

Britt's Beyond

Posted by briut - 02 Feb 2010 18:00

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Dear Friends: Sorry I've been off in my own mind these last couple of days and not posting.

I've had a very very emotionally busy couple of days as I approach the end of a 20-day kaballa to be clean. Here's an update, and I'm hoping for your insights/comments.

That kaballa ends this evening. I've learned a lot. I want to express my thanks to all of you for jumping in to post, even in the face of some pretty long rambling posts without clear message. It means a lot.

And to the author of many insightful PMs, your direct, almost brutal comments scared away a lot of delusional thinking and brought me a tremendous sense of clarity. Saying thank you doesn't even come close to my gratitude for your time. I'd love to hear from the decades of accumulated wisdom here on the forum.

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Re: La-Briut and Beyond!

Posted by briut - 28 Jul 2010 15:53

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Thanks for these great comments. I'll be thinking about them and hope to comment soon.

In the meantime, though, I've realized that I could use a few minutes over the phone tonight with some flavor of "accountability partner." My wife is going away overnight, and I'd rather not fall simply because the bedroom is unsupervised.

Maybe 10 minutes or so tonight at about 11 ET? (I have anonymous and free Google Voice, btw.) I won't post this on 'about to fall,' because I'm not it's a crisis. A little chizuk, though, could be good preventive medicine.

PM or post here. Thanks. - Doc

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Re: La-Briut and Beyond!  
Posted by briut - 29 Jul 2010 03:44

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Crisis averted, I think. Wife is off for night, kids are sleeping, I'm at my COMPUTER (w/o serious temptation, btw), and will probably just fall asleep soon. Thought it would be a bigger deal, but now I'm feeling like it's "much ado about nothing" or something like that. It's almost too bad: I had figured that when the cat's away the mice would play. This mouse is just tired - tired as in sleepy and tired as in making this a big dramatic battle with the Y'H. I think when (if?) the Y'H comes to visit when I'm alone in my bed, I'll just send him off for pizza. In a bad neighborhood. Without a bulletproof vest. Hah.

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Re: La-Briut and Beyond!  
Posted by Yosef Hatzadik - 29 Jul 2010 17:08

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Hey! Any opportunity to connect with fellow members of the great GYE Kehilla is a good enough excuse. Besides, there is no such thing as "much ado about nothing" in matters like these; you can't be too careful.

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Re: La-Briut and Beyond!  
Posted by 1daat - 30 Jul 2010 06:15

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Hope it went well last night.

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Re: La-Briut and Beyond!  
Posted by briut - 30 Jul 2010 14:31

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1daat: Thanks for asking.

The answer, if you can decode it, is: Day 144 [odaat]. B'H, I suppose.

[Just realized the bilingual pun in your name -- is it 'da'at' as in understanding or 'ODAAT' as in 12-steps. Hmmnn.]

I suppose time flies when you're having, er um, when you're having, er um... when does this begin to be having 'fun?' Or maybe as R'Noach (Weinberg) would say: pleasure and happiness are not the same thing. I'm still working on that one, I suppose.

Good Shabbos, y'all.

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Re: La-Briut and Beyond!

Posted by 1daat - 02 Aug 2010 02:53

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Briut is the yom yom Yid. No matter what, no matter the nisayon--wife away, computer on, mice. Mice??? Cats, mice, pizza for yetz--and day by day you just keep on, battle by battle, now with low calorie drama (never tastes as good). Left foot right foot. Yom Yom (ya'amas lanu).

Thanks for being here. Well, just thanks for being.

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Re: La-Briut and Beyond!

Posted by briut - 03 Aug 2010 20:14

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I took my kids to a big amusement park. Lots of fat people, of course (welcome to the USA where an hour of minimum wage buys you 8 burgers). But also lots of attractive ones: half-

dressed & fully-dressed.

And the truth is, I did pretty well at averting my eyes. But, I'll confess, I REALLY DIDN'T WANT TO AVERT MY EYES! REALLY!

Okay, having said it... I must explain myself (esp on THIS website). You see, I'm having a difficult time separating 'love' from 'lust' when it comes to 'desire' with my wife. The love isn't there as much as I'd like, and certainly not enough to replace all the lust I've used over the years to, er, keep things moving.

