

Here we go!

Posted by bisyata dishmaya - 14 Mar 2022 02:16

Baruch Hashem I have finished 1 week clean!

=====
=====

Re: Here we go!

Posted by Yissie - 21 Jun 2022 13:55

These visions that you are experiencing are there by everyone who has done these aveiros, as you explained from Rabbi Yaron Reuven. Just most people who do not live dealing with them will generally not experience them. They only come to torment people who deal with them, but they exist by everyone. And you can't tell someone who does to stop believing or deal with them. It is not a bad thing, just a way of you experiencing the results of what you did. It is not to paralyze you, but an impetus to do teshuva, when you realize what your actions created. They only go away after teshuva, which is after you stop struggling with this issue, not just when you stop doing the aveira.

The first stage of teshuva is stopping the aveira. Now there are levels of teshuva, see Rambam Hil' Teshuva or Rabbeinu Yona in Shaarei Teshuva for more details.

=====
=====

Re: Here we go!

Posted by bisyata dishmaya - 21 Jun 2022 18:24

[Yissie wrote on 21 Jun 2022 13:55:](#)

Just most people who do not live dealing with them will generally not experience them. They only come to torment people who deal with them, but they exist by everyone.

Please explain what you mean by that.

=====
=====

Re: Here we go!

Posted by sleepy - 22 Jun 2022 00:10

[Hashem Help Me wrote on 21 Jun 2022 11:22:](#)

[sleepy wrote on 21 Jun 2022 04:19:](#)

[5Uu80*cdwB#^ wrote on 20 Jun 2022 13:08:](#)

"5Uu80*cdwB#^" post=382166 date=1655730533 catid=4

why is zera livatala from masterbation bigeder o'nes?

According to Rabbanim, guys that were introduced to this stuff in younger years (which includes teenage years) actually suffered a sort of trauma - confusion about the adult world which had up until that time represented to them safety, security, and predictability. Now they saw a different side to adults and subconsciously are wondering if their parents, rebbeim, policemen, grocery store owner, etc engage in the bestial behaviors seen. Therefore, the "compelled need" to see it again and fantasize about it while masturbating comes from a most unhealthy place and should be viewed as a type of mental illness. A strange effect of experiencing trauma is to actually crave "going back to the event/perpetrator again". That is why so many otherwise healthy chevra that excel in so many areas of yiddishkeit and general life, describe complete loss of control regarding viewing and masturbating. Although the **actions** are b'geder aveira, most **guys** are b'geder onais - this is the opinion of gedolei haRabbonim. As an aside, that is why "doing teshuva" is only appropriate once one has stopped, regained control, and can view himself positively. The advice given by one of the Gedolei Roshei Yeshiva is to wait **at least** two years of being clean, and in many cases it takes longer than that. As long as there are remnants of disease, teshuva will unfortunately bring him down by rehashing the (incorrect) script that he is a bad guy. And in reality, once one has stopped, all three components of teshuva took place - especially if the guy reached out for help and was mekayem the vidui chelek numerous times....

I have spoken to numerous Roshei Yeshiva, Rebbes, Rabbonim, and mechanchim. I have heard the viewpoint stated above "across the boards". If there is a da'as yachid who disagrees, so be it. However let's face it - our boys growing up in this generation are facing this challenge

in an unprecedented way that nobody in history did. They need our chizuk, and if Gedolei Yisroel say there is genuine chizuk available, let's opt for that.

hey if daas Torah is that they are anusim in this aveira, all i can say is THATS GOOD NEWS FOR THE JEWS!but alas !sleepy cannot share in this joy regarding himself since he wasnt exposed to internet , just regular tv , newspaper shmutz which i assume is not the case that you got this daas Torah for. but LAYIHUDIM!(yes it snowballed into porn/internet ,but thats a different type of thing committed by free will and not anus)

=====
=====

Re: Here we go!
Posted by frank.lee - 26 Jun 2022 01:14

Hi Sleepy! I think you may well be considered begeder Ones, but i don't know your background or circumstances and I'm not a Rabbi...

