

mekubal

Posted by mekubal - 18 Jan 2010 21:48

If I printed the details of my story that were similar it might give others some comfort and benefit. So here I go.

I originally did not believe what I was doing was entirely wrong. Let us face it somehow certain Torah prohibitions get drilled into us when we are young (if we are lucky) and others get neglected.

Not that I am blaming anybody or anything, but things can be very confusing for a somewhat "frum" little kid in a very modern world. And then when I found what I was doing was wrong, lets face it... One doesn't naturally go to a Rav and say, "I love eating bacon... can you please help me?"

If one is brazen enough, he can try and read all sorts of leniencies in the gemara, shulchan orach. And is one supposed to be reading the kabbalistic sources that condemn certain behaviors? So I can pretend I didn't read them.

Perhaps the greatest awareness occurred when I accidentally read some breslov seforim. But this wasn't a "mainstream" publisher... and this was at least a decade before any of the gedolim said anything about the internet.

Somehow, something internalized. I realized that the when things are going right, the world is a different place. And when things fail, it is catastrophic. I felt that the "newspaper headlines" of the day often reflected my situation. Quite ironically, I don't even read the newspapers for fear of seeing something inappropriate... yet... that was not an adequate safeguard.

I have my ups and downs like everyone else. I don't feel quite comfortable yet divulging the full details of my situation, but as I would very much like to help others I will share what I feel is most important.

Perhaps one of my greatest sources of motivation was reading Rabbi. A. Twerski's books and

hearing his lectures. I read about his self-esteem issues and how he joined a 12-step group.

Recently there was a post from a certain Rav who also had a problem. This was somewhat reassuring.

1. I found many of Rabbi Twerski's books very helpful.

2. Somehow a weird concept of normative Judaism gets drilled into us, and we don't realize that is deviant. For example, I found it disturbing that time/family obligations made it difficult for me to perform certain positive mitzvohs. In my case, I need to help take care of the children shabbos mornings and often weekday morning because my spouse is chronically ill. I would venture to say most observant Jews would find it disturbing to miss shabbos morning shachris for several years quite challenging. It's very hard to drill into my head that I am being osek and chesed and patur from minyan in this circumstance. Many "chashuv" yidden disagreed with me on this and related issues and this was very frustrating. Ultimately, I chose to respect the wishes of my spouse than self-proclaimed halachic authorities. With regard to this issue, I would venture to say that it is important to have good role models and be aware that many "frum" people are willing to give bad advice. Good role models are hard to find, but the symptoms of good role models are evident. If you see a frum guy shopping at the grocery store with half a dozen plus kids with him and he is dealing with them in a pleasant manner, you might have found yourself a tzadik. He might also be the one that didn't come to your sholom zachor because he had to help with children too. Look for these kinds of symptoms. It's important that yiddishkeit not be frustrating, rather it needs to be allowed to serve as a source of energy in a very positive way.

3. Speaking on the related issue #2, I would venture to say, at least to married people, to be involved in chesed activities on behalf of your wife as much as possible. To quote Rabbi Moshe Chayim Luzzatto in a letter to one of his students: There is nothing more important than this. There is no reason that the same kind of kavanah we strive to obtain during tefilah should not be a part of mopping the kitchen floor, taking out the garbage or taking care of a baby in the middle of the night. If you are not married, but are of marriageable age remember that finding a spouse is a holy act of kindness too.

Without getting involved in protracted D'var Torah, I'll say to everyone who has the problem: G-d doesn't make pots without lids. If Hashem has blessed you with a bigger pot, and you still can't find your lid—you were blessed with this problem. The greater the Yetzer Horah, the greater the potential Tzadik.

Your problems are my problems too and I will daven for you,

Mekubal.

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Re: mekubal

Posted by tzomah - 03 Jan 2018 11:30

[Trouble wrote on 03 Jan 2018 00:47:](#)

I used to masturbate for shalom bayit; this way I didn't pressure my wife into having sex when she wasn't quite so in the mood (like most of the time).

i used to try to have sholom bayis so i can masturbate (read: sex with wife)

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Re: mekubal

Posted by cordnoy - 03 Jan 2018 18:35

[tzomah wrote on 03 Jan 2018 11:30:](#)

[Trouble wrote on 03 Jan 2018 00:47:](#)

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If I understand this correctly, this is great. Sorta reminds me of an old thread, which could have

been titled: "How to get more sex from one's wife when she's not quite in the mood."

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Re: mekubal

Posted by tzomah - 04 Jan 2018 11:09

yup

or how about how to get more sex (masturbate) when she is in the mood

or plain ol' how to just make her damnit in the mood

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Re: mekubal

Posted by ColinColin - 04 Jan 2018 19:55

I once heard of an instance where a Rabbi was critical of people who masturbate when their wife refuses to have sex.

One man's argument to the Rabbi was that it calmed him down and stopped him from having an affair because he was often away on business and alone in hotel rooms and vulnerable.

The Rabbi told him that he would lose some of his stored up feelings for his wife, and so when they finally did have sex the wife would notice the man was not as passionate as he should be.

I am single, so I merely repeat what I heard, without me having had to live in a sometimes tricky home environment.

My equivalent could be is it better to masturbate than to visit a prostitute...at least I save time and money and do not risk getting a sexually transmitted disease?

Not claiming it is easy to achieve this, but overall it is best to not masturbate or visit the prostitute and to do something kedusha instead.

If it was easy to think calmly when sexually frustrated or emotionally upset, then many of us would not need to be on this forum.

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Re: mekubal

Posted by tzaddik212 - 04 Jan 2018 20:26

Hi Colin. Whats a worse formula to die, to tie your neck to the shower, or to throw yourself down a building. Well in your instance it is both dying. Both kills the person. Needing to act upon Lust kills a person to death. it kills the spirit of the person.

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