

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

=====

=====

The Mark of Torah - Lust Chizuk
Posted by markz - 07 Jan 2016 17:38

[ZemirosShabbos wrote:](#)

Parshas Vaera

????? ????? ?? ??? ?????? ????? ??? ?' ???

Why does it say 'vayomer alov', it seems repetitious, and why does it say 'vayedaber' and then 'vayomer', why the change of terminology?

(i am quoting the lashon here verbatim)

???? ????? ?????? ??? ?? ????? ?????? ??, ????? ?????? ?? ?? ?????? ??? ??? ?????? ??? ???
????? ?? ?????? ????? ??????, ?? ?????? ????? ??? ??? ?? ?????? ??? ?????? ??? ?????? ?????, ??
????? ?? ????? ??? ??????, ?????? ?? ?????? ?????? ????. ??"?

The primary dwelling of the Shechinah is on people who have broken hearts, the level of baalei teshuvah. After a person does an aveirah and his heart is broken and he does true teshuvah he draws upon himself the light of teshuvah. This is very precious and dear in the eyes of Hashem.

The pasuk starts off ????? - ????, when Hashem rebuked Moshe for saying ??? ?????? , Moshe's heart broke and he immediately did teshuvah. Hashem then spoke to him with a tender tone, ????? - ????

Bas Ayin

"Moshe's heart broke and he immediately did teshuvah"

Dov has also mentioned the benefit of upsetness due to a fall, that can be impetus to take a baby step to recovery

When someone c"v has a fall, Gd implanted a natural feeling to be down and upset because of it. It's wrong to negate that feeling

And when someone shared his fall with us, it's not the best advice to say

"Don't feel bad..."

He should yes feel bad!

Same like nichum aveilim. A fall is a loss - 100%. But it's hurtful to the avel for a guy to come in and belittle his loss, and this guy thinks he a big tzaddik cos he figured how to comfort...

Nichum aveilim is to help him come to terms with his loss

If someone has a fall, true consolation = 99% empathy + 1% chizuk, a little more or a little less

May we all share ??? ?????? together

=====

The Mark of Torah - Lust Chizuk

Posted by markz - 09 Jan 2016 23:32

=====

The Mark of Torah - Lust Chizuk

Posted by markz - 10 Jan 2016 02:00

selfishness feeds lust which feeds selfishness... ... - an endless circle

Which is why the common ???? of ???? and ???? is ???

They are intertwined one another

Rabbi A Schorr ??????

You can start from minute 11, and if you like gematria there are some pearls to be found

Thanks to Torahanytime

Forgive me for lowering the sound quality to be able to upload

=====

====

The Mark of Torah - Lust Chizuk

Posted by markz - 12 Jan 2016 18:02

Until the day 'Cordnoy quotes' is threaded I feel it's important to quote this great one here, since not everyone has access to the Mikva

[cordnoy wrote:](#)

The reason one needs a Rav is because there are always variables that need to be addressed specifically. There very possibly will be a different set of rules for an addict. **I have written on GYE many times that i don't believe halachah should be bantered around at all, on any thread.**

Regardin' the hashkafah of intimacy, one should get sober first before addressin'.

b'hatzlachah

=====

====

The Mark of Torah - Lust Chizuk

Posted by cordnoy - 15 Jan 2016 13:02

[markz wrote:](#)

Until the day 'Cordnoy quotes' is threaded I feel it's important to quote this great one here, since not everyone has access to the Mikva

[cordnoy wrote:](#)

The reason one needs a Rav is because there are always variables that need to be addressed specifically. There very possibly will be a different set of rules for an addict. **I have written on**

GYE many times that i don't believe halachah should be bantered around at all, on any thread.

Regardin' the hashkafah of intimacy, one should get sober first before addressin'.

b'hatzlachah

Save it till after ??? ??????.

=====

The Mark of Torah - Lust Chizuk
Posted by eslaasos - 15 Jan 2016 14:49

Question for the weekend - why does mezonos and z'nus have the same shoresh?

=====

The Mark of Torah - Lust Chizuk
Posted by eslaasos - 15 Jan 2016 16:28

Posting on behalf of Stillgoing -

Maybe mezonos, which means sustenance, can be missused by overeating. Personally i find that when indulging in lust, i also do the same with food. When i was younger my body shrugged it off. Now im starting to feel the weight and it's calling attention to me, that eating (mezonos) and lusting (z'nos) often follow each other - at least for me.

=====

Posted by markz - 15 Jan 2016 16:43

Question for the weekend - why does mezonos and z'nus have the same shoresh?

[illegible]

=====

=====

Posted by eslaasos - 15 Jan 2016 17:06

Awesome, tysm Mark. Your bekios is inspiring.

A few comments -

1. According to this, the well known vort of masbeio ra'ev is limited to bios asuros. I would like to suggest this includes encounters with your wife that are technically mutar but are motivated by self-indulgence.

2. The taste of biah was given to baalei aveiroh. This at first seemed to me to be contradicting the point above. Then I thought along the lines of that taam is not ikar. Again just suggesting - maybe the Kli Yakar is referring to the illusion that lust indulgence will make us happy.

Any thoughts?

=====

The Mark of Torah - Lust Chizuk

Posted by Workingguy - 15 Jan 2016 17:59

[eslaasos wrote:](#)

Awesome, tysm Mark. Your bekios is inspiring.

