

Anybody remember where's R' Twerski & the hot tub?  
Posted by stillgoing - 20 May 2015 23:13

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Hello Everyone. A while ago I read somewhere on this site (or an email from GYE) about Rabbi Twerski not wanting to spend a long time in a Jacuzzi because the only thing you can do there is think. And at that point (a long time ago) he didn't want to be left alone with himself. I may be remembering it a little wrong, but I couldn't seem to find it to confirm. Any clues?

Thanks

SG

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by shlomo613 - 21 May 2015 00:18

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I've read him writing that but I disnt see it here. It was either in one of his books, or probably in his hamodia series of articles.

Hopeful I posted a question for you in the past day or so in your other thread. You may have overlooked it because I was buried in an avalanche of other posts. I haven't got energy to repost it so sorry.

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by Ezra - 21 May 2015 03:04

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Yes. Don't recall where I saw it but when that happened on his vacation, he realized he was using work to escape his feelings and it was important for one to accept themselves for who they are.

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by cordnoy - 21 May 2015 09:59

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t'was on a thread here someplace...i think.

try the search box here.

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by ZemirosShabbos - 21 May 2015 14:58

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[www.torahweb.org/torah/special/2008/dtwe\\_esteem.html](http://www.torahweb.org/torah/special/2008/dtwe_esteem.html)

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by cordnoy - 21 May 2015 15:16

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Thanks Zemmy.

I wonder how R' Twerski feels.....

Rabbi Twerski and the Hot tub!

Rabbi Chaim and the Cheerleaders!

Rav Yonah and the Mall!

The Intimister Rebbe and the Closet!

Reb Gedalya and the Sauna!

HaRav Shmaryahu and the BBQ cook-out!

Rebbitzen Sally and the Town Fair!

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by ZemirosShabbos - 21 May 2015 15:24

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would like to comment: in my mind I associate certain innocuous things with certain activities. that is more a commentary on the state of my mind than the character of the items involved.

actually the story with R' Twerski took place in Hot Springs, Arkansas

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by doingtshuva - 26 May 2015 21:03

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Hi stillgoing

You asked about R' Twersky saying that he was supposed to sit in a hot tub.

I remember hearing it on one of his recording here on GYE.

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by jack - 27 May 2015 18:58

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i happened to tell that story about r' twerski about a month ago on my thread jack-veiter. i think it was a whirlpool bath.the point was he was uncomfortable being with himself and that led him to conclude about himself that he had low self-esteem.

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by stillgoing - 28 May 2015 21:59

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Thanks everybody for so many responses. Now that I finally found it, I don't remember what I had wanted it for. But it brings out a great point, that the solution to our issues are sometimes found in an area that we never even thought of yet. Like instead of wearing a blindfold, maybe we need to work on self esteem (just an example)

Rabbi Twersky

I first became aware that I had a self-esteem problem at age thirty-eight. For three years, I had been director of a huge, 300 bed psychiatric facility with a very busy emergency room. If a nurse could not reach an attending doctor, I was called. Every other night I was on call to the emergency room. On a good night, I was awoken only five times; on a bad night, ten or more times.

I had a vacation coming, and was desirous of getting away from an impossibly hectic situation. I sought a vacation spot that would allow me to do nothing other than vegetate. I wanted no sightseeing or activities. I finally decided on Hot Springs, Arkansas, which promised to allow me total rest.

The industry of Hot Springs is horse-racing, which begins in mid-February. I reached Hot Springs in December, when there was nothing doing in town. Most of the stores were boarded up. It was the vacation spot I had hoped for.

Having had low-back pain for years, I thought I would take advantage of the mineral-water baths, which were touted as producing miraculous results. I was taken into a tiny cubicle, and an attendant gave me two glasses of hot mineral water which was naturally heated deep in the earth. Then I was put into a tub of these magic waters, and the whirlpool was turned on.

I felt I was in Paradise! No one could reach me—no patient, no nurse, no doctor, no family member, no social worker, no probation officer—I was beyond reach. And in this paradisaical situation, I was bathing in nature's own hot-water. Who could ask for more?

After about five minutes, I got up and said to the attendant, "That was wonderful! Just what I'd been hoping for."

The attendant said, "Where are you going, sir?" I said, "Wherever the next part of the treatment is." The attendant said, "First you must stay in the whirlpool for 25 minutes."

I returned to the bath, and after five minutes I said, "Look, I have to get out of here." The

attendant said, "As you wish, but you cannot go on with the rest of the treatment."

I did not wish to forego the treatment, so I returned to the tub for 15 minutes of purgatory. The hands on the clock on the wall did not seem to be moving.

Later that day, I realized that I had a rude awakening. I had taken three years of constant stress without difficulty, but I could not take ten minutes of Paradise! Something was wrong.

On return home I consulted a psychologist. He pointed out that if you asked people how they relaxed, one would say, "I read a good book," or "I listen to music," or "I do needlework," or "I play golf." Everyone tells you what they do to relax. However, relaxation is an absence of effort. One does not do anything to relax. What most people describe as relaxation is actually diversion. You divert you attention to the book, needlework or golf ball.

Diversions are perfectly OK, but they are actually escapist techniques. Work and diversion are fairly healthy techniques. Unfortunately, some people escape into alcohol, drugs, food or gambling.

In the cubicle at Hot Springs, I had no diversions: nothing to read, nothing to look at, nothing to listen to, no one to talk to, nothing to do. In absence of all diversions, I was left in immediate contact with myself. I could not remain there long because I didn't like the person I was with!

Why are people using a variety of escapist maneuvers? What is it that they seek to escape? Very often it is from themselves. If, as was the case with me, they have an erroneous self-concept, they cannot stand being with themselves.

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by fulfillinglife613 - 29 May 2015 01:00

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I so relate!

Since I joined GYE and started really working on myself in an open and honest way I have come to see just how far I needed to go to hide from myself.

I never let myself be alone with me.

If I was in the car I needed to be on the phone, listening to music or watching something on my phone (yeah, I know it's really dangerous. But what could I do??)

I always worked crazy hours. If I came home to early I might have time to think. Even in the bathroom I couldn't be alone for a second! I would actually hide in the bathroom with an ipad rather than come out and face myself. How pathetic is that!

Vacation, the rare times that I actually took one, was torture after 2 days. And even those 2 days I had to be busy with something.

B"H since joining GYE I have started facing myself and it's an incredible feeling. I find that I CAN let myself think and feel and it's OK. I have my challenges and issues but running away from them doesn't solve anything. It only makes it worse.

I came to realize that once I face my issue I can work on getting through it in a healthy and productive way.

It's been years since I felt this alive.....

May Hashem give me the Koach to stay this strong each day for the rest of my life.

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**GYE - Guard Your Eyes**

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Re: Anybody remember where's R' Twerski & the hot tub?  
Posted by Palti-Yossef - 29 May 2015 06:44

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Thank you for sharing, very inspiring !

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