

Where to start?

Posted by R76 - 10 Oct 2013 04:27

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I am a single 37 year old man. I have failed in many ways. I have a PhD in Mathematics even though I hate Mathematics. Thus I am unemployed and I doubt I can get a job – I depend on my parents. I do have moderately severe depression and Asperger's syndrome. I don't drive and I have no Orthodox synagogue in my area.

To my great shame I do have many sins. I must learn gratitude and love for G-d. I rarely break Sabbath and Holidays since '96, but I bite my nails. Fortunately I never use computer or TV on Sabbath but I do rarely break Sabbath to help my grandmother – given her age. I have kosher food but not dishes. Usually I say two Shemas a day, but during my "religious awakenings" – in '92, '96, '03, '13 I say two Shemas and three Amidas and a little extra.

I have accepted the fact that I am destined for Gehenna, but I want to avoid the sins leading to ETERNAL GEHENNA. To my horror I found that m. is one of such sins. Just a month ago, I thought that m. was natural and not THAT bad.

For a long time I have been looking at inappropriate magazines and movies from video stores and engaging in that sin about twice a week. I have enough sense not to abuse the computer which does not belong to me.

After I have found out that the sin leads to eternal punishment I have thrown away all my magazine and video collection acquired since '06. I have been "sober" since October 1, and I hope I do not fall, but who knows?

The longest period I have been "sober" is May '92 – February 4 '94. At the end of January '94 my Reformist therapist "explained" that m. is not a severe sin. The very fact that I could stay "sober" at the time my hormones were raging means that I can stay "sober" now. If I needed that release at half my current age, I do not need it now – even though I may want it. My greatest fear is losing interest in beating my addiction and accepting the possibility of ETERNAL GEHENNA.

Taking 75mg/day Effexor for my depression also helps, but the drive is still there. I have read on this forum that Licorice Root reduces the drive and I have obtained it. I have also obtained

Valerian – on info from this site.

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Re: Where to start?

Posted by bechal levavecha - 20 Oct 2013 02:03

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Hi R76

to take on new things always seems daunting

especially when one didn't start off that way

if I may suggest something, pick something which doesnt enroach on your level of observance

why not broaden your horizons with the wealth of sage understanding of the human psyche

by learning the Ethics of the Fathers (Pirkei Avot)

there's not alot of Jewish Law there, which seems to be formidable to you

and there are many english books which elaborate on that tractate

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Re: Where to start?

Posted by R76 - 20 Oct 2013 04:35

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Definitely -- I listen to many free audio lectures from toldot.ru. English lectures are at chabad.org.

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Re: Where to start?

Posted by Pure Daniel - 23 Oct 2013 02:50

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[R76 wrote:](#)

I have accepted the fact that I am destined for Gehenna, but I want to avoid the sins leading to ETERNAL GEHENNA.

I don't care what sins you may have done in your past, we are only judged on who we are TODAY!

You cannot know that you are destined for Gehenim. You must remember that you are a precious child of G-D and a father only wants the best for his dear child.

Please stop putting yourself down and start looking at yourself as a holy Jew. Because that is what each and every one of us are.

A father never gives up on his son and so HaSHem will never give up on you.

Smile and celebrate the good things you have in life. Count your blessings and happiness will set you free!

Stay Pure,

Daniel

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Re: Where to start?

Posted by R76 - 24 Oct 2013 06:40

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[Pure Daniel wrote:](#)

Please stop putting yourself down and start looking at yourself as a holy Jew. Because that is what each and every one of us are.

I am no more and no less bad or good then the vast majority of Reform and Conservative Jews in USA. Definitely that is not the right path.

I am not a sinner in a righteous generation, but I am one of the majority.

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