A few comments -

1. According to this, the well known vort of masbeio ra'ev is limited to bios asuros. I would like to suggest this includes encounters with your wife that are technically mutar but are motivated by self-indulgence.

2. The taste of biah was given to baalei aveiroh. This at first seemed to me to be contradicting the point above. Then I thought along the lines of that taam is not ikar. Again just suggesting -

maybe the Kli Yakar is referring to the illusion that lust indulgence will make us happy.

Any thoughts?

I've discussed that Kli Yakar worth Dr. Sorotzkin; he had mentioned it to me. What's interesting is that the Gemara says (can't remember where offhand) that Dovid Hamelech made a mistake bc he had relations during the day bc his Yetzer Hara was getting stronger, and that he forgot that ?????? ??? ?????? ???.

So I think there are approaches other than the Kli Yakars that would say that it's even true by permitted relations.

I also don't think that the two things are contradictions. Specifically bc the real intense pleasure is by ?????? ??????, it is like a drug and they need more and more. However, ?????? ?? ????? ?? ????? are usually affirming and emotionally connecting. Those aren't usually addictive by definition, bc it is in the context of a healthy and emotionally intimate relationship.

As they say, my two cents for what it's worth.

=====

The Mark of Torah - Lust Chizuk

Posted by cordnoy - 15 Jan 2016 18:01

[eslaasos wrote:](#)

Posting on behalf of Stillgoing -

Maybe mezonos, which means sustenance, can be missused by overeating. Personally i find that when indulging in lust, i also do the same with food. When i was younger my body shrugged it off. Now im starting to feel the weight and it's calling attention to me, that eating (mezonos)

and lusting (z'nos) often follow each other - at least for me.

Anything can be misused.

The shoresh of the word is probably it's definition when it is used properly.

=====

The Mark of Torah - Lust Chizuk

Posted by cordnoy - 15 Jan 2016 18:03

[markz wrote:](#)

[eslaasos wrote:](#)

Question for the weekend - why does mezonos and z'nus have the same shoresh?

???????????? ????-?????-???? ??????-???????? ??????-???????? ????????? ????????????? ????? ????-
???????????? ??????-?????? ?????????

???': ?? ?? ????? ??? ??? ?????. ????????? ??? ?????:

??? ??: ?? ?? ????? ??? ??? ?????.???? ??"? ??? ?????, ??"? ??? ??? ????? ?????? ?? ?? ????? ?????
?? ?????, ????? ?????? ?????? ??? ?? ??? ?????? ?????? ??? ?? ????? ?? ?? ??? ???, ?? ?????? ??
???? ????????? ????? ??, ?????? ??????? ?? ?????? ????? ?????????, ??????" (???? ??:) ??? ??? ??????
??? ??????" (???????? ??.)????? ??? ????? ?????? ?????? ??????, ?? ??? ????? ?????? ?? ?? ???
?????, ????? ????? ??"? (???? ??:) ?? ??? ?? ??? ????? ?????? ?????? ??? ??? ?????? ?????? (????
?.??) ?? ??? ??? ?????? ?? ??? ???, ?????? ??? ?????? ??? ??? ?????? ??? ?????? ?????? ??????
????? ????? ?? ?? ????? ?????. ??? ??????, ??? ?? ??? ??? ???, ?? ?????? ??????? ?????? ??? ??
??????, ????? ?? ????? ?????? ?? ?????? ??? ??? ??? ?????? ?????? ?? ?????? ?? ??"? ????? ?? ??? ?? ???
???? ?????? ?????? ?????? ?????? ?????? ?????? ??? ?????? ?? ?????? ??? ??? ?????, ??"? ?? ??? ?????? ???
?????? ??? ?????? ??? ?? ?? ??????? ??"? ?????? ??? ??? ?????, ?? ?????? ??? ??? ?????? ?? ?????, ??????

?? ????? ????? ?? ???? ???? ???? ????????? ???? ????? ? ? ?????, ??? ????? ??????? ???????, ???
????? ?? ??????? ??? ????? ???? ???? ????? ???? ???? ??????? ??, ??? ??????? ??? ??
??? ????? ???? ??? ??? ??????? ??? ?? ???????

Nice vort.

Accordingly, es laasos's question is even stronger now.

=====
=====

The Mark of Torah - Lust Chizuk

Posted by cordnoy - 15 Jan 2016 18:05

[cordnoy wrote:](#)

[eslaasos wrote:](#)

Posting on behalf of Stillgoing -

Maybe mezonos, which means sustenance, can be missused by overeating. Personally i find that when indulging in lust, i also do the same with food. When i was younger my body shrugged it off. Now im starting to feel the weight and it's calling attention to me, that eating (mezonos) and lusting (z'nos) often follow each other - at least for me.

Anything can be misused.

The shorsh of the word is probably its definition when it is used properly.

=====
=====

The Mark of Torah - Lust Chizuk

Posted by eslaasos - 15 Jan 2016 18:20

[cordnoy wrote:](#)

[eslaasos wrote:](#)

Posting on behalf of Stillgoing -

Maybe mezonos, which means sustenance, can be missused by overeating. Personally i find that when indulging in lust, i also do the same with food. When i was younger my body shrugged it off. Now im starting to feel the weight and it's calling attention to me, that eating (mezonos) and lusting (z'nos) often follow each other - at least for me.

Anything can be misused.

The shoresh of the word is probably it's definition when it is used properly.

At your convenience, can you please clarify.

=====