And the idea of pushing away the lust BEFORE feeling the love settle in is starting to feel like cart-before-horse.

Yeah yeah I know the SA and Chazal sources about needing to clear out lust so love will have a place to dwell. But today, to be brutally honest, it seems like I've evicted a family of 12 from this 'place' and left nothing but a housesitter inside. Sure, the moving truck might be en route with new & better tenants, furniture etc. But right now it's feeling kinda... empty.

As a thread on the married men's forum says, I don't know how to 'perform' well without lust. I don't know how to find excitement. I just want to watch a little eye candy and get that familiar zing that will let me have a fun & exciting early bedtime with the wife.

I don't really want one white-knuckled day at a time. I want one baby step at a time. Today, no eye candy women; tomorrow, no eye candy men; the day after, leave post-it love notes for the wife; etc. Why do we have to go cold turkey in this stuff?

Okay, it's all kefirah here. I know it. I'm just trying to document how I'm feeling today.... Thanks for listening (if there's anyone there).

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Re: La-Briut and Beyond!

Posted by Yosef Hatzadik - 03 Aug 2010 20:34

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Sure Doc, we're listening! - with our fingers plugging our ears in order not hear your kefirah!  
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Hey! Don't get insulted! I was just trying to answer in your language! ;D

The big bad old king has many tricks and illusions in his bag. Don't fall for any of them.

We are very happy to read that in fact you held firm: [Briut wrote on 03 Aug 2010 20:14:](#)

And the truth is, I did pretty well at averting my eyes.

As to the next part: [Briut wrote on 03 Aug 2010 20:14:](#)

But, I'll confess, I REALLY DIDN'T WANT TO AVERT MY EYES! REALLY!  
Chazal instruct us that a person should not say "I refrain from eating pork because I dislike it";  
rather he should say, "I want it, but what should I do? my father in Heaven forbade me from

eating it!"

Finally, concerning your last lines: [Briut wrote on 03 Aug 2010 20:14:](#)

Okay, it's all kefirah here. I know it. I'm just trying to document how I'm feeling today.... Thanks for listening (if there's anyone there).

There is great benefit from spreading your thought out in front of your friends. We can help you think them through and sort them out. Your life's work takes a lifetime to accomplish. Hashem doesn't expect you to finish it all in a single day. And neither should **Briut!!!!** ;D ;D ;D

BTW The Baal Shem Tov says that even though the Y"H is just fulfilling **his** job. He was sent to entice us to sin. He will be killed when Moshiach comes. he deserves punishment for painting mitzvot as aveiros & aveiros as mitzvot. **That** is not part of his mandate!

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Re: La-Briut and Beyond!

Posted by ur-a-jew - 03 Aug 2010 23:19

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[Yosef Hatzadik wrote on 03 Aug 2010 20:34:](#)

BTW The Baal Shem Tov says that even though the Y"H is just fulfilling **his** job. He was sent to entice us to sin. He will be killed when Moshiach comes. he deserves punishment for painting mitzvot as aveiros & aveiros as mitzvot. **That** is not part of his mandate!

The Vilna Gaon on Rus (????????, ????-???????????? ???? ??????? ???????) says that when the Y"H sees that he can't get you to do an aveira he convinces you to do a mitzvah in the hope getting you to do other aveiros. A good example would be staying up to learn late and then missing tefillah b'tzibbur (not the Gaon's example). The Gaon explains that the way one knows whether there is a real mitzvah as opposed to a Y"H mitzvah is by the energy he has to do the mitzvah. Since a person is created from the earth, there should be a natural lethargy to do mitzvot. If a person is very excited and full of energy to do a mitzvah, he has to be suspicious of where that energy is coming from.

Bruit, I would say the way you are kicking and screaming about having to avoid looking and lust you don't have to worry about the Y"H. Your averting your eyes is a true mitzvah and the Y"H is certainly not the one pushing you to do it.

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Re: La-Briut and Beyond!

Posted by ur-a-jew - 04 Aug 2010 02:06

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[Briut wrote on 03 Aug 2010 20:14:](#)

As a thread on the married men's forum says, I don't know how to 'perform' well without lust. I don't know how to find excitement.

