

have a few questions and i need some answers

Posted by hopefull - 15 Mar 2010 20:12

i know that the things we look at can trigger a desire in us. so i stopped watching movies, and i used to watch alot, and i also try very hard not to look at women in general. of course not in magazines or ads etc. however im a little bored in my free time so i started reading books. not jewish ones, but i think their clean. one is called freakonomics which is pretty interesting and the other is a tom clancy novel.

also, i love music, classic rock or any good rock music, i cant stand the new age pop stuff. since i started here recently, i have not been listening to non jewish music

my question is this, and this is not a religious question, can or will rock music, clean rock music, and books or novels, trigger a desire for lust. because to be honest jewish music can sometimes be a bit boring and theres more variety in the secular world, excluding the pop garbage. i know some will say that all secular music is garbage, however ther are songs that dont have love or cussing, or am i fooling myself

i would loove to hear some responses regarding books and music

g-d bless

hopefull

=====

Re: have a few questions and i need some answers

Posted by Sturggle - 15 Mar 2010 20:35

I think what you're asking

is very subjective,

so, sorry, man.

I think you're going

to have to figure out

for yourself what works

for you or doesn't...

all the best,

S

=====

Re: have a few questions and i need some answers

Posted by Ineedhelp!! - 15 Mar 2010 20:40

I think I can answer your question in a different way. You see, the addiction aspect of this whole things is that at some point we got desensitized to Shmutz. It was engrained in our brains and perceived by us normal and OK. This can happen with ANYTHING. Say you watch alot of violence movies, you become desensitized to blood and crime. Just look at a violence movie from 25 years ago and look at one from now (not that I have recently but I would put my money to it that its much more gorrry and intense). The same happens with bad language. If you hear a bad word enough times, youre going to use it. Thats why if someone uses a bad word, not even any 4 letter words, I give them a look. I dont want to be desensitized to this stuff. I want my mind to go bezerk when I hear a four letter word and say to myself "this is not something you should take into your mind".

Hope this helps!

-Yiddle

=====

Re: have a few questions and i need some answers

Posted by DesertLion - 16 Mar 2010 21:28

Dear Hopefull,

I am a non-Jew so I can give you a different perspective. For me, any books be they classics or trashy cheap novels containing erotic scenes have proved to be dangerous. You may be less sensitive to these triggers, but if you are an addict then I suggest you tread carefully. I remember reading somewhere that pornographic literature creates very refined kelipot (husks of impurity?) that cling to the sinner harming him in various ways.

With regard to Goy music, I think some of the greatest music is not Jewish. I think anybody would agree that videos of pop stars like Britney Spears prancing around to highly provocative vocals is rather arousing. However, what's wrong with bands/artists such as the Beatles, Elvis, Beethoven and Wagner?

I hope I've been able to help.

TC and KUTGW!

DL

=====
=====

Re: have a few questions and i need some answers
Posted by bardichev - 16 Mar 2010 21:38

I AM NOT A HUGE MUSIC GUY SO I WILL KEEP AWAY FROM THAT PART OF THE
ANSWER

BUT I CAN ANSWER THE TRIGGER PART

IF YOU ARE NOT CONCIOUS OF WORKING ON YOUR SHEMIRAS EINAYIM

OR IF THERE IS A GNAWING FEELING LIKE HEY I WOULDN'NT LOOK FOR STUFF BUT..
BUT.. IF IT COMES MY WAY WELLL...

YOU GET MY DRIFT (ALMOST EVERYONE DOES.I'M JUST VERY OPEN AND I HIT IT AS A
NEW YORKER..VERY UN-SOPHISTICATED0

SO IF YOU WANNA (WANT TO) BE TRIGGERED ANY THING WILL TRIGGER YOU EVEN
GEFILTE FISH

BARDS

=====

Re: have a few questions and i need some answers
Posted by bardichev - 16 Mar 2010 21:40

ONE LAST THOUGHT ABOUT MUSIC

MUSIC COMES FROM THE HIGHEST SPHERES WHERE ONLY THE ANGELS CAN GO

THERE IS SOMETHING VERY DEEP ABOUT MUSIC

SO IF THE MACHSHSAVA OF THE MECHABBBER OF A SONG WAS TREIF IT IS IN THE
SONG SOMEWHERE

HEY I AM NOT AN EXPERT ON MUSIBC

BUT THIS TOPIC WAS DISCUSSED ON THE FORUM ABOUT AS MANY TIMES AS I
DRANK A GLEZEL OF WOODFORD!!

BARDS

=====

Re: have a few questions and i need some answers
Posted by Someone - 17 Mar 2010 20:38

We were created in the image of G-D. Creation is the basis of the world we live in, hence our addiction is so powerful. This is because when we are acting out it is just our souls trying to create something - life. Directing this amazing and powerful flow elsewhere is one of the keys I think. Music is another way of creating something beautiful - expressing yourself creatively. Listening to music that was created in 'good intent' surely is something useful.

My 2 cents.

/SO

P.S: Keep to male singers.

=====

Re: have a few questions and i need some answers
Posted by the.guard - 17 Mar 2010 22:34

"Haba Letaher" posted a while back:

Here is what caused my recent fall after 77 amazing days clean:

Sometimes when I work, I listen to non-Jewish music (I know, that is just one more hypocrisy in my life, I prepare Torah classes while listening to non-Jewish music. Welcome to my private little island of hypocrisy...) Chazal were so right about Kol Isha... Sometimes when a song by a lady would pop up on my online streaming music station, I would Google her to check out what she looked like, and from there, I fell like a stone. Chazal are so right. They mamesh understood us. YES, Kol b'isha is an erva (especially when backed up by racy photos you can easily Google).

I will try to stop listening to Kol Isha, and I will also add another layer of protection with Covenant Eyes - which will have someone monitoring what I look at.

You guys helped me get farther than I've ever gotten in a good five years, and I'm sure you will help me rise up again... Things were going so well, my marriage was going awesome, I was sooo appreciative of my wife, and things were sailing smoothly. I must get right back up!

=====

Re: have a few questions and i need some answers

Posted by Chazak Amenu - 18 Mar 2010 03:23

i am divided myself on this subject i think some music is incredibly inspiring(talking about secular right now) and makes me feel like i can acomlish great things including beating the addiction.but just as was mentioned i like to see what the woman look like if they good voices but as far as i can remember PERSONALLY it has not triggerd me if i recal correctly but take it with a grain of salt. it is strange but sometimes when i would fall i would feel like listening to music to make me feel better and sometimes i would feel like i was too depressed to listen and i was not in the mood.

i don't know do what you feel is best me personally as long as it does not trigger me i like to

=====

Re: have a few questions and i need some answers

Posted by zalmandovid - 18 Mar 2010 03:32

Bard has it right. Music is intensely spiritual. Mind your ears.

=====

=====

Re: have a few questions and i need some answers

Posted by hopefull - 19 Mar 2010 16:38

thanks guys for all you replies

=====

=====

Re: have a few questions and i need some answers

Posted by Holy Yid - 19 Mar 2010 16:51

You need to honest with yourself about why you want to listen, and for us addicts that is very hard. Until you are 100% sure that you have no addiction related motives I would advise allot of caution.

=====

=====