

Has Breslov ideas worked for anyone?

Posted by still fighting - 04 Feb 2015 20:14

Shalom aleichem my holy brothers,

I have read several of the Garden books (by R' Arush) and in those books they insist the way to be healed from a lust for fornication, and not guarding your eyes is go daven, daven, daven, say Tikkun Klali and go to the mikva. When I find the drive to do so, I try that approach but I am still an addict, so it clearly hasn't worked. Am I giving up too easily or do I need to find a new approach? Has this method every worked for someone here?

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Re: Has Breslov ideas worked for anyone?

Posted by cordnoy - 04 Feb 2015 20:27

v'afilu b'hastarah.....

There are many methods out there.

b'hatzlachah

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Re: Has Breslov ideas worked for anyone?

Posted by gibbor120 - 04 Feb 2015 20:55

I've been on the site for a few years, and I don't recall seeing that help. Maybe one or 2 claimed that it helped, but I'm not sure they are around any more, and I don't think they had any long term sobriety.

Stick around. See what works. Do it.

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Re: Has Breslov ideas worked for anyone?
Posted by ineedchizuk - 04 Feb 2015 21:15

Welcome!

Ditto to Gibbor.and keep davening! !!

Hatzlacha

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Re: Has Breslov ideas worked for anyone?
Posted by belmont4175 - 04 Feb 2015 22:54

The way of R' Arush is not something you do spontaneously when you are in a troubled situation, its a way of life living so, if you follow that path all the way you probably would succeed but it's quite difficult and weird (sorry I didn't find the right word), however learning the basics on EMUNAH and some other fundamental Yiddishkeit it's an excellent source.

My personal experience it helped me understand the core concept of EMUNAH and I am greatfull to R' Lazer Brody for that, but I have continued learning Chasidus and Mussar elsewhere.

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Re: Has Breslov ideas worked for anyone?
Posted by still fighting - 05 Feb 2015 03:18

I hear, and I recognize it is a way of life. One that I have been trying to implement for some time

now.

I often find that the more you get into chassidut and emunah the more you are tested. Like when I have a good chap or really see yad H' - BAM! There comes along a test to know me down. How to stay up or "pass" is what we are all dealing with I guess. Reb Brody always cites the example of a coach testing his players so they will be more advanced, as we should be but it doesn't make things easier.

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Re: Has Breslov ideas worked for anyone?

Posted by long breaths long days - 06 Feb 2015 18:48

I am having trouble explaining my thoughts on R' Arush's approaches, but I may try another time. They work, but it takes a certain perspective to see them work.

As a general principle:

To some extent, each new behavior takes its own effort. But the truth is that when you accustom yourself to knowing that you do one thing because of a certain idea, it becomes easier to learn to do something else that applies the same idea (even though there may be much, much more behind the choice). You may also recognize it (the idea you applied) in the norms of society, or your parents, or something in nature. Each recognition makes it easier to take the next step, recognizing a piece of its inner value. The idea itself will also expand as you see how one application differs from another. I suspect but don't know that this process is what leads to going "beyond the letter of the law."

This truth might seem almost obvious to folks who grew up frum. Chazal seems to know it, or at least (to my eyes) it shows its face through the small bits of shas I've seen. In our time, though, this truth has become a secret, for good and bad.

[belmont4175 wrote:](#)

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situation, its a way of life living so, if you follow that path all the way you probably would succeed but it's quite difficult and weird (sorry I didn't find the right word), however learning the basics on EMUNAH and some other fundamental Yiddishkeit it's an excellent source.

This! 8-D

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Re: Has Breslov ideas worked for anyone?

Posted by shlomo613 - 24 Apr 2015 17:33

Everything I have is due to G-d who led me to Breslov, wise rabbeim, and Reb shalom arush's books.

I live by it and I'm still very much in the game after some three years of efforts to deal with my lust using a hybrid of the 12 steps and Rebbe nachman's teachings.

The two books are garden of Emuna and Forest Fields.

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Re: Has Breslov ideas worked for anyone?

Posted by Mr A Sample - 25 Apr 2015 23:41

Hi I am very new to GYE but am already seeing great things. Knowing that there are other people out there struggling along, knowing that I'm not a yochid/outcast.. so, thank u every1 for writting!

I've been struggling for years and recently decided that i'm fed up and going to fight it.

I read R' Shalom Arush's book Garden Of Peace; it is amazing. Yes, he speaks a very lot about tefillah - which is the Breslover derech is avodas Hashem, but even for someone like myself (chassidic but not at all breslov) the book did wonders.

He has a chapter in Garden Of Peace about 'marital relationships'. This chapter actually started me on my road to recovery. It's k'dai to read.

So, even if one isn't affiliated with Breslov or their derech, his books are wonderful.

As a side note, of course, everyone has to daven for Siyata Dishamay with these nisyonos. Without tefilah, there is no hope.

Hatzlochoh.

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Re: Has Breslov ideas worked for anyone?

Posted by gibbor120 - 01 May 2015 19:27

WELCOME! Read the handbook. Keep posting.

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Re: Has Breslov ideas worked for anyone?

Posted by MeyerLemon - 02 May 2016 15:35

I have started to read The Garden of Purity, (for Men Only), but I don't really understand the significance of the Tikkun HaKlali, (although I am working on trying it). It's a list of ten specific tehillim, ones that existed already, (16, 32, 41, 42, 59, 77, 90, 105, 137, 150). Why would someone have to sacrifice themselves and their family to reveal ten tehilim that anyone with a TaNaCh would have access to? I just don't understand why this would be such a big secret.

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Re: Has Breslov ideas worked for anyone?

Posted by Shlomo24 - 02 May 2016 15:59

Sigh. Could someone else write a response for this?

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Re: Has Breslov ideas worked for anyone?

Posted by Aryeh821 - 02 May 2016 16:23

[Shlomo24 wrote:](#)

Sigh. Could someone else write a response for this?

To Meyer?

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Re: Has Breslov ideas worked for anyone?

Posted by MeyerLemon - 03 May 2016 22:50

I hope I didn't miss something so fundamental or germane that I have offended people by the

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Re: Has Breslov ideas worked for anyone?

Posted by Shlomo24 - 04 May 2016 05:08

No, but people always mention Breslov on this site. To say the least, the Breslov that you would have access to and GYE are very different things.

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