

ELUL ANYONE???????

Posted by dovidfg - 23 Aug 2021 23:09

Im just wondering how in the world am I/we supposed to go through elul? I should work on what? Reb shlomo zalman said he was mechazek in meah berachos, but is there a point when i watched porn in between the beracha rishona and achrona. Should i try to work on kavanah betfillah when theres so much going on in my head. I mean every sefer i learn is talking about reaching lofty heights in elul but how can we even start if were stuck in this horrible situation of lust? maybe we should drop every other chizzuk and just work on shmiras eneiyim and bris? But the sefarim say lots of other important things to work on? If anyone can help me out here it would be greatly appreciated

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Re: ELUL ANYONE???????

Posted by k9 - 23 Aug 2021 23:23

My humble opinion: yes there is a point in working on brachos or whatever even if you watched porn in between brocha rishona and achrona. I think it's the yetzer harahs doing that tells us there's no point... we have to improve in all areas of life even if in one area our situation leaves much to be achieved that shouldn't mean hashem doesn't want our mitzvos we can still work on improving in areas where we're doing good but can do better. I've felt these feelings many a time that what's the point in learning well or doing hiddurim in mitzvos if I looked at shmutz but it's not true. Each action and deed is it's own. If we stumble in one area we can work to better ourselves in that area whilst achieving greater heights in our others areas.

k9

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Re: ELUL ANYONE???????

Posted by eyes - 24 Aug 2021 01:08

Hi everyone, I am not rov or mashpia, but if I can if i could say just this. When the yidden left mitzraiym they were so close to the most destitute place possible in the 49th level of tumah. The only way was to leave. just leave. and that is how they got ready for har sinai.

Right now as we know the king is the field he is waiting for us to come to him and ask forgiveness for everything and be majabel kulam bsefer ponim yofos. SO maybe just to lichatchila ariber. Jump over everything.

HAtzlacha

EYES

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Re: ELUL ANYONE???????

Posted by YeshivaGuy - 24 Aug 2021 02:35

Do you have a Rebbe that you are close to that you can speak to? If not, that may be a good

It's best to discuss with someone in person, speak to a close friend etc, it's hard to give such personal eitzah on an anonymous forum.

Hatzlocha!

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Re: ELUL ANYONE???????

Posted by YeshivaGuy - 24 Aug 2021 02:39

[eyes wrote on 24 Aug 2021 01:08:](#)

Hi everyone, I am not rov or mashpia, but if I can if I could say just this. When the yidden left mitzraiyim they were so close to the most destitute place possible in the 49th level of tumah. thing to work on this Elul. The only way was to leave. just leave. and that is how they got ready for har sinai.

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HAtzlacha

EYES

I tend to disagree with this mahalach.

Klall Yisrael had to grow step by step after leaving Mitzrayim. We were not yet ???? to be Mekabel the Torah immediately upon leaving (as we see by Kriyas Yam Suf that the malachim had a real taana that ????? ????? ????? ???).

Growth in Avodas HaShem comes in increments.

R' Yisrael Salanter says this all explicitly, that even the smallest of changes in ones Avoda affects the entirety of ones Self.

Make a small change, take a small step.

Hatzlocha,

YeshivaGuy

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Re: ELUL ANYONE???????

Posted by wilnevergiveup - 24 Aug 2021 04:48

Ani hakatan says take on anything that's not too difficult but reminds you throughout the day that you took something on because you want to grow closer to Hashem.

For some it's davening with a minyan, for some it's just davening. For some it may be 100 berachos, and others it's just concentrating on the berachos that they are already saying.

I personally am working on davening with a minyan, I am up to 2-3 times a week plus Shabbos.

You ask if there is any point on working on other things if you anyways masturbate? I am not sure I understand the question. Are you asking that you are working on this and don't have the strength to work on anything else at the same time? Or that anything you do will be tainted by masturbating so what's the point anyways? Or you are asking that you are not working on this so should you work on this more than say 100 berachos?

If you are truly are working on your GYE issues and are following your program/plan etc. that's great! During Elul we can strengthen our commitment to our plan and see if there is anything that needs improving. Otherwise, we can be proud that we are working on these issues.

If you are ready to work on other things at the same time, go for it, anything that will make you feel more connected will actually help you in all areas of your avodas Hashem. Just take care not to take something on that will bring resentment later, this is why it helps to talk it over with someone (as YG said).

Masturbating doesn't make everything else not worth it, that's the Y"H.

