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Posted by MaalinBKodesh - 19 Jan 2010 07:22

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Re: starting college this week

Posted by silentbattle - 20 Jan 2010 23:12

Wow - you truly are amazing! Analyzing the problem, and already coming up with your own solutions - like sitting in the front row!

If those imageries work for you, then maybe...I don't know enough to comment on that.

I would suggest that you keep posting here, so that you have the support of the forum to deal with any situations that arise, and the constant chizuk that it provides.

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Re: starting college this week

Posted by Kollel Guy - 20 Jan 2010 23:37

I've recently used my own tactic that helps me when hirhurim arise, and pardon its crudeness.... but I'm throwing it out there. If I see a woman that I'm triggered by, I imagine her with unshaven arm pits and that she's currently having a heavy menstrual flow of blood. That's usually enough to stop the hirhurim and gross me out.

Ummmmm, I hate to take away from your originality, but some very smart people said what your saying 1700 years ago. (I truly feel honored to be on the same forum as a jew who was mechaven to the holy Rabbis).

The gemara says "Isha chemas malei tsoa, upiah malei dam" - A woman is a thermos full of feces and her opening is full of blood.

My Rebbe explained to me, that Chazal are NOT telling us what a woman IS, but rather what to envision when one feels he is in danger due to desire. Meaning **he should imagine the**

particular women defecating, and blood oozing out of her ----.

(The following is only my opinion) This is not a method which Chazal intended to be employed too often, because it can lose it's effect. This is only when one has done everything in his power to avoid all triggers, and nevertheless ends up facing a huge nesayon.

Just to give you an example of the extent to which one must avoid being tested...

The gemara says one who has two paths, one longer and one shorter, but the shorter has **women rolling up their sleeves to wash cloths** (hope I didn't trigger anybody there) he is *obligated* to take the longer route, AND EVEN IF HE DOESN'T LOOK, HE IS CALLED WICKED IF HE TAKES THE SHORTER ROUTE!!!

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Re: starting college this week
Posted by Kollel Guy - 21 Jan 2010 00:13

Yes, and not on your wife either.

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Re: starting college this week
Posted by silentbattle - 21 Jan 2010 01:06

Ha - but seriously, I would imagine that's the other danger of using it too much...it might become natural, and then you're *really* in a bad spot...

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