

need idea

Posted by guarding613 - 29 Jul 2015 10:49

I am trying to implement the taphsic method but I can not think of the perfect kabbalah. The examples given in the pamphlet will not work for me. If anyone has any ideas if they can please share.

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Re: need idea

Posted by peloni almoni - 30 Jul 2015 19:15

[guarding613 wrote:](#)

cordnoy and peloni almoni suggested that while the taphsic method is a good tool to halt the acting out still the main focus should be uprooting the cause. This means trying to figure out Why am I not happy? Why do I feel empty? agitated? But I don't understand I like p/// I enjoy m//// I get a geshmak out of it thats why its hard to stop. If someone is getting a geshmak from eating candy and he becomes addicted (if eating candy was an addictive behavior) are you going to say that he should figure out why hes depressed. Also it's nothing that I am inherently aware of are you suggesting that I go to a therapist?

i will explain this best i can.

have you ever had a really good lamb schwarma, hot and fresh and dripping with lamb fat? the kind that is gishmack to smell, to look at, the kind you really want to savor every bite of, the kind look forward to tasting in your mouth afterwards for hours, and anticipate even while driving to the store and even while waiting in line to order it?

i like mine with extra EXTRA lamb fat, extra greasy sauteed onions french fries, techina, and humus, wrapped in a fresh lafa. if done correctly, while i stimulate myself by oggling it for a few minutes before the first bite, the lafa drains some of the fat and oil from the wrap making it extra

soft and flavorful.

and then, eating it. there is a real art to that as well. that by the time you get to the bottom of the wrap with all of the residual grease and lamb flavor, the last bite is borderline orgasmic.

mmm mmm good. and glatt kosher too. highlight of my life at one point. oneg sheain kamohu, meain olam haba.

but guess who has not had one in ten years. because his doctors said the next one might finally put him in the hole. and after hearing that, the desire was GONE. all of it. I JUST WROTE YOU A WHOLE SHTIKKEL AND DID NOT FEEL A THING. because - and this is key - however good it is, a luxury does not validate death. if you have parents, kids, siblings a spouse, students, or anybody else who counts on you or depends on you or loves you, or even if you are alive and have not yet fulfilled the goal that God has put you down on this earth to fulfill, you have what to live for, and that outweighs all of the luxuries in the world.

i lose schwarma which was a luxury, i get life. fair trade. i feel no loss.

BECAUSE I WAS NOT AN ADDICT. SCHWARMA WAS JUST THAT - A LUXURY. NOT A NECESSITY. an addict will trade his life for his addiction - olam hazeh and olam haba. his addiction is not a luxury - something he does for a gishmack. it is something he needs.

AND THEREFORE, EVEN WHILE FACING DEATH, HE CANNOT BACK DOWN - ?????? ?????? ?????? ?? ??????? ?????? ?????? ???????

if your destructive habits which are killing every aspect of you, ruining your purity, your soul, your mind, your olam haba, your future marriage etc. are too geshmack to stop, guess what? either you dont believe its ruining you, or you dont see this as an unnecessary luxury rather as a need (addiction). i think the latter is more probable, as the former is close to kefira. c"v.

i would start with a rebbi before a therapist. someone knowlegeable and worldly enough who you will be completely honest with. put your sobriety before your ego. YOUR ONLY HOPE AT REAL RECOVERY IS BEING COMPLETELY HONEST. WITH YOURSELF, WITH HASHEM, AND WITH THE PERSON YO WILL EVENTUALLY OPEN UP TO.

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Re: need idea

Posted by peloni almoni - 30 Jul 2015 19:35

[cordnoy wrote:](#)

No real problem then.

If life is good, and you enjoy porn, why bother stoppin'?

don't see a therapist for eatin' too much hot n' spicy garlic pickles with gelunkinde mayo unless it bothers you and it drips all over your clothin' and it's gettin' on your nerves and you really wanna stop.

Oh....the big bad aveirah and gehinnom and the guard by gan eden and the tumah, learn 15 minutes of mussar every day, speak to your Rav/Rebbe/Mashgiach.

b'hatzlachah

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Re: need idea

Posted by cordnoy - 30 Jul 2015 20:08

[peloni almoni wrote:](#)

[cordnoy wrote:](#)

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Goodness, i'm gonna stop postin'.....and here I am workin' the steps, for my ego is to the gazoo.

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Re: need idea

Posted by peloni almoni - 30 Jul 2015 20:31

[cordnoy wrote:](#)

[peloni almoni wrote:](#)

[cordnoy wrote:](#)

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Goodness, i'm gonna stop postin'.....and here I am workin' the steps, for my ego is to the gazoo.

lol... i guess i did not take that down fast enough

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Re: need idea

Posted by cordnoy - 30 Jul 2015 21:36

[peloni almoni wrote:](#)

[cordnoy wrote:](#)

[peloni almoni wrote:](#)

[cordnoy wrote:](#)

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Goodness, i'm gonna stop postin'.....and here I am workin' the steps, for my ego is to the gazoo.

Why don't you stick to postin about lamb chops and schwarma

lol... i guess i did not take that down fast enough

Nope!

It was fast enough.

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Re: need idea

Posted by cordnoy - 30 Jul 2015 21:37

[cordnoy wrote:](#)

[peloni almoni wrote:](#)

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[cordnoy wrote:](#)

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lol... i guess i did not take that down fast enough

Nope!

It was fast enough.

For the explanation of this, email me please: thenewme613@hotmail.com

thanks

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