

Want to use Chassidus

Posted by trying23 - 27 Mar 2025 21:29

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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

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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

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[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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Re: Want to use Chassidus

Posted by trying23 - 30 Apr 2025 00:08

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If anyone wants to join me in discussing different practical things to learn from Tanya to help in our day to day life, please let me know.

I try to learn a perek Tanya every day so I would love to do something daily and I learned today perek alef.

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Re: Want to use Chassidus

Posted by yitzchokm - 30 Apr 2025 00:37

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I am not a Lubavitcher but I think that the following words in the first Perek are very relevant to our struggle:

???, ?? ????? ??????? ?????, ??? ????? ?????? ???, ??? ????? ?????? ?' ?????? ?????? ???.

I think that in Lubavitch they say that our sins should bother us a little bit but not too much except for the designated times when we do Teshuva as is written later in the Tanya. As I wrote, I am not a Lubavitcher so I may be wrong.

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Re: Want to use Chassidus

Posted by trying23 - 30 Apr 2025 02:39

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Yes this is a very strong point.

Also a strostrong emphases on simcha and not feeling down as stressed in ??? ?"?

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Re: Want to use Chassidus

Posted by yesoidshebiyisoid - 30 Apr 2025 02:42

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Hey trying23. I just read through this thread, and I would like to suggest an idea I had been thinking about . I haven't ever been involved in any 12 step program, but one aspect that I envy from 12 step programs is the meetings where people are open and 100% honest.

Maybe you can arrange for a few guys to get together (say once a week/ month) and discuss their struggles, and methods from chassidus, beingopen andhonest. In short, a real farbrengen. I would love to join if such a program exists.

By the way, I am in the tristate area, if that helps.

That's my 2 cents (which I'm not sure is worth much after they stop producing pennies).

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Re: Want to use Chassidus

Posted by trying23 - 30 Apr 2025 02:46

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yesoidshebiyisoid I was thinking along those lines, I don't live I the tristate area so I don't know how easy it would be to pull off in person, as well would there need to be someone to guide it in the right direction?

if there seems to be more of a interest for such an idea maybe we could pull it together

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Re: Want to use Chassidus

Posted by trying23 - 01 May 2025 04:59

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1 thing that can be taken from perek beis Tanya is the first words ????? ?????? ?????? ??? ??? ?????? that we are a part of Hashem and the Perek continues comparing us to children for those that are parents we do understand that we love our children no matter what and if they would go thru our struggles we would understand and relate, so too Hashem understands and knows what we go thru and therefore we can rely on him and understand that he isn't angry with

us.

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Re: Want to use Chassidus

Posted by oivedelokim - 02 May 2025 19:20

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[yesoidshebiyisoid wrote on 30 Apr 2025 02:42:](#)

Hey trying23. I just read through this thread, and I would like to suggest an idea I had been thinking about . I haven't ever been involved in any 12 step program, but one aspect that I envy from 12 step programs is the meetings where people are open and 100% honest.

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By the way, I am in the tristate area, if that helps.

That's my 2 cents (which I'm not sure is worth much after they stop producing pennies).

I'd love to join such a group!

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Re: Want to use Chassidus

Posted by yesoidshebiyisoid - 19 May 2025 15:20

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Another idea I had is to have a Tanya group. I believe that Tanya is navigating us through a process that is to be worked on one step at a time. By getting together to discuss one Perek/step at a time and how we can apply it, I think is a practical way to make Tanya a way of life.

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Re: Want to use Chassidus

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Posted by trying23 - 19 May 2025 19:07

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I think this is a very good idea, we need someone to take initiative and plan details and just do it

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Re: Want to use Chassidus

Posted by trying23 - 21 May 2025 19:35

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I'm thinking to start a conference call to discuss Tanya and share about our struggle, please pm me if you would like to join

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Re: Want to use Chassidus

Posted by yitzchokm - 21 May 2025 23:21

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Tanya can help but remember that we are dealing with an illness and not just a sin so you would probably have to supplement it with all the education on GYE.

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