

Here we go!

Posted by bisyata dishmaya - 14 Mar 2022 02:16

Baruch Hashem I have finished 1 week clean!

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Re: Here we go!

Posted by bisyata dishmaya - 20 Jun 2022 04:14

BH 105!

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Re: Here we go!

Posted by bisyata dishmaya - 20 Jun 2022 04:17

Does anyone else suffer from p demons or whatever you call it and how long after stopping p and m did it stop? I still have it although BH WAY LESS THAN say about 100 days ago but it still happens every so often like just last week it happened.

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Re: Here we go!

Posted by Vehkam - 20 Jun 2022 04:32

i am not sure what you are referring to. if its happening to you, i am sure it is happening to some others too. just not sure what "it" it...

sorry!

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Re: Here we go!

Posted by bisyata dishmaya - 20 Jun 2022 04:36

It's when before you fall asleep you feel yourself being attacked by demons and see horrifying visions and feel paralyzed. Rabbi Yaron Reuven says it comes from these aveiros i.e. it's the "children" from the zera levatala. and I see that for myself since the longer I go without doing it the less frequent it becomes.

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Re: Here we go!

Posted by Hashem Help Me - 20 Jun 2022 10:56

If your horrifying visions are pornographic in nature, you are normal. It is your subconscious at work. For years we trained ourselves to use this garbage as our relaxation/release machine. Wind down times, like going to sleep, sometimes need some "help". Often, our minds head to the default setting we set up for many years, of fantasizing leading to physical release, which is how we calmed down and pacified ourselves. BH as time goes on keeping our eyes and minds clean, the frequency and intensity of that default setting weakens.

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Re: Here we go!

Posted by bisyata dishmaya - 20 Jun 2022 13:00

They are not pornographic visions. It's hard to describe them.

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Re: Here we go!

Posted by 5Uu80*cdwB#^ - 20 Jun 2022 13:08

[bisyata dishmaya wrote on 20 Jun 2022 04:36:](#)

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It is difficult for me to understand how an approach that involves thinking about kabbalistic children from these aveiros which were done ???? ???? could be productive.

The messorah I received from my rebbeim, and that is ????? ???, is to leave kabbalah on the sidelines for a couple decades until you're keeping all of ????? ???? ?????? ??????. Then you can start thinking about kabbalistic children from aveiros, if you choose to.

Keep on shteiging!

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Re: Here we go!

Posted by bisyata dishmaya - 20 Jun 2022 16:05

What do you mean by ones? Thinking about them or not they're still haunting me.

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Re: Here we go!

Posted by ????? ???? - 20 Jun 2022 17:19

If your talking about p dreams I can't give you an exact number but it's not too long after you stop. I know that for me sometime before I reached 90 days (from just masturbation, I was unfortunately still watching porn) the dreams went away. I also relapsed recently in regards to masturbation and have been looking at shumtz more often but the dreams haven't come back.

Edit:

I sometimes have dreams during the day when I fall asleep then that might be similar to what your describing. I'm able to see my surroundings, like my bed and everything in my room that is visible from my bed, but I'm not able to move even if I try numerous times. I am able to feel like I'm moving, like when I try to get up I feel like I was able to get up and that I'm sitting up on my bed but when I open my eyes I'm still lying down. And when I move my limbs in that state they feel like they been moved but the movements feel way to "light" to be real and when it comes to arms that I would be able to see if I move them overhead it's the same thing except I can see that they aren't moving. The way I've gotten out of such states is by "falling asleep again" even though it feels like your awake. And that part is/was a little scary for me because the feeling that accompanies that is like that of "giving into" something unknown (it's like falling asleep instantly) but that's the only way I can get out of such states. I had the last one not too long ago even though I still take naps during daytime on some days. I feel like they've went

away and I have no idea how to go avoid them/get rid of them so I can't offer much than that.

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Re: Here we go!

Posted by bisyata dishmaya - 20 Jun 2022 21:16

I can hear why you think it's similar though I see you don't mention seeing anything horrifying. Another thing that happens during these events is all sounds in the room get blocked out but when the event finishes with my eyes being closed the whole time I can then hear the sounds in the room again.

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Re: Here we go!

Posted by sleepy - 21 Jun 2022 04:17

[bisyata dishmaya wrote on 20 Jun 2022 04:36:](#)

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if it works for you, chazak !

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Re: Here we go!

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[bisyata dishmaya wrote on 20 Jun 2022 04:36:](#)

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why is zera livatala from masterbation bigeder o'nes?

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Keep on shteiging!

if you dont want to use this mehalach please dont , but some people have different misoros than you do, so live and let live ,thank you.

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Re: Here we go!

Posted by Hashem Help Me - 21 Jun 2022 11:22

[sleepy wrote on 21 Jun 2022 04:19:](#)

[5Uu80*cdwB#^ wrote on 20 Jun 2022 13:08:](#)

"5Uu80*cdwB#^" post=382166 date=1655730533 catid=4

why is zera livatala from masterbation bigeder o'nes?

According to Rabbanim, guys that were introduced to this stuff in younger years (which includes teenage years) actually suffered a sort of trauma - confusion about the adult world which had up until that time represented to them safety, security, and predictability. Now they saw a different side to adults and subconsciously are wondering if their parents, rebbeim, policemen, grocery store owner, etc engage in the bestial behaviors seen. Therefore, the "compelled need" to see it again and fantasize about it while masturbating comes from a most unhealthy place and should be viewed as a type of mental illness. A strange effect of experiencing trauma is to actually crave "going back to the event/perpetrator again". That is why so many otherwise healthy chevra that excel in so many areas of yiddishkeit and general life, describe complete loss of control regarding viewing and masturbating. Although the **actions** are b'geder aveira, most **guys** are b'geder onais - this is the opinion of gedolei haRabbonim. As an aside, that is why "doing teshuva" is only appropriate once one has stopped, regained control, and can view himself positively. The advice given by one of the Gedolei Roshei Yeshiva is to wait **at least** two years of being clean, and in many cases it takes longer than that. As long as there are remnants of disease, teshuva will unfortunately bring him down by rehashing the (incorrect) script that he is a bad guy. And in reality, once one has stopped, all three components of teshuva took place - especially if the guy reached out for help and was mekayem the vidui chelek numerous times....

I have spoken to numerous Roshei Yeshiva, Rebbes, Rabbonim, and mechanchim. I have heard the viewpoint stated above "across the boards". If there is a da'as yachid who disagrees, so be it. However let's face it - our boys growing up in this generation are facing this challenge in an unprecedented way that nobody in history did. They need our chizuk, and if Gedolei

Yisroel say there is genuine chizuk available, let's opt for that.

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