

Ano Nymous Update thread

Posted by Ano Nymous - 23 Nov 2008 21:01

Today was a hard day for me. I almost fell three times, but I'm still going. I will update in this thread.

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Re: Ano Nymous Update thread

Posted by me - 04 Jan 2009 10:53

Ano,

I have had absolutely no problem going to the bathroom for years without touching myself. And, with No accidents. When you lower your zipper all of the way, you can then kind of pull your uderpants to the side, or even open them up where they are meant to be opened, and then just kind of lean forward, and this should allow everything to move automatically. You just lean forward over the toilet. Or, if you are at a public urinal, then you can also use your underpants to support yourself from underneath, without touching yourself at all. It's kind of like using your underpants like a sling from underneath to do all of the supporting and re-positioning.

Also when showering, you need not touch yourself at all. If you just put lots of soap up above, it will all slide downwards to where it needs to be together with the hot water.

I in fact once asked a talmud chachom from Toldos Aron (who are very machmir about tevillah in a mikveh). What does one do when they really are unclean down below. (either from let's say a wet dream, or any other reason), and his answer was that we do NOT touch ourselves down there, even with the pupose of cleaning. He said that when one immerses in the hot mikveh, everything will come off by itself. (The reason I had asked was that I believed that the dirt would cause a chatzizah in the mikvah)

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Re: Ano Nymous Update thread

Posted by Ano Nymous - 04 Jan 2009 11:28

I can't go to the bathroom without holding it still with my undershirt. Otherwise, it sprays

everywhere. And I don't use the zipper because when I do I'm guaranteed to spray everywhere. I may have to try something else in the shower because that will be the hardest test now.

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Re: Ano Nymous Update thread
Posted by the.guard - 04 Jan 2009 11:53

Where else in the world do Yidden so fearlessly and courageously enter into the liar of the yetzer Hara, find him, and destroy him!

P.S. As far as I am aware, as long as one does not touch with the hand, he can use a cloth in the bathroom or a sponge in the shower. Also, isn't it permitted according to Halacha to touch the Atara and below (like to push it down with a finger at the tip while urinating)?

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Re: Ano Nymous Update thread
Posted by battleworn - 04 Jan 2009 13:04

Halachicly, cleaning with a sponge is no problem. Same is true about touching the tip. But it may be well worth it to refrain from these things (especially the second one) whenever possible. I can testify from personal experience, that not touching at all and not looking, have the power to transform you (over time).

About using a cloth, it depends how you do it. If you hold the organ through a cloth, it can be a problem (depending on the thickness of the cloth...). But if you hold on to your undershirt from the sides you can be in full control without getting in to any problems.

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Re: Ano Nymous Update thread
Posted by me - 04 Jan 2009 14:27

As far as the halacha is concerned. i.e. where one IS permitted to touch etc, I am not certain

For normal people, touching with a "thick" cloth etc. is not likely to cause any harm, but for us..... the Y"H could turn going to the sheirutim as a big nissoyon...

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that these halachos apply to us [who struggle], (unfortunately). :
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Re: Ano Nymous Update thread
Posted by Ano Nymous - 04 Jan 2009 15:06

I hear what you are saying me, and you have a good point. I think this decision lies with the individual. I don't feel I have a problem urinating that way as long as I do it nice and quick and don't linger at all. If I find that I can't do that (which I believe from experience that I can) I would do it your way. As to the shower, I have a much harder time, so I am going to have to find a different solution.

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 06 Jan 2009 22:16

Ahhhhhhhhhhhhhhh it's so hard!!!!!!!

Must...fight...it....

Still going... I think tomorrow is 7 weeks...

Barely made it through today...

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Re: Ano Nymous Update thread
Posted by the.guard - 06 Jan 2009 22:23

This spiritual fight is connected with the physical fight that our soldiers are battling now against the evil in Gaza. You think they have it easy? They are dirty, going sleepless, and their lives are at risk every minute, yet they are proud and happy inside that they are doing this for their country, for their people. You are doing this for Hashem himself. Rejoice! Happy is your lot! Yes, it's hard, yes, very hard. Your mind is full of thoughts and fantasies, you are wrestling with the mud, you will get dirty. But you should be full of pride. The citizens of Israel are cheering on our

soldiers, but for you - all the Malachim are cheering you on. You are doing this for the master of the universe and he is kvelling with nachas ruach from his dear battleworn, dirty and tired soldier ano, who keeps on fighting against all odds!

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Re: Ano Nymous Update thread
Posted by the.guard - 07 Jan 2009 21:13

Ano, I hope you're ok. I'm getting excited. 7 weeks is 49 days. That's what it took to rid the yidden of Tumas Mitzrayim so that they could receive the Torah on har Sinai! 49 days of Seffirah - 7 weeks, kineged the 7 days of tumas niddah that a woman has to wait (like the ohr Hachaiyim hakadosh writes). And on the 50th day - Kabbalas Hatorah! That's why you go up to Level 5 on day 50!

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 07 Jan 2009 22:04

Actually doing better than ok. Had a couple good days of learning the last couple days, which of course makes it much easier. I'm gonna try to keep that up. Today was 7 weeks for me I believe (49 days). I can't believe I've gotten this far!

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 08 Jan 2009 19:42

So I had a close call today. Thankfully, I didn't fall. But I've learned something. The longer your streak is going, the QUICKER you can fall once you start. I believe the yetzer uses this to his advantage. He gets you to think "what the hell, I haven't done it in so long, why not just give in a little and stop? You're an expert at this! You know how long it takes! Just cut it short!" So you listen to him, and before you know it, you've fallen. Nice try man, but you didn't get me, and now everyone else will know another one of your tactics. Good luck to all of you! Let's keep this up!
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Re: Ano Nymous Update thread
Posted by the.guard - 08 Jan 2009 21:21

Phew, that was scary! I feel like you just walked a tight rope over Niagra falls. Luckily you made it! Don't fall for that again Ano. Learn his tricks and pre-empt him. That's the key to success. See the bottom of [this page](#) where it says: ***"Dr / Rabbi Yitzchak Twersky from Jerusalem sums up his approach in helping people deal with these difficult issues"***.

Keep up the Ano /Ammo power-shooting!

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Re: Ano Nymous Update thread
Posted by BentleyJunkie - 09 Jan 2009 00:10

Ano,

I am so glad that you pulled though!

I think this is a time that REQUIRES (at minimum, temporarily) that one be EXTRA EXTRA CAREFUL and COMPLETELY SEPARATE ONESELF from ANYTHING that HAS ANY CHANCE OF GETTING HIM TO START (LET ALONE FALL).

Best of luck!

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Re: Ano Nymous Update thread
Posted by Ano Nymous - 11 Jan 2009 11:00

My life sucks, my family sucks, nobody gives two *** about me, and holding back is just so

damn hard. I wish it would all just end right now. I'm going to sleep now. I wish I wouldn't wake up.

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