

The Mark of Torah - Lust Chizuk

Posted by Markz - 02 Dec 2015 03:57

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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 cordnoy - 29 Jun 2017 12:47

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Wage bitter war and strife with Moses, our teacher, but, Heaven forbid! Don't you dare look at On's wife's uncovered hair!

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Re: The Mark of Torah - Lust Chizuk  
Posted by Markz - 11 Jul 2017 12:56

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Apparently addiction existed before the internet, as we find in the Midrash Parshat Balak

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What the lessons, Guard your waters"?

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The Midrash gives us another important lesson and continues;

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The play used was one that exists still today

What would a Jew not do to save \$2?

So, many many of us (myself included) landed on bad websites or in other inappropriate settings,  
and the catalyst was only an innocuous \$2 savings plan

Is it really worth saving \$2 in order to lose our sanity?

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Re: The Mark of Torah - Lust Chizuk  
Posted by Workingguy - 13 Jul 2017 11:33

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that Midrash is THE example of showing how careful we have to be, and how going "shopping"  
can turn into a disaster when it started totally innocently.

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Re: The Mark of Torah - Lust Chizuk  
Posted by Old Timer - 19 Jul 2017 18:22

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"Rarely did I see ANYONE who's reason for stopping was because of the religious/aveira  
aspect be successful."

Yoseleh my old and VERY dear friend, **define sucessful, define stopping.**

When lust can be defined as a fleeting pleasure that makes me forget all my sorrows, responsibilities, worries, debts, pains, suffering. An age-old pastime, always in 'hands reach', available on both sidewalks of every street (except in NewSquare). The 'drug of choice' when I am bored, hungry angry lonely tired or depressed. **stopping**=white knuckling the natural urge, breaking a life-long habit (easier to learn all "?"), facing all my fears, living up to my responsibilities, resolving my worries, paying my debts and bills on time, calmly relaxing in my free time, closing my eyes everywhere but my own home. **how do you expect ANYONE to do that without ENOUGH ?????!?!?** "people want to stop because of the ??????" But in order to successfully do that, they need the right???? ??????. I went through SA and other therapeutic systems, just to learn them and teach them to others.

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Re: The Mark of Torah - Lust Chizuk  
Posted by Hashem Help Me - 19 Jul 2017 20:14

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Not to take away from the great SA program, if one wishes to learn bitachon, we have our own sources. SA has been extremely helpful to many, and is unique in its success rate, but let's not rate it as an equal to Torah.

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Re: The Mark of Torah - Lust Chizuk  
Posted by Markz - 11 Aug 2017 13:20

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**Taphsic:** According to the Torah this can only be advised for someone working a serious spiritual program, as Rashi writes in this week's reading (Ekev 10:21)

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Re: The Mark of Torah - Lust Chizuk  
Posted by Shivisi\_Hashem - 13 Aug 2017 13:01

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The entire GYE is a spiritual program, and thats why we are here, we all want to change for the good, and thats why Taphsic is working.....

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Re: The Mark of Torah - Lust Chizuk  
Posted by Markz - 13 Aug 2017 15:33

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[Shivisi Hashem wrote on 13 Aug 2017 13:01:](#)

The entire GYE is a spiritual program... we all want to change for the good

Creating a username is not a program of any sort... Wanting to change is not a program of any sort...

Working on your Tehillim and Ani Maamin and your signature can be a great program

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Re: The Mark of Torah - Lust Chizuk  
Posted by Markz - 30 Aug 2017 23:46

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?? ??? ?????? ?? ??????[right]

[/right]Why does it not say ?? ??? ??????

Answers the Kli Yakar - we don't need to go out to fight in the trenches, rather to step out of our comfort zone, bring the battle to the light, and give it over to Gd - ????? ??? ????? ????

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Re: The Mark of Torah - Lust Chizuk

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Posted by Markz - 30 Aug 2017 23:49

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Why does it not say ?? ??? ??????

Answers the Kli Yakar - we don't need to go out to fight in the trenches, rather to step out of our comfort zone, bring the battle to the light, and give it over to Gd - ????? ??? ????? ????

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Re: The Mark of Torah - Lust Chizuk  
Posted by Mesayin - 04 Sep 2017 18:37

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[markz wrote on 17 Dec 2015 17:05:](#)

**ODAAT** - One of the most compelling sources in Jewish tradition

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There are definitely sources for OSAAT (One second at a time) but I don't know where, perhaps  
you can find it?

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Re: The Mark of Torah - Lust Chizuk  
Posted by Markz - 04 Oct 2017 01:14

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**GYE - "Simchas Beis Hashoeva" Get your dancing shoes on!**

*"Fortunate is he who did not sin!*

*One who did should return*

*And will be forgiven"*

This is the song that was taught at the annual "*Simchas Beis Hashoeva*" festivities in the *Beis Hamikdash* (1)

Which sin are they referring to? And why was the the song of choice?

They were hinting to Lust, and fantasies of the heart. This is symbolized by lighting up the sanctuary with massive candelabras full of wicks made from worn out trousers and belts of the *kohanim*, which illuminated the entire city of *Yerushalayim* (2), and we know that those articles of clothing are designed to atone (3) for ????? ????? and ?????? ???.

We also find that the building code in the *Beis Hamikdash* did not allow any additions or extensions, yet permission was granted to allow construction to separate women from men at the time of "*Simchas Beis Hashoeva*".

This acted as a safeguard, but may have served primarily to highlight what the festivity represented - the joy of being in control of our *Taavos* and the ability to connect to our *Neshama*

What was the goal?

The *Gemara* continues to tell us that "*Beis Hashoeva*" was actually a wellspring of *Ruach Hakodesh*.

Explains the *Satmar Rebbe z"l* (4) - Our sages teach us (5) that "??? ??? ????? ?????? ?????? ??? ?? ??? ?????. So long as one is beholden and overtaken by their base desires they are disconnected from the spirit. But one who never sinned or has repented, is now able to return and tap into "???? ????? ??? ???".

Alternately the construction of separation between genders was the key to the door of *Ruach*



*Hakodesh, as the Midrash says "?? ????? ????? ????? ??? ????? ??? ????? ??????"*

*Fortunate is he who did not sin!*

*One who did should return thru GYE,*

*And will be forgiven if he follows the steps provided ;-)*

**I am forever grateful to GYE for showing me the light - Yaacov and all my brothers. May we all share in it together b'ezras Hashem and dance together with Moshiach bb"a!**

Mark

1) *Succah 53a:*

2) *Succah 51a*

3) Based on *Zevachim 88b* See ?? ??????

4) *Moadim 1* pg 392

5) *Sotah 3a*

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Re: The Mark of Torah - Lust Chizuk  
Posted by EinShumYeeush - 22 Oct 2017 07:40

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(like when you are down ).

He is always helping us.

When we are going up (gaining ground and becoming sober & lust free), we need to remember that Hashem is the one who is helping us.

When we are going down (falling & failing), we need to remember that Hashem is the one who will help us.

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Re: The Mark of Torah - Lust Chizuk  
Posted by EinShumYeeush - 22 Oct 2017 08:19

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Saw a nice Ksav Sofer ??? ???? . He says that the Dor HaMahbel were so bad that they forced Noach ?? to also sin like them ( *which includes what the [Kli Yakar](#) says:*

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So why is he a Tzaddik then?

Because only Hashem knew that he really **wanted** to be good and do Hashems will.

???? ?? <http://beta.hebrewbook...um=71>

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