

It all boils down to lack of Emuna Bashem ):

Posted by sleepy - 20 Apr 2020 06:43

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Hi everyone .hope everybody is healthy and well.

You guys can dispute me , but in general, i think all our lust issues boils down to lack of Emuna in Hashem.And by lack of Emuna ,i dont mean lack of Emuna in our minds, i mean lack of Emuna in our HEARTS

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Re: It all boils down to lack of Emuna Bashem ):

Posted by Elya K - 20 Apr 2020 12:17

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So are you saying that all of us lack Emunah in Hashem and that's why we act out? I thought we were created with a Yetzer Horah who is constantly trying to make us fall. You can give up your lust to Hashem but if you're at the door of the liquor store you still have to make a decision to walk in, or leave.You can have emunah that you can survive this virus and avoid listening to authorities of gathering together with others, or you can protect yourself and stay home. With this disease, you still have to stay away from triggers. You can't walk across the street when cars are coming and expect Hashem to save you because you have Emunah.

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Re: It all boils down to lack of Emuna Bashem ):

Posted by wilnevergiveup - 20 Apr 2020 13:00

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Yiras Shamayim on the other hand is something most of us lack (at least with regards to our lust).

Most of us wouldn't struggle with eating say chometz on Pesach even if it's really good. Why is that? Because we were trained properly as children that it's not allowed.

When it comes to our lust issues however, most of us (I think) weren't trained properly (if at all) proper self control.

So what is the difference between chometz and lust both are against Hashem's will? We all like bread and cake but still control ourselves?

Whenever we have self control for an aveirah it's because of some level of Yiras Shamayim, but something that we are not properly trained to control ourselves from requires a much higher level of it, a level that is probably out of reach for most of us.

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by sleepy - 20 Apr 2020 13:44

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@elya k and @willnevergiveup,i hope to get back to you and elaborate , i cant now,i hope i can respond today,i dont have access to a laptop so much today.thanks for responding, have a happy and healthy day

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by sleepy - 21 Apr 2020 02:19

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***So are you saying that all of us lack Emunah in Hashem and that's why we act out?*** the lack of emuna is in our heart not in our brain ,

So are you saying ***that all of us lack Emunah in Hashem and that's why we act out?*** not all of us , but in general.

***I thought we were created with a Yetzer Horah who is constantly trying to make us fall.***  
yes, the yetzer hara was created to make us fall by forgetting Hashem.

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by sleepy - 21 Apr 2020 02:26

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[wilnevergiveup wrote on 20 Apr 2020 13:00:](#)

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by Shmuel - 21 Apr 2020 02:46

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falling kapish?  
With all due respect this is a VERY broad and over generalized statement not to mention judgmental...!!

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by sleepy - 21 Apr 2020 03:18

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i aint judging anyone ,just sharing an important(and forgotten?) point with our war with our yetzer hara

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by wilnevergiveup - 21 Apr 2020 05:07

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I don't disagree with your general idea, however my fight (and a lot of others I believe) has nothing to do with G-d and believing in him.

If I was only doing this for G-d it would not deserve a website that I visit more often then I look into a Mussar sefer.

There are worse aveiros that people do without even batting an eyelash, like (hate to do this but...) smoking (it's a mitzvas asech in the torah to guard your health), listening to lashin harah, many laws of Shabbos, etc.

Those and many more are because of lack of emunah/yiras shamayim.

This struggle may or may not be related to emuna but the reason why I choose to battle this in the foreground and the others only in the background is because it affects something most dear to me, my relationships.

It is true that the ultimate relationship is with G-d but most of us are still working with our spouses, children, parents and so on. G-d also wants us to have healthy relationships, that's why half the mitzvos are bein adam lachaveiro, but we are also wired to feel good when we have healthy relationships and to feel terrible when we are destructive to them.

It's not only orthodox people that are battling this, it's anyone seeking healthy relationships.

The bottom line is, we need to pray to G-d, we need his help and we need a motivation. G-d may be a motivation for some, but for me the drive to having healthy relationships is far more potent and real.

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by sleepy - 21 Apr 2020 14:08

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thanks for your feedback ,will try to respond when i get a chance.Chazak!

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by AnonyJew - 23 Apr 2020 14:02

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I agree with you.

I think that this struggle and all of our struggles stem from a lacking in our emunah.

I don't think that means that we don't believe in Hashem or His Torah. I think that means that

there are various level between basic emunah that Hashem exists as a concept and living with emunah in the form of feeling His presence there at every moment like a friend standing right next to you.

I think that it's a great point and part of our process should include speaking to Hashem and working on our relationship with Him. The more we make Him a reality and *feel* Him in our lives the harder it will be for the *yetzer harah* to get us.

