

Want to use Chassidus

Posted by trying23 - 27 Mar 2025 21:29

I'm making this thread for people like myself who learned chassidus and want to use it to help, you can tell me why it doesn't but as you'll see in my post I won't listen...

As a lubavitcher I always connected what I learned in Chassidus with my struggle and it seemed that nothing fully helped, so some might say that it doesn't work and others might say that for me (who may be a addict) it won't work.

I don't like either approach, rather I think I may need help applying it Better or other techniques, I would very much like to do this and was wondering if anyone has input to share.

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Re: Want to use Chassidus

Posted by BenHashemBH - 02 Apr 2025 20:24

It looks like those mysterious admin powers quietly vanished at some point... Now let the

It turns out that years ago he was involved in an initiative to set up a private support group on the forum that only certain members can access, but it never took off.

Talk about conspiracy theories, anyone wonder why Me and guard have the same amount of karma . Anyone wanna read into it ?Hmmm,

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Re: Want to use Chassidus
Posted by m111 - 04 Apr 2025 11:01

[iwillmanage wrote on 02 Apr 2025 15:01:](#)

[trying23 wrote on 01 Apr 2025 23:24:](#)

1 more question I had.

The Rebbe many times mentions that the eitzah is hesech hadaas completely, now I have not found this to work well for me which could be because I wasn't actually being mesiach daas or because I'm an addict...
Or I could just give you another karma

If anyone has Any input on the matter would be greatly appreciated

Oh, I relate so strongly to this hesech haddas problem. For years I was sure I could shake the obsession by just keeping my mind off it, but I could never seem to get round to doing that, and when I did, it didn't want to forget about me. But I was still convinced that it was the right way forward (also reinforced by what I learnt [although I'm not lubavitch] in Kuntres uMayaan of the Rashab), I thought that any type of 'program' to help was only making things worse because it just keeps the focus on the problem. At the same time, I believed I had to delve deeper in understanding and thinking about Torah on this subject, whether it's machshovo or chasidus, that was the only thing that felt like it helped, it felt like I was above all the garbage. But in fact it was a cover up, I was living above my actions, somehow in denial of what I was actually doing. And it definitely wasn't helping get my mind off the problem, in fact my entire yiddishkeit revolved around this struggle. As a wise old man who used to frequent these parts told me, ' tryin' to do hesach hadaas isn't a plan'.

Anyways, my journey led me to SA, and incredibly, although I go to two meetings a week, make a number of calls every day and am generally very involved in a program of recovery, I'm finally getting what this hesach haddas thing is all about. The obsession is simply no longer plaguing me! I have head space to explore other interests, things other than lust interest me and I can focus on living instead of constantly chasing. It's worked for me for the past 10 months, one day at a time. Why and how, I'll leave to you to figure out. Personally, it doesn't interest me anymore. I get to enjoy life.

Without a proper understanding of ourselves, the concepts taught in chassidus stay superficial and do not cause any change at all.

I think that this is the reason the first 17 chapters of Tanya are dedicated to understanding the makeup of the nefesh (actually two) and everything about it. The issue is that we really don't internalize the info it gives without real work, meaning just reading it doesn't help too much. Yes, in Yeshiva they may have not taught it that way, but that is the fact of life, in the Rebbe Rashab's words in Kuntres Hatfila, chassidus cannot be applied properly without real avodas hatfila, which means "hissbonenus" (contemplation).

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Re: Want to use Chassidus

Posted by alex94 - 04 Apr 2025 14:38

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