[Briut wrote on 27 Jul 2010 22:48:](#)

It just seems a little 'incomplete' to me, that there's so much you HAVE been able to share and yet so much it seems you have NOT been able to (so far).

For me, each round of acceptance and understanding is really just a springboard to the next level of opening up. By this long into our marriage, I could probably tell my wife . . . even the hardest parts. Particularly that. The stuff we can't even tell ourselves sometimes. I KNOW you know what I mean.)

And when she feels safe to let it all hang out with you, and you feel the same, marriage looks way different. At least to me. At least, as close as I've ever really gotten to that....

Bruit, I tell you what you help me learn how to tell my wife everything and I'll help you learn how to perform by only lusting for your wife.

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Re: La-Briut and Beyond!  
Posted by briut - 04 Aug 2010 02:48

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[ur-a-jew wrote on 04 Aug 2010 02:06:](#)



I tell you what: you help me learn how to tell my wife everything, and I'll help you learn how to perform by only lusting for your wife.

Thanks, everyone, for the thoughts and the chizzuk. I'll be pondering.

One edit, though, if I may to ur-a-jew... I don't think we're talking about how I'll learn to perform by only lusting for my wife. [That would be too simple, eh?] I think we're talking about how to perform without lust at all. You see, if I'm gonna be lusting, it's most likely to be after a fantasy that she's not biologically equipped to fulfill. So I think I'm limited to that area where performing comes as a result of pure love, without lustful intent at all.

THAT IS A VERY TRICKY, VERY HIGH MADREIGA, in my view. Not impossible, but tricky.

But you see, if I banish the lust that's linked to aveira, and I feel sorta lacking (not 100%, just sorta) in the lust that's "typical" between a husband and wife, I think I'm 'stuck' in the goal of a marital life through love alone, and without lust.

[And, to be a little heavy but also totally candid... until I can even start toward that tricky madreiga, I have to acknowledge that I resent her when I find myself without lust at all. I have to stop holding it against her that I'm sending my lust away on vacation. Because if I start resenting her for that, there's no room for love to enter the equation. And I'm left with nothing.]

I'll try to edit this in the morning when I have more of my wits about me to form sentences....

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Re: La-Briut and Beyond!  
Posted by Dov - 04 Aug 2010 04:10

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All madreigos and 'anatomical innequiptedness' aside, I can testify (and so can my wife), that there can be sex without noticeable lust. **And** that it can be very, very nice...and that we are powerless to make it so.

If you (and the wife) can take a minute *before* getting together sexually for a silent personal prayer, I think it might help. We have done this and it helped a lot. I asked Hashem to help us be here *for each-other* and that I see my wife as Shprintza-gened'l-bruchaleh (or, if that's not her name for some strange reason, put the *real* one here ;D...just kidding...). To help you be loving (giving) to her and who she *is*, as imperfect as both of you are. *Even* though I don't deserve such a thing, at all. Even though I don't deserve *her*, at all.

Things are different for at least 5 minutes after such a prayer from the heart...nu. 5 minutes ain't that bad, I figure.

And consider letting her make up her *own* prayer rather than suggest one, cuz she's not a lust addict, just confused...she probably knows what she wants from G-d, though.

Sorry if this comes off as "instructive"...I am only trying to share and suggest.

g'nite

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Re: La-Briut and Beyond!

Posted by NeverAgain - 04 Aug 2010 05:16

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A'hlan wassah'lan, Doc...

Make Allah proud!

Sincerely,

Jamanaeyhabmousa Achmedbachari

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Re: La-Briut and Beyond!

Posted by 1daat - 04 Aug 2010 05:20

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This definitely is "over my head", madrega-wise.

[dov wrote on 04 Aug 2010 04:10:](#)

I can testify (and so can my wife), that there can be sex without noticeable lust.

Such love I've never known. I trust Dov completely. So it is possible. maybe for me some day, maybe not.

I hope you guys will continue your discussion for a while. I'll be listening in.

Briut, I learn from your conscientiousness and perseverance to leave no stone unturned in sorting out your relationship to yourself, your wife and to Hashem. Many thanks for sharing all your avoda with the rest of us.

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