Posted by simchastorah - 10 Apr 2023 19:48

great post

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Re: OivedElokim-I'll never give up
Posted by frank.lee - 10 Apr 2023 22:26

I am happy to elaborate more. This is not a futile argument, it is the beginning of a discussion. You are reaching out and asking for help, for a non religious reason to stop m.

For starters, from your perspective, are you addicted to m? (I understand that you are saying that it is not disturbing the functioning of your life.)

If yes, are you totally at peace, not bothered with that right now?

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Re: OivedElokim-I'll never give up
Posted by retrych - 13 Apr 2023 07:36

For a non-religious reason - in order to stop with p. Becuase if you view m as less bad, then when you have a need for p, you can turn to m instead. whereas if you already do m regularly, it wont be enough. I used entertainment sites the same way. This is not to say that Im saying m is ok or even necessarily that its better, just that you wanted a reason

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 14 Apr 2023 05:40

[5Uu80*cdwB#^ wrote on 10 Apr 2023 19:36:](#)

Gut moed to all. To add my 2 cents to this great thread (that I haven't fully read, my apologies):

Although masturbating is physically pleasurable, at least in the short term, it is not pleasurable in the long term, as it will ruin marriage for a variety of reasons (not the purpose of this post), and a ruined, or even mediocre, marriage is not pleasurable, to say the least. So, I hear what you are saying [that masturbating is physically pleasurable], but just know that in fact masturbating is not benign, even from a non-halachic point of view (and certainly from a halachic point of view is it not benign).

And to clarify further for any bachur who is in doubt about the following: Marriage will absolutely NOT enable one to suddenly quit masturbating and lusting, and these things will ruin marriage for a variety of reasons (again, not the purpose of this post.)

Wishing everyone a wonderful Pesach free of lust!

I totally agree, not in the slightest think otherwise. I appreciate you saying this, although may sound redundant and repeated from many different ways and people, you magnified that m* is even without halachicly involving, very rough marriage and if before.. marriage wouldn't solve it .. There's a lot in your words if we take it in, just reading it over and over. One can't deny that truthful reality but at the same time no matter the circumstance- secularly it's still not a fun life, just the opposite.

thank you!

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Re: OivedElokim-I'll never give up
Posted by m111 - 16 Apr 2023 10:13

It is known by chassidim that the avioda part of sefer Tanya starts with perek 26-29.

He speaks there of timtum halev, practically meaning that we don't get inspired or moved. Our nefesh habehamis (us) says simply "I don't care about that".

The solution is ?????? ??, practically meaning we have to feel that we hit rock bottom in order to care and be moved. To feel that there is something wrong with our situation now. Otherwise we just don't care.

Is there anything wrong the way we are now, (think, if not than why be here on GYE?)

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Re: OivedElokim-I'll never give up
Posted by excellence - 16 Apr 2023 22:32

@Oived Were all waiting to hear from u.....

Missing u

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 17 Apr 2023 04:20

[OivedElokim wrote on 09 Apr 2023 19:43:](#)

[frank.lee wrote on 05 Apr 2023 14:30:](#)

I beg to differ. You don't want to be under the control of any addiction. Even if it is intrinsically benign.

This is a futile argument. If this mehalech works for you-amazing! That doesn't mean it'll work for me, as my experience has shown. Therefore it is not productive to keep repeating the same things to me in the hopes that I'll finally see the light. Again, thank you all for sharing your perspective, but the search is still on for a mehalech that works for me.

A gut moed,

OivedElokim

Hey OE, it's been some time now! We want but to hear from you- hope all is well and heathy, stay shtark and positive always! If I can do an nothing from you let me know

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Re: OivedElokim-I'll never give up
Posted by OivedElokim - 18 Apr 2023 00:23

[frank.lee wrote on 10 Apr 2023 22:26:](#)

I am happy to elaborate more. This is not a futile argument, it is the beginning of a discussion. You are reaching out and asking for help, for a non religious reason to stop m.

For starters, from your perspective, are you addicted to m? (I understand that you are saying that it is not disturbing the functioning of your life.)

If yes, are you totally at peace, not bothered with that right now?

When I said it was futile, I was referring to a very specific discussion-whether being addicted to something is inherently problematic. That discussion is futile because it's a matter of opinion. Obviously the broader discussion of trying to find a reason to stop masturbating is not futile, which is why I started it...

