

hi

Posted by notsofrum - 02 Aug 2016 22:55

Hi, I am a single male with mental health issues on medications. The medications have made it increasingly difficult for me to remain frum for the most part since it is difficult for me to daven and learn Torah now. Many years ago before I was on meds etc. I used to be a baal teshuva and daven and learn Torah for many hours each day with much feeling. I have lost most of my feeling for it.

I am trying to avoid spilling seed since the shulchan aruch says that it is so bad and one of the worst sins in the Torah etc., however there are some teachings from Chabad and Breslov (I have respect for both) that lead me to think that maybe it is expected that I should sin sometimes.

In Chabad the Lubavitcher Rebbe sometimes advised people on this topic to 'remove their mind' from the subject and in this way to hope that with time the situation would improve.

In a Breslov booklet that I have it says in the name of Rebbe Nachman that a person must have many ascents and descents in their service of Hashem. It also says that Hashem prefers our service to Him with the yetzer hara over 1000 years of service without a yetzer hara.

I also spoke about this with a Rabbi in our community who is Litvak and his expectation seemed to be that most people are not perfect in this area - unfortunately? - all of the above 3 sources lead me to believe that maybe it is expected by Hashem that a person fail sometimes. Even though the shulchan aruch says it is so bad.

Anyone have any comments or suggestions? thanks.

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