

gartel

Posted by doorknob - 23 Jan 2017 16:18

Wear a gartel all day and be confident that god will keep you free of lust all day.

Wearing a gartel is your hishtadlus and god will do the rest.

This is what real emunah is all about.

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Re: gartel

Posted by doorknob - 24 Jan 2017 02:13

No I am not trolling .

I came up with this gartel idea today and i thought i would share it with others on this forum.

I brought a gartel today for \$3.50 and i am going to find out if it works

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Re: gartel

Posted by Markz - 24 Jan 2017 02:17

[doorknob wrote on 24 Jan 2017 02:13:](#)

No I am not trolling .

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I brought a gartel today for \$3.50 and i am going to find out if it works

Why did you share the cost with us?

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Re: gartel

Posted by doorknob - 24 Jan 2017 02:22

I am sharing the cost with you .

So if one of you decides to follow me and buy a gartel they will have some idea what it should cost

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Re: gartel

Posted by Markz - 24 Jan 2017 02:31

[doorknob wrote on 24 Jan 2017 02:22:](#)

I am sharing the cost with you .

So if one of you decides to follow me and buy a gartel they will have some idea what it should cost

Ok

And in my opinion the subconscious reason of gart'ling is that most of us look for easy inexpensive ways out of lust

No major change necessary to a daily schedule. It's \$3.50 and you're set for life

If you're interested in real recovery that really works it'll cost only 10 cents

2 cents from me, and 8 more from another 4 sexaholics

You can't get a better deal

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Re: gartel

Posted by Singularity - 24 Jan 2017 07:51

[doorknob wrote on 24 Jan 2017 01:05:](#)

The definition of Hishtadlus is not about something that has proven results !

Hishtadlus is about making an effort and hopefully being successful with god help.

Putting on a gartel by davening is an effort to prevent unclean thoughts from entering your mind during davening

In otherwords the one who puts on a gartel has emunah that the simple act of putting on a gartel will have an effect on the mind during prayer.

There is no way to prove this its just minhag that all observant jews agree with.

Now what i am saying is why stop using a gartel after davening ?

Keep it on all day to have a clean mind all day.

ok let's step it up a notch. Let's review a minhag of the Torah... yup... a *d'Oiraisa*!!!

Tzitzis

And I don't need a *meforash* to unlock the hidden *pshat*. Hashem does it for me.

Lo Sasuru Acharei l'Vavchem v'Acharei Eineichem.

So if I wear *Tzitzis* then I shouldn't stray from the straight 'n narrow.

And I wear them *all day*!

Though why do I only notice them out of the corner of my eye as I'm rushing for the zip in my pants?

Isn't it guaranteed to help?

Just my two cents. Now you only need 6 cents more : -)

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Re: gartel

Posted by GrowStrong - 24 Jan 2017 08:06

Tzitzit always helped me tremendously.

Until it was time to act out...

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Re: gartel

Posted by Hashem Help Me - 24 Jan 2017 20:18

I hate to burst your bubble but there were many times that while wearing a gartel and even during shmona esreh i closed my eyes and imagined very inappropriate images. I even acted out when i was a bochur saying tikun leil hoshana rabba while wearing a gartel. If you have some magic gartel you will be able to sell it for alot more than \$3.50. But i wish you hatzlocha in your recovery and hope you will stay connected so you can share whatever really works for you.

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Re: gartel

Posted by cordnoy - 24 Jan 2017 22:13

[Hashem Help Me wrote on 24 Jan 2017 20:18:](#)

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And with tzitzis on.

Andl while learnin'.

And after shema al hamitah.

And in the mikvah.

And durin' shelichus.

And while talkin' to my sponsor.

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Re: gartel

Posted by Hashem Help Me - 25 Jan 2017 03:22

[cordnoy wrote on 24 Jan 2017 22:13:](#)

[Hashem Help Me wrote on 24 Jan 2017 20:18:](#)

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out when i was a bochur saying tikun leil hoshana rabba while wearing a gartel. If you have some magic gartel you will be able to sell it for alot more than \$3.50. But i wish you hatzlocha in your recovery and hope you will stay connected so you can share whatever really works for you.

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And while talking to my rebbi.....

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Re: gartel

Posted by Singularity - 25 Jan 2017 09:11

[cordnoy wrote on 24 Jan 2017 22:13:](#)

[Hashem Help Me wrote on 24 Jan 2017 20:18:](#)

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I acted out with Tzitzis, Tallis, Kittel in Ne'ilah in Meah She'arim on Shidduchim in front of her father and the *gedolei ha'Dor*.

Ah. Because I forgot my gartel.

The mikvah? Hope it's not a mixed mikvah. Think of the potential *mamzerim*.

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Re: gartel

Posted by ilovehashem247 - 06 Sep 2024 03:56

[GrowStrong wrote on 24 Jan 2017 08:06:](#)

Tzitzit always helped me tremendously.

Until it was time to act out...

always pulled mine off before popping in to the MP/Prosty...

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Re: gartel

Posted by willdoit - 06 Sep 2024 15:06

[ilovehashem247 wrote on 06 Sep 2024 03:56:](#)

[GrowStrong wrote on 24 Jan 2017 08:06:](#)

Tzitzit always helped me tremendously.

Until it was time to act out...

always pulled mine off before popping in to the MP/Prosty...

Interesting observation

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Re: gartel

Posted by frank.lee - 07 Sep 2024 23:10

Interesting old topic. I think that just because ppl have acted out even in the presence, or whilst engaging with, holy people or articles, doesn't prove that it is not a help. Same with gartel and tzitzis. It can, and should, help you control your thoughts and actions, to a point.

But I think an underlying message here is that real progress needs real work.

I heard in a shiur from Rabbi Fischer, how do you know that a long beard is not a proof of yiras Shamayim? Because growing a long beard is passive, just don't trim your beard. That is not real work. Becoming a Yarei Shamayim necessitates real work.

So go ahead, wear Tzitzis, and a gartel! But also do more work.

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Re: gartel

Posted by ilovehashem247 - 25 Sep 2024 23:34

[frank.lee wrote on 07 Sep 2024 23:10:](#)

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work. Becoming a Yarei Shamayim necessitates real work.

So go ahead, wear Tzitzis, and a gartel! But also do more work.

What does it say about my yirat shamayim if I trim my beard while wearing only a tzitzit and gartel?

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