

My Book of Business

Posted by Shivisi\_Hashem - 19 Apr 2017 16:41

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Hi all ?????? ????? ?????,

I'm starting again my 90 days after being clean for the first time for 2 weeks, 14 days, I hope it will be an ?????? ?????? ?????, you can read here my 30 year story, <https://guardyoureyes.com/forum/19-Introduce-Yourself/310830-my-long-%D7%A0%D7%A1%D7%99%D7%A2%D7%94-of-almost-30-years> and I hope to be here daily with my ups and down daily, I feel that will help me get out of my sickness.. with all your support and Chizuk

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Re: My Book of Business

Posted by bb0212 - 18 Aug 2017 05:38

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[Shlomo24 wrote on 18 Aug 2017 03:10:](#)

For me lust is taking something out of it's intended purpose and using it to fulfill selfish desires. It could be sex, alcohol, other people, intimacy, food, anything. Wanting to have sex with someone is not lust unless I'm using that to make me feel good or fill a need.

So lust = X (whatever the desire is) + letting the animalistic part of us be in control.

Using sexual lust as an example,

This color = desire | This color = lust

I see someone walking & instinctively look at her. Then I realize that I'm looking at what I shouldn't be looking at. But my desire is so strong, so I allow myself to continue looking.

After a minute, I start to feel guilty (or I feel that I love Hashem so much & he doesn't want me to look), so I decide to look away. It's so difficult, because the desire is so strong, so I tell Hashem: I would really like to stop, but it's nearly impossible to stop myself. I did all I can, now it's your turn, please take care of this for me, fight the fight for me, because there's no way that I'll win myself.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 20 Aug 2017 04:01

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Very clear and very well said.

can you or anyone please tell me in ????? ?????? what desire and lust is called?

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Posted by bb0212 - 20 Aug 2017 06:28

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Firstly, if I remember correctly, at the end of my post, I meant to ask if I got that straight.

Secondly, I don't know the complete answer to your question, but there are multiple words that are similar. Some that I came up with, are

???

???

?????

In ?????? "?" ?, it discusses ??? & ???? and "?"? translates ??? as ???.

????? ? ?

"??? ?' ???"

if Hashem desired us it would make sense, if he lusted us, I don't think it does.

????? ? "?"?

has very similar connotations

????? "?"?: "?"? & "?"?

uses the word ??? by ??? ??? ????

no idea if this helps at all, but I'm too tired to continue right now.

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Re: My Book of Business

Posted by GrowStrong - 20 Aug 2017 07:05

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Shtussim.

Lust is not tayvah.

Lust is the misuse of certain desires.

This whole discussion is great but it does get confusing when dealing with two different languages.

You see in Hebrew SA they actually call lust ???????.

Then you go to google and you find out there are many words all discussing this concept of desire.

?????????

passion, desire, lust, craving, itch, rage

??????

desire, will, wish, favor, goodwill, favour

?????

object, desire, thing, article, wish, delight

??????

desire, gusto, zest, lust, eagerness, delight

???????

lust, passion, craving, desire, longing, indulgence

???????

fancy, wish, desire, fantasy

?????????

request, application, wish, desire, petition, suit

???????

shin, desire, tibia

?????

desire, lust, passion, longing, craving, yearning

??????

wish, desire

????? ??????

mood, temperament, desire

??????

delight, desire

????????

desire, wish, will

?????

inclination, instinct, desire, urge, impulse, nature



???????

longing, yearning, desire, craving, silvering, silver plating

???????

delight, desire, charm, loveliness

?????????

lifting, rising smoke, yearning, desire

?????????

referendum, poll, request, desire, wish

???????????

wish, desire, request, desideratum

?????????

want, desire

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desire, longing

Bottom line lust as described by the white book

lust-an attitude demanding that a natural instinct serve unnatural desires.

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Re: My Book of Business

Posted by Shlomo24 - 20 Aug 2017 13:35

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GS: I love the reason for the edit. And yes, it is confusing. The white book definition of lust (and the one I've adopted also) is an amazing concept. I'm not 100% into the White Book (Roy K was a devout Christian who's writings were influenced by that) I love the part about lust.

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Re: My Book of Business

Posted by Gevura Shebyesod - 20 Aug 2017 16:05

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I seem to recall one of meforshim discussing the order of the words used in the Parsha of Dinah

and also in the Parsha of Yefas Toar where the words appear in the reverse order.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 21 Aug 2017 17:42

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## **Day #6**

day #6 Hashem created the human, he created us in a very perfect way, and lets try to keep it perfect, and everybody has a different meaning of perfect, no one is born alike, and by me perfect means clean of porn, clean of looking after women, clean of acting out, and i will try to accomplish that. not an easy one, but thats my goal, and thats for sure what hashem wants from me,

its not a different what the terms of lust and desire is, what ever it means, we need to overpower it, and we cant, its impossible, only with hashems help we can be on top of it, and im praying daily and begging hashem he should help me stay clean, i sew this week somewhere, i dont remember where, that in any Tefilah we want hashem should listen to it sooner, we should ask for it as a Klal not for myself, but for the entire Klal Yisroel, so im keep on Davening for the entire klal Yisroel and GYE Bifrat we should be able to stay clean.

