

Simple Math

Posted by anonymous_14 - 13 Oct 2015 13:34

Chazal wrote ;

"There is a small organ in a man, if one feeds it - it is hungry, if one starves it - it is satisfied. "

Every time you feed it you are sowing the ground to do it once again, ie forming a strong habit . There is a saying that says , "we are creatures of habit ", expressing the fact that habits exert an incredible force on people . The trick is to form positive, constructive, strengthening, healthy habits not unraveling, humiliating ones.

This is a very simple equation. For every withdrawal you make you automatically make way for another. Deficit plus deficit equals more and more deficit. When a company goes down this road it has to declare bankruptcy. The only solution to this problem is to quit now.

The best way to quit is to study Torah daily for a prescribed period of time.

If you think you are wasting time and cannot afford to, consider you will lose a lot more if you continue with this destructive habit.

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Re: Simple Math

Posted by waydown - 13 Oct 2015 16:35

Nice post and I put a thank you on it.

But please realize for many of us addicts we do study torah daily. Has that been somewhat of a deterrent? Yes. But it has not really solved my lust issue. Thus I am no way knocking the merits of limud hatorah. But please realize that a certain point more may be needed for many of us.

And now I better go catch up on Daf yomi. I am 5 blatt behind. There are some great websites for those looking to catch up on a slow day at work or during lunch hour!

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Re: Simple Math

Posted by eslaasos - 13 Oct 2015 18:20

I agree with Waydown, but I would like to rephrase it because we were told that GYE just got a

The starting point is that everything is in the Torah, as we know ????? ?????????? ??? ?????.

One of the things the Torah tells us is that derech erez kodmoh latorah which has many meanings but in this context can be understood that if you are spiritually or emotionally sick, you will not be able to connect to the Torah properly, and that blockage has to be dealt with outside of Daf Yomi or whatever else your seder limud is.

It is possible to find all the answers in the Torah, but we are generally not adept enough to do so properly. Hashem sends us solutions in many ways, and one of them is the 12 step program which has codified a set of concepts that *are all found in the Torah* in a format that is accessible to everyone.
lot of new members and I don't want to scare them away

I cannot do justice to the topic of koach haTorah, so I will not try, except to say that learning intensely *any* Torah topic has proven to be hugely helpful to me. In other words, don't terminate your sedarim!

Fire away!

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