

cold showers

Posted by turning.point - 11 Aug 2022 02:05

---

COLD SHOWERS. Regularly-scheduled cold showers when I wake up and before I go to bed have been helping a lot. I step in when the water is cold and it stays cold the entire time. It is difficult. It is supposed to be difficult! I find that when I summon the willpower to make the effort, it helps me strengthen my willpower in general. Also I don't take long showers because the water is cold, so that helps me stay clean for hygiene and spiritual purity.

Also, I have been reading "The Battle of the Generation" by Hillel S. On page 197 of the PDF he says to keep an index card in your pocket and mark down a point every time that you resist the urge. I've been doing that and it works for me.

=====  
====

Re: cold showers

Posted by turning.point - 18 Dec 2022 00:55

---

?????? ?? ????? ??? ??? ?????? ????????? ??????? ?????? ?? ?????? ?????? ??????? ??????? ??? ??????  
???????? ?????? ???.

????? ??? ????? ?????? ?? ????? ?????? ???????.

?? ????? ?????? ?????? ?? ????? ?? ?????? ?? ?? ????? ?????? ???.

??? ??? ?? ?? ?????? ??? ?????? ?? ?????? ?? ?????? ??? ??????? ?????? ?????? ?????????.

??????? ?? ??????? ?????? ??? ??? ?????? ?????? ?????? ?? ?????? ??????.

?? ??????? ??????? ?????? ??? ??? ?????? ?????? ?? ?????? ??????, ?? ?? ????? ???.

???????:

??????? ??? ?? ??????? ?????????? ???.

????????? ?? ??????? ?????, ?????.

??????? ??? ??????? ?????? ??? ??? ?? ??? ??????

??? ?????? ???" ? ?????? ?? ?????? ?????? ???????.

?????? ???? ???? ??????.

?? ?????? ?? ?????? ?????? ??? ?????? ?? ?????? ?? ?????? ?? ?????? ?? ?????? ?????? ??????.

??????:

???? ?????? ?????? ?? ?? ?????? ?? ?????? ?? ??? ?? ??????.

?? ?????? ?? ?????? ?????? ?????? ?? ?????? ?????? ?????? ??????.

=====  
====

Re: cold showers

Posted by turning.point - 18 Dec 2022 00:59

---

A therapist suggests that a man needs to work on his constant need to please others.

What was his reply?

“Sure, if it makes you happy.”

=====  
====