Hashem, thank you, for helping me to survive, thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

Thank you all!!!

**Let's Stay Strong! Let's Stay Clean! And let's be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 22 Aug 2017 17:21

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## **Day #7**

**Today is #7** i'm clean for a week, isn't that great? i wish you all this great feeling, not acting out, no porn watching, no looking at opposite gender, its such a good feeling, so why act out and feel good about it for just a moment and then feel horrible, then not acting out and feel GREAT all the time????

Today is Rosh Chodesh Elul, what a great month, we are much closer to hashem, so we can ask him in much an easier way to stay clean, he should help us, because this test is not an easy one, and only with his help we can pass it, lets have each other in mind, Tefilas Rabim is a very big tool...

Hashem, thank you, for helping me to survive, thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 23 Aug 2017 16:41

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## **Day #8**

Today is #8, and yes, like marks said: Tekia too too..... wont help us, it might tingle us, but it wont help, lust is here to stay even Elul, like someone told me **"You can get the monkey off your back, but the circus never leaves town"** so lets buckle up for our journey, and watch out for short stops, it can be very powerful.

summer comes to an end, finally, another week alone at home, it was hell, but i passed it clean, thanks to GYE and all the members, and i hope to get to the new year with a clean soul and heart.....

i love to be clean, i love to be there fully for my family, when i used to be hooked up on porn i wasn't there at all, now im the best husband and father.... Thank You all.. that the only way, TOGETHER... Beachdus...Hashem, thank you, for helping me to survive, thank you all of you on GYE, I'm clean only because of you, it has nothing to do with me... I'm powerless, I wouldn't be clean today without your help, I'm very happy that I'm part of this chevrah, without you, I wouldn't be where I'm today.

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Re: My Book of Business

Posted by Shivisi\_Hashem - 24 Aug 2017 20:15

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## **Day #9**

today is # 9, im in a rush, but thats for sure, ill try to stay clean, to finish up the day the way hashem wants, and the way i want, its just stupid to go the other direction, its soo soo soo good to be clean, good for me, good for hashem, and good for everyone, ??? ??? ???? ?????, interesting how the day gets much longer when we are clean, and how much more time we get at work, to finish up things, and how much more time we have for our wife and children, GEVALDIG..... i love it this way.....

i love this quote, so ill repeat it:

**“Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing”**

Thank you all!!!

**Let’s Stay Strong! Let’s Stay Clean! And let’s be positive and happy, Yes! We can! And Together!**

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Re: My Book of Business

Posted by Shivisi\_Hashem - 28 Aug 2017 15:13

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**Day #10/11/12/13**

Today is #13, im feeling great to be clean, its a great journey, day after day, staying clean, i had a tough Shabbes afternoon, but i made it.... and that's pushing me forward, yes, **i can do it, and i will not give up**, never ever, and with the help from hashem, i will survive.

Hashem, thank you, for helping me to survive, thank you all of you on GYE, I’m clean only because of you, it has nothing to do with me... I’m powerless, I wouldn’t be clean today without your help, I’m very happy that I’m part of this chevrah, without you, I wouldn’t be where I’m today.

Thank you all!!!

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**Together!**

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Re: My Book of Business

Posted by New Person - 28 Aug 2017 17:06

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Shivisi, You are using a lot the word "survive". I don't think it's the right word to use.

We are not struggling to *survive*, we are struggling to **live**, a normal, healthy life.

?Our whole struggle is to *discover* the true definition of **Life**.

That's all. (did you hear me say it's easy...)

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Re: My Book of Business

Posted by Shivisi\_Hashem - 28 Aug 2017 17:46

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That's all. (did you hear me say it's easy...)

Mmm, you are right until the moment before lust attacks, then its a way of life, but once lust is there, i think survive is the right word. please correct me...

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Re: My Book of Business

Posted by New Person - 28 Aug 2017 18:01

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You're 100% right. what did you expect me to say, that we should go ???? after the lust/desire/illness? of course, when under attack, one should do everything possible to survive.

My point was that we weren't sent down here to this world to survive attacks. our mission on this world is to live a full life. *part of this job* is to survive an attack when/if it comes. ????"? ?? ?????.

I'm sure this was your ????? as well.

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