

The Mark of Torah - Lust Chizuk

Posted by Markz - 02 Dec 2015 03:57

1. **TORAH TAVLIN:** a) Torah is not a blanket protection and can actually do the opposite [if not approached correctly](#). b) May not work for all forms of [Yetzer Hara](#)
2. Gd wants our small [sacrifice](#) and [effort](#)
3. **ODAAT:** [One Day at a Time](#). And a nice [source](#) for ODAAT.
4. **DO SOMETHING:** When facing a personal challenge, We can't say "I tried, I cried, I prayed", No no no! [Do something positive!](#)
5. **BECHIRA:** The "main" bechira we have is to [avoid triggering situations in the first place](#)
6. **THE 3 SECOND RULE:** [The pasuk is telling us - do not follow your heart to take that second look](#)
7. **THE REAL PROBLEM:** To me it seems poshut that the problem is lusting [not shmiras eynayim](#)
8. **WHITE KNUCLING:** Is not [the Torah way](#) so cut the [Confrontations](#). Which according to the Torah way [will not succeed](#)
9. Is everyone in the world an [addict?](#)
10. **WIFE:** Is she your [Pas Besalo?](#)
Warning: Spoiler!

11. **INTENT:** I'm a lustaholic and I want [Intimacy](#) leshem shamayim. Honest?
12. **TESHUVA:** Teshuva (the way we understand it) is [NOT recovery](#) but a ploy
13. in the Zohar, it is said the sin of wasted seed is the worst sin for which no recovery is possible. And that relations with non-Jews attaches to us even in Olam Haba. What are the [defenses against these charges?](#)

SCOURCES:

1. The prohibition of [V'NISHMARTA and V'LO SASURU](#)
2. including undressed unmarried [gentile women](#)
3. A wife is [like bread?](#)

HOLIDAYS

1. Chanuka - [ODAAT](#)
2. Thank Gd - [Al Hanissim](#)
3. The 3 Weeks - We are building the [Beis Hamikdash](#) with GYE

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Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 25 Apr 2018 01:52

"Death to the Sinners" (Parsha Achrei)

This week's Torah portion spells out in no uncertain terms - the consequence of illicit relationships is ??? - **excommunication**.

What is ????

You all know the literal meaning. Let's take it to the next level

R' Chaim of Volozhin z"l would say that ones current situation creates his reality. If one sins, the sin itself is the punishment of Gehinom. In the same vein we can explain that ??? too is the

reality of ones existence.

"The first recovering alcoholics, out of whose experiences the Twelve Step program was forged, had a tough saying: "Find God or die!" Alcohol has a way of destroying the body. In a different sense, this is also our dilemma: "Find your true Connection or lose your self!" **Lust has a way of destroying the soul**" (White Book pg 93)

"There are few things so pitiful as an aborted spiritual life. The amazing thing is that we can give the appearance of life, even though we are dead" (ibid pg 93)

#MakeLifeGreatAgain

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Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 09 Aug 2018 15:58

This is for those gyes swimming the tide, holding onto to today's plank (daf);

"*Ben Poras Yosef... Alei Ayin*" - *Yosef's* eye did not want to enjoy something (*Potifar's* wife) that was not his, therefore *Shilo* in his portion merited extra area for eating its *Kodshim*, i.e. from where it can be seen.

Rav Papa added - All of *Shilo* need not be visible. It suffices if part of it can be seen. Zevachim 118b

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Re: The Mark of Torah - Lust Chizuk

Posted by lionking - 09 Aug 2018 17:29

[Markz wrote on 09 Aug 2018 15:58:](#)

This is for those gyes swimming the tide, holding onto to today's plank (daf);

Hey, I feel excluded.

Nice vort! Thanks!

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Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 10 Aug 2018 17:02

Where can a Jewish lustaholic work, and where not? Do you ride the subway concerned of opposite gender bumping... or sitting next to opposite gender on the plane and want to know if it's ok or not?

This shiur by R' Zev Cohen shlita based on the words of R' Moshe Feinstein zl is
a m a z i n g!!!

www.torahanytime.com/#/lectures?v=64501

If I had the time I'd transcribe it... check it out :-)

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Re: The Mark of Torah - Lust Chizuk

Posted by lionking - 15 Aug 2018 13:51

[Markz wrote on 10 Aug 2018 17:02:](#)

Where can a Jewish lustaholic work, and where not? Do you ride the subway concerned of opposite gender bumping... or sitting next to opposite gender on the plane and want to know if it's ok or not?

