

Chasin', Pleasurin', Minimizin' by: EsLaasos

Posted by cordnoy - 20 Sep 2015 20:40

This is from EsLaasos

Recently heard a shiur from a well-known and respected Rav that the root of most of our problems is the lifestyle where it has become the norm to chase indulgence in physical pleasures as long as it has a hechsher.

He referred to the "frum newspapers" (he added the quotation marks) with page after page of glossy pictures of a steak, bottle of wine, vacation paradise etc.

I have heard similar thoughts from other Rabonim before.

So, my question to the forum is - has anyone:

option 1 above: worked on minimizing other physical pleasures aside from lust as a tool to reduce dependence on/obsession with lust

option 2 above: noticed that as they let go of lust, they replaced it with a different "fix"

option 3 above: noticed that as they let go of lust (with true sobriety), their interest in other physical pleasures also decreased

option 4 above: have an opinion to share

Poll results will be summarized and published - assuming I get responses.

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Re: Chasin', Pleasurin', Minimizin' by: EsLaasos

Posted by BenTorah.BaalHabayis - 09 Mar 2016 06:29

This is a very interesting discussion.

During the last few years in the Yomim Noraim I've been listening to a fantastic shiur given by R' Yaakov Weinberg ZT"L (Former Rosh Yeshiva of Ner Yisroel in Baltimore) where he discusses the concept of "Asei Retzono Kirtzoncho" and he explains that true acceptance of Malchus Shomayim is not merely through obedience to Hashem's commandments, but rather by "identifying" with the ratzon Hashem and making it our own.

As an excersise to get closer to this level he suggested the listeners be mekabel on themselves to abstain from one gashmiyus pleasure in order to get ourselves used to the idea of not living life in a self-centered type of way where we do things just because of our desire.

I've use this idea and I was mekabel 2 things during the last 2 years to abstain which are both food related. The first year I decided I won't drink Pepsi with supper during the week. This has a double benefit as Pepsi is not very healthy and this way I was both cutting down on unhealthy food and flexing my self-control muscles.

To be honest, I don't believe this helped at all with the porn viewing but nevertheless I think it was a good move in and of itself. And it doesn't feel like much of a struggle. Once I ruled it out then it just wasn't part of my menu anymore.

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Re: Chasin', Pleasurin', Minimizin' by: EsLaasos

Posted by Shlomo24 - 09 Mar 2016 16:53

One major thing that I have learnt from my sponsor is to take care of myself and to self-love. Making healthy choices is one example for me, it also means that I treat myself from time to time, so I might have soda now and then, or if there's no other drink available.

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Re: Chasin', Pleasurin', Minimizin' by: EsLaasos

Posted by markz - 21 Jun 2016 16:54

I changed my vote, cos I consider youtubing 'pleasure' which gye has helped me minimize

I know this is a week early, but let's get the ball rolling

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Meaning: Do not eat rainbow cake on Passover

Inaccurate

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Meaning: Do not lust after women

Inaccurate

What is more accurate?

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Do not eat any form of leaven on Passover

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Do not "indulge" in all physical pleasures (see rambam, chinuch etc)

That is the point of this thread I think

How do you vote?

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