Living with Him will mean obviously safeguarding ourselves from triggers and properly going through the motions but with the understanding that ultimately this is in His hands.

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Re: It all boils down to lack of Emuna Bashem ):  
Posted by Elya K - 23 Apr 2020 21:57

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## **Trusting a Higher Power**

### **From the Book, Hey What About Me.**

*Faith holds together all the characteristics... Path of the Just*

Trust is the number one-character trait where all others are intertwined. When you have faith there is no need to get angry, scared or depressed. Accepting where you are in life is where you are supposed to be, is the path to serenity. Living in the present moment, not reliving your past or worrying about your future, is the path to emotional sobriety, peace of mind and freedom. When you trust in a Higher Power, you will become independent, not needing to place hope in another person or in yourself. You will not have to please other people to make them like you or have to flatter them to please you. You will be free to express yourself because you don't have to depend on them for your self-worth.

*In the words of Duties of the Heart, if one trust in G-d, his soul is at rest, his heart tranquil, untroubled by decrees.... But one who does not trust in G-d, even when he is prosperous, he is always troubled and in a state of continual anxiety, mourning and grieving (because of his lust) to increase and multiply his possessions and hoard them.*

According to Abraham Amsel in Judaism and Psychology (84, Feldheim, NY, 1969), "*trust presupposes the belief that G-d molds circumstances in accordance with His will, that He wills the good of man and that He is completely just in His reward and punishment, the latter*

*attribute, presupposes the free will of man.”*

People who openly deny the existence of G-d and therefore cannot put their trust in a Higher Power greater than themselves, cannot enjoy genuine peace of mind, tranquility and contentment. They are enslaved by fears and anxiety because they have no real power to hold onto for security. They hold on to the belief that they can control themselves and don't need anyone to give them help or a crutch to push forward. They become the gods of their own understanding.

Imagine if you were given the task of forming a living planet with trees, fruits, vegetables, humans and animals. Use your imagination and figure out what new types of fruits and vegetables could you create. What would they look like, smell like, taste like? Then imagine you were the higher power and you could create and do whatever you wanted. Of course, you would be an all loving god because that's what we all want to envision. Anything and everything is permitted in your society. There are no laws, rules, decrees, customs, consequences or punishments. No natural disasters, just everyone does as they please until someone gets upset at someone else and kills them, or runs a red light, wrecks a car, or someone falls from a three- story building and injures themselves. Now what are you going to do? Just say, *oh well, you can do whatever you want to whomever you want and there are no consequences?* What kind of world would that be? Then make sure the sun rises in the morning and sets in the evening and you'll have to create seasons so the vegetables and fruit you create can grow. Or, you could just go on perpetual vacation and let the chips fall where they may. How long do you think this society would last?

Trust in G-d does not mean standing around in busy traffic and getting run over, or sitting on your porch all day, hoping someone will shower down money upon your household. No. You still have to put in the effort to work and put food on your table. The extent of abundance is out of your control. You have to put in the work and trust G-d with the results. Otherwise, constant worry will never bring peace of mind and tranquility of spirit. A person who trusts G-d does not get upset when his requests are not granted. Do you ever tell your children NO? Then why is it so difficult for you to accept no from a Higher Power who has your best interest at heart?

### **How am I supposed to have trust if I grew up with abuse and trauma?**

People have free will to do as they please and therefore we cannot blame G-d for what people do to others. We find people in society who are willing to suffer for the greater good of society, like firefighters, doctors, and soldiers. But sometimes people suffer against their will and it could be for the sake of keeping free will present in society. If every time someone decided to do evil and G-d prevented it, there would be no free choice.

A person might ask, why me? And that's a question that cannot be answered with any form of certainty. G-d gives us many tests in life, some we understand and some we cannot. You are alive today, despite the abuse and trauma. You are a survivor, not a victim any longer. Your task in life from now on is to heal from past trauma and abuse and move forward in breaking the generational chain which has so captivated your mind.

