

The first step

Posted by livingpalpitation - 06 Sep 2024 17:29

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I hope this is the first step on a journey to rid myself of a profoundly insidious habit. As part of a couple who had difficulty conceiving, I am constantly fearful that my sins will be avenged on my children.

Is that Judaism? I don't know.

At the same time, I am keenly aware that a great deal of prohibitive writings on masturbation drew from incomplete and incorrect understanding of the human body.

Where does the truth lie?

I need to rid myself of these thoughts but I don't know where to begin.

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Re: The first step

Posted by BenHashemBH - 06 Sep 2024 18:23

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Shalom Brother and welcome!

I'll let one of the resident Rabbinical folks elaborate, but I've learned that there is an over-focus on the doom and gloom of masterbation. Might have been while learning sefer HaTanya that I saw that saying Krias Shema Al Hamita with concentration is a way to repair the damage done from spilling seed.

In any case, the focus should not be on impending punishment. G-d is merciful and He desires our repentance. Doesn't mean we can never sin. We feel remorse and then move on, taking steps to better ourselves.

You will find connection here and special friends who can help with understanding correct thoughts regarding these matters.

Looking forward to seeing you around.

All the best!

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Re: The first step

Posted by chosemyshem - 06 Sep 2024 18:55

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[livingpalpitation wrote on 06 Sep 2024 17:29:](#)

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Edit: Excessive grumpiness removed.

Welcome!

~~The good news is, if G-d killed the kids of everyone who masturbates there would be a heck of a lot less children around. This is good news for those of us who think children are too noisy.~~

The really good news is that I have no idea what happens to the children of people who masturbate. I do know that it's possible to stop masturbating, and that you came to the right place to help you do that!

Those feelings of fear, depression, lowliness that this problem creates are so common and so damaging. Stick around, connect, post, learn how to turn this challenge into a source of joy. And, as always, never give up!

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Re: The first step

Posted by willdoit - 06 Sep 2024 19:25

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Re: The first step

Posted by bright - 06 Sep 2024 21:45

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[livingpalpitation wrote on 06 Sep 2024 17:29:](#)

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Sounds like your going through a lot. I really feel for you. As far as your fears, I can definitely relate, though I would ask you to elaborate as your words were brief.

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Re: The first step

Posted by frank.lee - 07 Sep 2024 22:09

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Welcome! Maybe you can share a bit about yourself, your background, your relationship with Judaism and your current challenges?

If I may ask, where did you find, and what is, the complete and correct understanding of the human body?

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Re: The first step

Posted by livingpalpitation - 08 Sep 2024 02:56

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If I may ask, where did you find, and what is, the complete and correct understanding of the human body?

I would like to address this question specifically without further delving into my level of observance or past history.

I do not believe sages living 400-500 years ago had the necessary tools or complete understanding of the human body or reproductive system. In fact, the prevailing opinion regarding semen was that it contained all the necessary building blocks for make a human being.

The extreme language around prohibitions against masturbation is coherent when you consider the lack of scientific knowledge.

What then, do we say about sages living thousands of years ago? I cannot reconcile the lack of knowledge with the certainty of prohibiting this practice. I understand completely it has significant downsides and pornography is clearly a morally corruptive element, but in order to take the necessary steps to curb this behavior, I have to actually understand and believe that the people who prohibited it knew what they were talking about.

At this point in time, I do not.

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Re: The first step

Posted by richtig - 08 Sep 2024 03:03

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[livingpalpitation wrote on 08 Sep 2024 02:56:](#)

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Is your main reason for considering stopping these behaviors based on the prohibitions, or do you have additional personal motivations?

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Re: The first step

Posted by Markz - 08 Sep 2024 04:16

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At this point in time, I do not. Current medical science promoting masturbation is real science or another piece of fake news?

Please.

Im sure you know that science is politically driven. For example the fact that SSA does not exist in the DSM as a medical condition, and therefore insurance now provides zero coverage, is a glaring case of pretzel twisted science.

You choose your friends bro

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Re: The first step

Posted by Markz - 08 Sep 2024 04:19

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[livingpalpitation wrote on 08 Sep 2024 02:56:](#)

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Re: The first step

Posted by eerie - 08 Sep 2024 06:20

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[richtig wrote on 08 Sep 2024 03:03:](#)

[livingpalpitation wrote on 08 Sep 2024 02:56:](#)

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Is your main reason for considering stopping these behaviors based on the prohibitions, or do you have additional personal motivations?

Dear Pal, please think carefully about Richtig's point.

And, as has been mentioned, this might not be the best place for all your religious questions, but it definitely is the place to beat the bad sexual habits

P.s. I think it is important to point out that masturbation was not prohibited by the sages. It is a Torah prohibition, proclaimed by the Almighty himself.

Godpeed

And Keep trucking!

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Re: The first step

Posted by livingpalpitation - 08 Sep 2024 13:33

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Prohibitions are the primary reason but I clearly recognize the benefits of not being a slave to your libido.

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Re: The first step

Posted by livingpalpitation - 08 Sep 2024 13:34

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I am not politicizing my viewpoint, you are. I am not discussing science touting the benefits of masturbation, but incomplete science that may have influenced the prohibition, which is

rabbinical in origin.

I am not sure how reading what I wrote led you to write a response that suggests I am pushing propaganda. Read it again, please.

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Re: The first step

Posted by livingpalpitation - 08 Sep 2024 13:37

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I was under the impression this was a forum that helped people overcome this hang up via, in part, Torah.

Masturbation is not prohibited by the Torah. The sin of Onan is interpreted by the rabbis to be a prohibition against masturbation, and dissenting opinions against.

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Re: The first step

Posted by BenHashemBH - 08 Sep 2024 15:36

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Why do you fear G-d's wrath for your sins if you also seem pretty convinced that a bunch of old religious zealots didn't know what they were talking about (CV)?

I'm not asking you to share more than you are comfortable with, but I'm also not clear on where you are coming from and what it is that you hope to have answered here.

All the best

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