

Mashpia and Mekabel

Posted by Pure123 - 01 Jun 2021 19:43

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anything about this?

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Re: Mashpia and Mekabel

Posted by wilnevergiveup - 01 Jun 2021 20:33

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[Pure123 wrote on 01 Jun 2021 19:43:](#)

anything about this?

You mean like chomer and tzurah, male and female?

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Re: Mashpia and Mekabel

Posted by Pure123 - 02 Jun 2021 02:37

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i was referring to how our struggles come from the fact that we are takers, if we can improve our being into becoming through givers lots oof the struggles should fade away..

?this is more deep then the way I'm saying it, can anyone elaborate?

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Re: Mashpia and Mekabel

Posted by Markz - 02 Jun 2021 02:56

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<https://guardyoureyes.com/forum/19-Introduce-Yourself/272099-Is-pornography-and-masturbation-selfish?>

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Re: Mashpia and Mekabel

Posted by DavidT - 02 Jun 2021 14:09

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[Pure123 wrote on 02 Jun 2021 02:37:](#)

i was referring to how our struggles come from the fact that we are takers, if we can improve our being into becoming through givers lots oof the struggles should fade away..

?this is more deep then the way I'm saying it, can anyone elaborate?

In the book "Garden Of Peace" , Rabbi Shulem Arush explain this concept in depth. The idea is that a man needs to be strictly a giver (Zachur=Mashpia ). Lust is all about taking and getting not at all about giving. This is also the key to marital harmony.

It's worth to read it.

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Re: Mashpia and Mekabel

Posted by the.guard - 02 Jun 2021 14:50

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[Pure123 wrote on 01 Jun 2021 19:43:](#)

anything about this?

[This article](#) that I wrote in Rabbi Twersk'i book "Teshuva Through Recovery", discusses it in depth.

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Re: Mashpia and Mekabel

Posted by TG - 02 Jun 2021 15:26

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If I could subtly put in my own two cents:

I try to be a huge giver, I literally do everything in life, everything in the house, everything for the wife and kids....yet I have crazy urges and not such great streaks (problem is aside from my wife who yes Find very attractive and bh its good in that aspect)....I think there are other underlying factors to work on for all of us even the best givers....

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Re: Mashpia and Mekabel

Posted by wilnevergiveup - 02 Jun 2021 17:40

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[the.guard wrote on 02 Jun 2021 14:50:](#)

[Pure123 wrote on 01 Jun 2021 19:43:](#)

anything about this?

[This article](#) that I wrote in Rabbi Twersk'i book "Teshuva Through Recovery", discusses it in depth.

It's amazing btw. Thank you!

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Re: Mashpia and Mekabel

Posted by s1 - 02 Jun 2021 18:36

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I can relate to what you say about trying to be a giver especially at home. One point I have experienced on the underlying factors is - even though we try to be giving all the time and selfless for our wife and family, part of being a mashpia is also finding time and space to build up our esteem in ruchnius, like in davening and Torah, especially b'tzibur with all the positive

reinforcement of being with the community. I have found that taking that time helps with the overall matzav.

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Re: Mashpia and Mekabel

Posted by DavidT - 02 Jun 2021 18:51

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[s1 wrote on 02 Jun 2021 18:36:](#)

I can relate to what you say about trying to be a giver especially at home. One point I have experienced on the underlying factors is - even though we try to be giving all the time and selfless for our wife and family, part of being a mashpia is also finding time and space to build up our esteem in ruchnius, like in davening and Torah, especially b'tzibur with all the positive reinforcement of being with the community. I have found that taking that time helps with the overall matzav.

Great point!

?To elaborate on this, a person can't give what he does not have himself.

So in order to be able to be a giver and give, you need to make sure to fill yourself with positive attributes...

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Re: Mashpia and Mekabel

Posted by Pure123 - 02 Jun 2021 18:53

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if you ever feel any resentment that you are doing so much at home and its not appreciated enough then its not true giving...

?true giving means even when you don't get any appreciation in return and you are never resentful..

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