According to Rabbi Shmuel Waldman in *“Beyond A Reasonable Doubt,” Sorrow possesses great potential power to expand our lives, enlarge our vision, and deepen our understanding.*

*Grief can also help purge us of immature pettiness and selfishness. It can build our strength back with patience and a new understanding of human nature.*

*A client writes, "Bankruptcy literally and emotionally has been a recurring theme in my life. Addiction comes along and makes it worse, a roller coaster ride over and over the same bumps and hills. I have no regrets."*

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Re: lack It all boils down to I of Emuna Bashem ):  
Posted by sleepy - 24 Apr 2020 01:08

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[sleepy wrote on 21 Apr 2020 02:26:](#)

[wilnevergiveup wrote on 20 Apr 2020 13:00:](#)

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falling.kapish ?

aristotle was once discovered in a house of prostitution by his students,his students said to him ,"did you not teach us how demeaning this lust is ?!"(they wrote,or chiseled the lesson down in their notebooks ,but not in their HEARTS),answered aristotle"right now ,i am not aristotle(im a lustful behaima)"

Lesson learned?

you can have all types pf wisdom in your MIND but its possible that it can have can have no affect whatsoever on your HEART , and its the HEART that directs the body, not the MIND.

and thats what it means TORAH bagoyim al taamin(if someone says there is Torah by the goyim , dont believe them)chochma bagoyim taamin(if someone says there is wisdom by goyim, you can believe them

meaning Torah is something that if learned with Yiras Shamayim, doesnt stay in the mind ,the Kedushas haTorah enters the persons HEART until it doesnt remain an abstract idea, but the person himself desires to fulfill what he has learned,that type of learning is not to be found among goyim"al taamin"

CHOCHMA bagoyim ,taamin, if someone says there is very great wisdom by goyim , but it remains an abstraction , believe them ,meaning they can have scientific data and wisdom that smoking kills, and they could go ahead and puff away.

and thats how a teacher of morals can be found in a house of immorality (and his students her were taught such values can be found there as well.

their wisdom is only in their MINDS and cant get through to the HEART

and thats the point that i was trying to make with us not having enough Emuna IN OUR HEARTS, oh! in are MINDS , we have PLENTY we can talk and talk Emunah but that it should enter our HEARTS unfortunately not enough Emuna has reached the HEART , and if we had this Emuna in our HEARTS as well, i think we would have more hatzlacha in these areas of lust and ALL falls,(myself included) yes " It all boils down to lack of Emuna bashem"

Question ,how does one BRING the Emuna from his MIND to his HEART?

(to be continued Be'ezras Hashem.)

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Re: It all boils down to lack of Emuna Bashem ):

Posted by ??? ????? ????? ??? - 26 Apr 2020 02:54

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It all boils down to lack of Emuna Bashem ):

Posted by sleepy - 27 Apr 2020 05:51

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(to be continued Be'ezras Hashem.)

***"Question, how does one BRING the Emuna from his MIND to his HEART?"***

Before we answer this question, id like to ask another question, and that is, we work so much to get Emuna to our HEARTS, is there anything wrong with our HEARTS that doesnt ALLOW Emuna to enter?

and the answer is YES! the pasuk says ,VLO SASUROO ACHAREI **LIVAVCHEM**"CHAZAL SAY **LIVAVCHEM ZOO MEENUS**.

(AND YOU SHOULD NOT GO AFTER YOUR HEART ,CHAZAL SAY DONT GO AFTER YOUR **HEART**, THIS MEANS DONT STRAY AFTER YOUR **HEARTS** THOUGHTS OF ATHEISM )

what we learn out from here is that the **heart** produces atheistic thoughts like it says AMAR NAVAL **BILIBO** ,AYN ELOKIM

(THE LOW MAN SAYS IN HIS **HEART** ,{CHAS VISHALOM}THERE IS NO G-D)which is of course produced by the yetzer hara.

so we see from here that the **heart** doesnt let Emuna penetrate .oh boy ,if so how can we ever have hope of getting Emuna from our **minds** to our **hearts** with this yetzer hara of meenus hanging around?!

BH we have a tremendous tool, its called Tefila-Davening like the pasuk says ULIOVDO BICHOL **LIVAVCHEM** -AND YOU SHOULD SERVE HASHEM WITH ALL YOUR **HEART**

asks the Gemara what is this service of the **heart**?it is Tefila !

meaning the service of the **heart** of Tefila sends rays of light and Kedusha to cut away the meenus of the **heart** ,and thats how we can bring Emuna from our **minds** to our **hearts** ,A GOOD SHACHARIS!and any other time you Daven.

and were in luck , because in a certain sense we can Daven better at home than in shul.

how?

in shul we come late we rush our Tefilin and Talis on and skip half of pesukei dizimra , now there is no rush , everyone at there own pace can get a connection to Tefila ,but its so important to know the **meaning** of the words of Tefila . artscroll has a great sefer on shemone esrei

?Rabbi Avigdor Miller zl has a great sefer on Tefila called "Praise, My Soul ", BEAUTIFUL SEFER , changed my life!!

anyway wishing you all hatzlacha in Emuna and with the help of Hashem to stop falling in lust issues(me too) like i said in the title of this thread

"IT ALL BOILS DOWN TO LACK OF EMUNA BASHEM"

BE MATZLIACH!

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