

getting to a better place

Posted by be holy - 01 Jun 2010 14:48

well here i am again. "be holy" is back. i have been away along time and it is unfortunate to see how successful this web site is,merely because there are so many hits on it. b"h this gives hashem a tremendous nachas ruach that even at the end of the galus his children are not giving up and he has not given up on us.

i will write later but i just had to get on line and see how my battling brother are doing out there in the field.

Stand strong and stand tall at the face of the enemy-with hashems compassion we get to a better place.

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Re: getting to a better place

Posted by Me3 - 07 Jun 2010 18:28

Be Holy

Time heals a lot of things, the longer you keep clean your feelings and emotions will normalize. Also by giving to your wife (read the book!) you will develop a relationship which will also help with your emotional detachment and help you open up to your wife.

BTW I don't mean to minimize the struggle you have in front of you, people who have gone through the things you have experienced are often emotionally scarred for life. You have a real uphill battle ahead of you, but you can win.

Also all guys are closed up (besides maybe Briut but he's a freak ;D) it's part of our stoic nature, but opening is an important thing, so keep trying.

We love you too :-[

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Re: getting to a better place

Posted by briut - 07 Jun 2010 19:08

[be holy wrote on 07 Jun 2010 17:53:](#)

i will get the book and read it.

Thank you. Read it. Slowly. (I HATED it that first time.) Then...

Read it AGAIN. Even more slowly. (I was intrigued that second time, but not convinced.) Then...

Find the craziest notion you find in the book and dare to practice it. (Maybe, accept her stupid fin'l decision like buying new curtains, WITHOUT NEGATIVE COMMENT. INDEED, WITH POSITIVE SUPPORT. On everything.)

See how well it works. And then... try another one.

A little secret. I don't know if I've said this here on the Forum. Ever. I came onto this site because his book says we have to dump all po*n and se*ual improprieties. I told myself I had it all under control; indeed, that I needed it to have a married life. But I took his advice and came here to see what might be going on. Took on a 12-day kaballa to be "clean." And now, 6 months later, I'm finally seeing that intimacy is [perhaps] better when the ghost of the movie star isn't in the room with us. His advice is crazy. And magic. Simultaneously.

There's now a companion book for women, in English, by the way.

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