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Re: OivedElokim-I'll never give up

Posted by OivedElokim - 18 Apr 2023 00:28

Thanks everyone for checking in, I have a a hard time posting on GYE from my phone so I had to wait till I could use a computer to share an update.

I'm over 30 days clean from porn, not been staying away from masturbation though. (I have been searching for borderline material and it resulted in me having to pay a knas to WebChaver-not gonna do that anymore...)

In regards to finding motivation to stop masturbating-I have begun to realize that there is some truth to what someone (frank.lee?) posted earlier in this thread: Masturbation requires fantasizing which includes many of the negative effects that porn does, though perhaps less intensely. Also I feel stronger in my Yiddishkeit now and therefore am finding the religious reasons more compelling.

I'm going to challenge myself to staying completely clean for ten days

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Re: OivedElokim-I'll never give up

Posted by proudjew95 - 19 Apr 2023 17:44

Good Day

I don't normally use this site but I just checked in to see what's' going on lately and I though I had to respond to your post.

I promise you are not an addict. You are a mentally healthy person with the a godly soul

I was labelled as OCD, ADHD , Depressed, Bipolar and Angry . I realized through learning the Three Principles that I am none of these and I have a beautiful life now, free of all medication and labels. The three principles is a revolutionary understanding that explains in a very logical and clear way the that their are fundamentals behind human psychological functioning. All our emotional desires and experiences are derived from the power of thought.

Please, do what you feel is right from you, but try and avoid going to western "addiction specialists" who innocently create more suffering by labelling and labelling and prescribing all kinds of treatments and drugs. I did all of that and just went further and further away from my essence and from a true peace of mind until I came across the three principles understanding which radically began to change my life in extraordinary ways.

I now help others with this understanding and am willing to help guide you in this direction if you wish

Best Wishes

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Re: OivedElokim-I'll never give up
Posted by willdoit - 19 Apr 2023 21:07

[proudjew95 wrote on 19 Apr 2023 17:44:](#)

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Best Wishes

Hi there,

Your long streak is really impressive. could you please share what these three principles are all about. You got me all curious:smile:

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 19 Apr 2023 23:21

ignore- (doubled)

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Re: OivedElokim-I'll never give up
Posted by Emes-a-Yid - 19 Apr 2023 23:24

[OivedElokim wrote on 18 Apr 2023 00:28:](#)

I'm over 30 days clean from porn,

In regards to finding motivation to stop masturbating-I have begun to realize that there is some truth to what someone (frank.lee?) posted earlier in this thread: **Masturbation requires fantasizing which includes many of the negative effects that porn does, though perhaps less intensely.**

I like the frank.lee comment, just thinking it over time gets me to realize similar to what your saying that it is pretty much from the neg. effect as Porn itself.

So Just an extra tweak I want to add from my own view-

As long as masturbation happens from those triggers where the drive is from P* images and graphics that was in the past scene and just reactivating such thoughts, it is basically our brain if Rch"lz were to happen **like watching porn** from our past memory. Which is as - **seeing porn itself.**

So in short- not just m* having the neg affect as p*. But IS (Kav"yachol) **Porn itself**, because - RH"LZ brings those memory stored in the past from watching such sites!

Also I feel stronger in my Yiddishkeit now and therefore am finding the religious reasons more

compelling.

I'm going to challenge myself to staying completely clean for ten days

OE, I appreciate you filling us in on the updates as you strive up in greatness. And I am extremely happy to hear that you are challenging yourself for small amount of time- you are almost there! and lastly these words are so nice to hear. You should have alot of Hatzlacha in these areas to associate with these above reasons as you said as well!

Can't wait for your updates, all the best OE!!

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Re: OivedElokim-I'll never give up

Posted by 5Uu80*cdwB#^ - 19 Apr 2023 23:54

[OivedElokim wrote on 18 Apr 2023 00:28:](#)

In regards to finding motivation to stop masturbating-I have begun to realize that there is some truth to what someone (frank.lee?) posted earlier in this thread: Masturbation requires fantasizing which includes many of the negative effects that porn does, though perhaps less intensely. Also I feel stronger in my Yiddishkeit now and therefore am finding the religious reasons more compelling.

Yes, yes, yes!!!! You can do it!!!

Keep it up!

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