=====
=====

Re: Here we go!
Posted by sleepy - 26 Jun 2022 03:39

[frank.lee wrote on 26 Jun 2022 01:14:](#)

Hi Sleepy! I think you may well be considered begeder Ones, but i don't know your background or circumstances and I'm not a Rabbi...

maybe somewhere in my mind i wish i was an o'nes but i dont think so

just curious so it comes out that there are two types of o'nes

1.o'nes because of addiction

2.o'nes because of what HHM said?

=====
=====

Re: Here we go!

Posted by bisyata dishmaya - 26 Jun 2022 17:37

111! 1 day at a time!

=====
=====

Re: Here we go!

Posted by frank.lee - 26 Jun 2022 18:19

@sleepy I think there is an idea that after certain actions, we lose our bechira on certain thing and our nekudas habechira moves over.

One thing is for sure - Hashem Loves you!!

=====
=====

Re: Here we go!

Posted by Yissie - 26 Jun 2022 21:17

[bisyata dishmaya wrote on 21 Jun 2022 18:24:](#)

[Yissie wrote on 21 Jun 2022 13:55:](#)

Just most people who do not live dealing with them will generally not experience them. They only come to torment people who deal with them, but they exist by everyone.

Please explain what you mean by that.

Sorry for not seeing this earlier. What I wrote before was from my rebbe.

My understanding is that these children that did not come into the world do exist one hundred percent. They are there and they torment the neshama.

We exist in a physical world and do not experience them. Sometimes Hashem gives us a glimpse to what is going on in the real world. People who live their lives not dealing with what goes on in spiritual realms, Hashem does not show them what is going on. And most people in the Yeshiva system say it is better for us this way , and there is no gain to see it.

There are some people. generally people who focus on Kabbala and these ideas, Hashem gives them the opportunity to see what is going on as a result of their actions.

I hope this is helpful. If not, assume that it is due to my lack of clarity than your understanding. But either way, only if it is helping you should you focus on it. If it is paralyzing you and making it harder, than you can ignore it.

=====
=====

Re: Here we go!
Posted by bisyata dishmaya - 27 Jun 2022 04:40

Here is the latest. Wednesday night I received very difficult/disappointing news and had strong taivos. I told myself no matter how horrible I feel being MZ"L will just make me feel worse when I'm done. BH made it through that night! The next day found out good news though not as good as I wanted although with the potential to improve.

=====
=====

Re: Here we go!
Posted by bisyata dishmaya - 01 Jul 2022 05:12

BH 116!

=====
=====

Re: Here we go!
Posted by bisyata dishmaya - 04 Jul 2022 05:54

Update: BH 119! Remains to be seen if there's life after 120. Friday night woke up in middle of the night went back to sleep sometime later maybe semi conscious had inappropriate dream don't think I should consider it a fall, if you disagree let me know. It's also getting challenging walking down the street with all the inappropriately dressed frum women.

=====
=====

Re: Here we go!
Posted by Vehkam - 04 Jul 2022 12:52

You are definitely correct. There is no fall unless you are fully conscious. Just move on from thinking about it.

=====
=====

Re: Here we go!
Posted by bisyata dishmaya - 06 Jul 2022 04:43

BH THERE'S LIFE AFTER 120!

=====
=====

Re: Here we go!
Posted by Lchaim Tovim - 06 Jul 2022 14:02

[bisyata dishmaya wrote on 06 Jul 2022 04:43:](#)

BH THERE'S LIFE AFTER 120!

Phew!!

On a serious note, unbelievable that you made it so far! I see from your signature that you say the Tikun Haklali and feel it is a great tool. Is that purely on a spiritual level or do you feel that it

helps you on a physical level as well (ie. to be more mindful etc.)?

=====
=====