Someone who has not yet started working on GYE stuff, Elul is a great time to start!

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Re: ELUL ANYONE???????

Posted by wilnevergiveup - 24 Aug 2021 04:50

[YeshivaGuy wrote on 24 Aug 2021 02:35:](#)

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Hatzlocha!

Funny you say this, this was my exact kabbalah last year!

B"h I followed through, I am a different person today (not fixed but better)!

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Re: ELUL ANYONE???????

Posted by bego - 24 Aug 2021 13:58

I really relate to this question and am grateful you've brought it up.

When I have done something wrong, the overall feeling can be very depressing which in turn makes me do worse.

Definitely not the right approach.

However, and for me this is really important, I also can't ignore the reality. I think that my Brochos ARE tainted by my masturbation as I am a whole person, meaning all my different parts make up the whole. Does that mean i should give up? For sure not. Does it mean my Brocho is worth less? Maybe.

Let me say it like this: If I can masturbate / hold myself / look at women and then say Hashem's name, it does indeed show i don't give Hashem's name the kovod He deserves.

But I'm not perfect. I am still giving some Kovod, just not an ideal level. i need to acknowledge that and work with it.

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Re: ELUL ANYONE???????

Posted by wilnevergiveup - 24 Aug 2021 15:01

[bego wrote on 24 Aug 2021 13:58:](#)

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That last line should be big and bold!

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Re: ELUL ANYONE???????

Posted by dovidfg - 25 Aug 2021 01:02

Growth in Avodas HaShem comes in increments. R' Yisrael Salanter says this all explicitly, that even the smallest of changes in ones Avoda affects the entirety of ones Self.

Make a small change, take a small step.

Hatzlocha,

YeshivaGuy

Thanks alot everyone, but this exact thing still bothers me. For example just because someone is weak in the middah of jealousy does not mean that he should not and could not be mechazek himself with meah berachos. Because the affect of the aveira of anger doesn't necessarily ruin his ability to say the words with kavanah or that hes saying it in front of hashem and with heartfelt hakaras hatov... But these aveiras affect someone's entire spiritual standing(all the sefarim say this) so its almost like toivel vsheretz beyadoi and its hard to actually see hatzlacha in avodas hashem.

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Re: ELUL ANYONE???????

Posted by YeshivaGuy - 25 Aug 2021 01:10

[dovidfg wrote on 25 Aug 2021 01:02:](#)

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You are correct that a person is not perfect. We are born flawed and will die flawed. The goal is to slowly get better. It is true that when we are not perfect in everything it affects us. But our Avoda in this world is to take small steps.

And obviously a person can do better at multiple things at once. But when discussing ones "Kabola," one should not say "I will work on everything this year and be a perfect tzadik!" Because it's not gonna happen and only leads to failure, shame, and guilt.

Growth in yidishkeit takes a lifetime of work. Not one Elul.

And HaShem knows this, don't worry.

Show me one of these "seforim" that say the way to grow is to work on everything at once.

No one says that, but maybe you'll surprise me

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Re: ELUL ANYONE???????

Posted by dovidfg - 25 Aug 2021 01:13

[wilnevergiveup wrote on 24 Aug 2021 04:48:](#)

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should you work on this more than say 100 berachos?

To make it more clear i understand that hashem still commands us to mitzvos after we do aveiros, and if you masterbate ten minutes before shkiyah before mincha hes still telling us to go daven to him. Im just talking about actually reaching change and becoming a new person in a certain area. is it possible? Or should i just try each Beracha/Teffilah/Middah as it comes despite the fact that i cannot possibly change it for good like im supposed to?

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Re: ELUL ANYONE???????

Posted by dovidfg - 25 Aug 2021 01:15

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No one says that, but maybe you'll surprise me! didnt mean everthing at once i just meant to actually change in a certain area while struggling with this

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Re: ELUL ANYONE???????

Posted by YeshivaGuy - 25 Aug 2021 01:18

Ok got it, glad we cleared that up then.

So you ask how you can grow in let's say Chesed if you're struggling with Inyanei Kedusha. The question is, why wouldn't you be able to?

After all, can't I work on not speaking lashon Hara even though I'm not the best at Kibud Av?

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Re: ELUL ANYONE???????

Posted by dovidfg - 25 Aug 2021 01:23

You're probably right about the case that you gave. But let's say Kavanah in davening. Isn't that a direct opposite force pulling in the other direction.

or learning with hasmadah. It directly affects one's capability to have a cheshek in learning.

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