

Stop COLD TURKEY - How i did it. You do it too

Posted by yitzi.26 - 10 Nov 2010 04:50

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what i will present to you is not an easy task. But for the people who really want to stop please read below.

1. Go to the Mikveh every day. This only take about 5-10 minutes if your quick. Im serious take a quick shower and dip. For the kavanot to have please pm me and i will pm you back. If you cannot afford to pay for the mikveh we have people that are willing to donate for a month sponsorship and to continue if you continue to go everyday. Please contact me regarding this. If you cannot go everyday at-least go 4-3 times a week. I know people that tried everything and the only method that helped was the mikveh. It is worth it.

2. Do Hisbodedute for an hour a day, this should probably be your main focus and it can be done anywhere under any conditions. All you have to do is talk to Hashem as if he was your friend, pretend that you have someone next to you and talk to him. This might be very difficult you have to pray and ask Hashem to help you do Hisbodedute. If you manage to pray an hour a day nothing can touch you. If you can shed tears even better - you must ask Hashem to help you shed tears.

3. BE STRONG ENOUGH IS ENOUGH. Sometimes we need to just wake up and smell the coffee i know they say it always better to move forward with positivity that all that goodie goodie stuff. But we must realize the severity of this sin to appreciate being clean. We are with Hashems help giving out free book that are translated in english written by Minchat Yehuda - Rabbi Yehuda Petaya (1859-1942) and the Light of Ephraim a book dedicated on this subject that will truly help anyone!

Please contact me asap. The time is now. These methods work! you just have to do it!

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Re: Stop COLD TURKEY - How i did it. You do it too

Posted by RoshYeshivasSon - 02 Sep 2013 01:21

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anybody this worked for?

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Re: Stop COLD TURKEY - How i did it. You do it too  
Posted by moish u.k. - 02 Sep 2013 20:03

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Either this guy is not an addict and doesn't understand the nature of the problem.

On the other hand, maybe he is an addict. So perhaps, being that this was posted almost three years ago, ask him if this is still working for him.

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Re: Stop COLD TURKEY - How i did it. You do it too  
Posted by reallygettingthere - 02 Sep 2013 22:28

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[RoshYeshivasSon wrote:](#)

anybody this worked for?

Only thing in there that might be relevant to an addict is talking to Hashem and even that is only a part of a bigger solution.

Addicts need to work on themselves by becoming better people and learning to live for real in the real world.

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Re: Stop COLD TURKEY - How i did it. You do it too  
Posted by RoshYeshivasSon - 03 Sep 2013 04:55

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Agreed.

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