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Hi Markz,

I listened to all 3 parts of this Series and relistened to this specific one twice. It might be my clogged head, however I didn't hear any answers to those questions. In one sentence, if I can sum it up, It sounded like he is saying everyone needs to be his own judge and pasken for himself.

I got a stinking thinking problem, so I don't think I can have the clarity necessary to make an unbiased decision.

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Re: The Mark of Torah - Lust Chizuk
Posted by Hakolhevel - 11 Jan 2019 05:58

[markz wrote on 08 May 2016 14:30:](#)

To fight or Not to fight - That is the question:

Some captive women were redeemed and brought to Neharda'a. They were kept in the attic of Rav Amram the Chasid; the ladder was removed.

A beam of light reflected from one of the women. Rav Amram was seized with lust. He moved the ladder to ascend (normally, 10 people are needed to move it). As he was halfway up, he screamed 'there is a fire in Rav Amram's house!' (Kiddushin 81)

Rav Amram intended to teach his students with this, that debates and confrontation against the YH are not recommended in times of need, rather other tools should be used (Rada'l), e.g. calling a fellow GYE or Group call

Warning: Spoiler!

Parshas Achrei - [GYE Wrote](#):

Dear MosheF,

Please read the *Ohr Hachayim Hakadosh* on [this page](#). It sure sounds to me like he's talking about lust addiction! He directly addresses the **complete powerlessness** that a person who is

caught up in lust will experience. He suggests that the only way to succeed in this area is by **completely avoiding** visual and mental stimulation. (If the *Ohr Hachayim* had lived today where this solution is close to impossible - and where the entire world's sewage is available with the click of a mouse, who knows - he may have come up with a 12-Step program! :-).

But listen to this: The *Ohr Hachayim* also touches upon **the core of the 12-Steps** in this very piece. He writes that for those who are already caught up in lust (read: addicts) they **cannot do it on their own**, and that **ONLY Hashem** can ultimately save them from this powerful Yetzer Hara.

TRANSLATION IS INCLUDED HERE

Warning: Spoiler!

Rabbi Avraham J. Twerski [wrote](#): If one can, it is a segula to read this section at the kever and ask that in his zechus Hashem should help

I just learned the Gemara, and I right away thought of this point, and I said to myself, I wonder if anyone on gye brought this up? Quick forum search told me I'm not Christopher Columbus

Thanks markz for this great post.

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Re: The Mark of Torah - Lust Chizuk
Posted by Chassidishe buchor - 07 Mar 2019 06:53

amazing short to the point torah
chizuk drive.google.com/open?id=1RWzKuOGjFpgxDgcnVgPOjJ1417Bz2WJ0

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Re: The Mark of Torah - Lust Chizuk
Posted by Trouble - 24 Mar 2019 21:20

[eslaasos wrote on 08 May 2016 04:43:](#)

Mark, thanks for the quote.

I had a similar thought last week, when I was experimenting with shmiras eynayim when shopping. I came to the conclusion that shmiras eynayim does not take place in your eyes. The eyes are not that easily controlled; if they are pointed at an object, they will robotically relay the visual to your brain. The real shmiras eynayim seems to take place in your mind, where you choose what to focus on, although I need to think about it (or practice it) some more to understand it better.

Do you think we should change the name from GYE to GYM?

My suggestion would be: LL (but that might not be what the guards had in mind).

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Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 11 Sep 2019 16:35

Jack123, I know you say you were falling when you were fighting to put filters, and now fight less when you gave up on filters and are 25 days clean.

Here's something to think about ;-)

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What do we see from this?

A fence is not designed to save someone that's going to fall.

He won't fall here? He'll fall somewhere else.

The Torah is not recommending us here to put a protection to save ourselves in case we may fall.

Rather, a fence is simply designed to save this location from being the place of calamity.

Someone that's headed for a fall, needs to find other ways to save himself from the pending doom.

A filter is is not designed for him.

A filter is recommended simply to close off loopholes.

Hatzlacha

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