

Getting HAPPINESS from MITZVOIS Instead of Pleasure From Lust

Posted by Shteeble - 08 Nov 2011 17:08

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I ask mechila in advance from an anonymous gye'er who doesn't like it when i start new threads.

This thread is for posting ideas on the concept of GETTING HAPPINESS FROM MITZVOIS INSTEAD OF PLEASURE FROM LUST.

I don't have all the rules clear in my head right now. For now, let's just keep it to the topic, without the jokes, hi's, and shmaltz, for the sake of readability.

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Re: Getting HAPPINESS from MITZVOIS Instead of Pleasure From Shmutz

Posted by heuni memass - 08 Nov 2011 17:18

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I actually got involved with volunteering for some good ORG that can use Vol. I found lots of my nisayon while actually already working on cleaning up was when I had "extra time". So if I have extra time I try to answer a call to do a mitzva and it is a catch 22. Its a mitzva and not giving the Y"H time of day.

I know "I am too busy". but hey that excuse didn't work for the shmutz.

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Re: Getting HAPPINESS from MITZVOIS Instead of Pleasure From Lust

Posted by Shteeble - 08 Nov 2011 17:21

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This concept came to mind recently during a cheshbon hanefesh session.

When experiencing stress (pain) of any kind, the body will seek to get out of pain, and into pleasure.

The default pleasure that the body turns to may be lust.

My first reaction to this was to try to come up with other pleasures, which do not involve any issurim.

The problem is, that these other pleasures are simply pleasure; not true happiness.

The soul is still left with the unpleasant emptiness feeling.

Hence, the idea that perhaps the goal should be finding more happiness in the performance of mitzvois.

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Re: Getting HAPPINESS from MITZVOIS Instead of Pleasure From Shmutz  
Posted by Shteeble - 08 Nov 2011 17:23

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[heuni memass wrote on 08 Nov 2011 17:18:](#)

I know "I am too busy". but hey that excuse didn't work for the shmutz.

excellent, excellent, excellent

BIG BIG YESOD!!

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Re: Getting HAPPINESS from MITZVOIS Instead of Pleasure From Lust

Posted by Shteeble - 08 Dec 2011 09:25

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Chevra, anyone have any more advice here??

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