

How to Stop Masturbation



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Introduction

This free ebook is a collection of articles published at www.HowToStopMasturbation.com. The aim of the articles is to provide you with the ideas, tips, and understanding how to increase self-control and stop masturbation. Regardless of the reasons why you want to stop, these tips will help you if you apply them.

As you read this book, remember that having self-control is a great feeling. Nothing feels as good as being in control of your mind and body. It brings increased confidence, health, and happiness. Living a life of self-control is extremely satisfying and rewarding. To fully enjoy the freedom of being in control some very helpful and positive changes need to be made in your life. This ebook will help you obtain the increase in self-control that you desire.

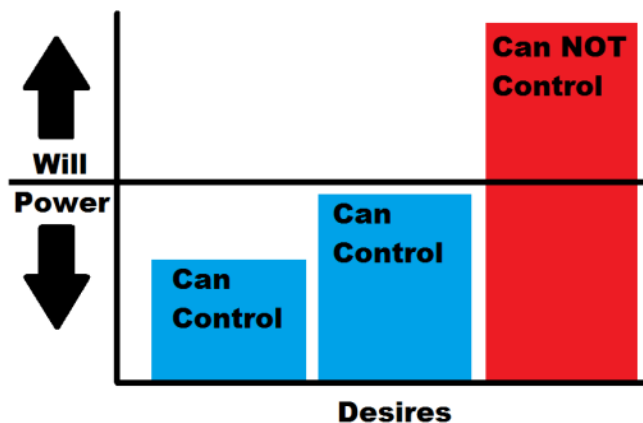
As more articles are published they will be added to this ebook. Be sure to check back at least once a year to get new articles.

Isaiah 58:6



HOW? Many people want to know *how* to stop masturbation. Maybe you are reading this because you want to understand how to quit masturbating and find freedom from this addiction. There are many great and important reasons to stop and these reasons provide you with a *why*. If your why is strong enough it is then much easier to accept and practice the *how*. If however you know the reasons why you want a life of self-control but you don't know the how to obtain it you are then doomed to a life of frustration and despair as you find yourself unable to live up to your standards that must be met in order to enjoy the satisfaction of self-respect. The first demand of self-respect is that you can control yourself so the number one priority right now is for you to understand and practice the how.

To stop masturbating or to stop any bad habit requires the exercise of self-control. As with running, cycling, or lifting weights the exercise of self-control requires energy, it requires power. This is called willpower. If you study the graph



you can see that if the amount of willpower is greater than the desire to masturbate then you can successfully practice self-control and not masturbate. Unfortunately most of us don't seem to have that level of willpower. As you probably

have learned by now, if the desire to masturbate is greater than the level of willpower than you will lose control. As you can see in the graph everything hinges on your levels of willpower. If it is too low you can't control yourself and

you then feel “will-powerless” against this addiction or any other undesirable habit

Don't give up just yet. There is fantastic news! In past few years there have been incredible scientific advancements in the area of self-control. Studies with real people with real self-control issues have highlighted and pinpointed several of the principles to increasing willpower. Yes you read that right. Increasing willpower! The results of this research and data have extraordinary implications for those who want to stop masturbating. By following these principles you will increase your willpower.

*There's something inside me
that pulls beneath the surface,
Consuming, Confusing,
This lack of self-control I fear is
never ending"*
Linkin Park

Below are the principles that will help you obtain self-control. You want results, real results. No gimmicks. No special devices. No expensive counseling. No vague, abstract, and undefined theories. These principles are awesome because they are practical and you can begin applying them in your life right now. If you do them they will lead you straight to the results that you desire. Study each principle and apply it now.

#1 Sleep

Kelly McGonigal, Ph.D, author of the book [The Willpower Instinct](#) states in her [GoogleTalk](#) and [CBC Radio interview](#) on willpower **that most effective habit to increase willpower is to get enough sleep.** William Demitt M.D. Ph.D., who identified sleep cycles and spent over 40 years researching sleep and is considered the world's leading authority on sleep science begins his book [The Promise of Sleep](#) describing the amazing chemical processes that begin in your



body when the sun goes down because that is when your body recognizes that it's time to sleep.

Go to sleep and go to sleep early. All professional athletes who want complete recovery spend as much time sleeping as possible. After a lifetime studying sleep, what time does Dr. Demitt go to sleep? **9pm at the latest.** Staying up late is "foolishness" and "**if you are serious about your health, nutrition, and fitness, you need to be serious about your sleep.**" Get early nights if you want willpower.

#2 Carb Up

Get enough sugar every day. There are trillions and trillions of cells in your body and they all run on glucose. [Research findings](#) published by [Roy F. Baumeister Ph.D.](#) and others is absolutely fascinating because studies show that your willpower is fueled by glucose. For maximum willpower and the ability to resist temptations you must eat lots of clean burning carbohydrates. The best sources of high quality carbohydrates to fuel your willpower are fresh, ripe fruits and vegetables and whole grains. How hungry are you for self-control? If you want to stop masturbating then you must eat the most nutritious and satisfying food that nature offers. That's not so bad is it? Also, this is for your notes: Studies show that **sleep deprivation ruins willpower and glucose metabolism.** So go to sleep early and eat big on the fruits, vegetables, and whole grains. If it doesn't come from the ground it doesn't go in your mouth.



#3 Go Vegan

Your willpower machine is operated by your prefrontal cortex in your brain and research shows that eating a plant based diet increases your ability for self control. And this is no surprise because fruits, vegetables, and grains provide the highest quality nutrients for optimal brain function. If you eat junk that does not come from nature it will hijack your brain and you will not have control. I grew up eating pork chops, French fries, and soda pop. Now I eat so many fruits, vegetables, grains and drink only water and fresh juices. Why? Because the results are superior. My friend, remember that you are what you eat. You are literally made of what you ate yesterday and last year. If you want tomorrow to be clean and energetic and packed with willpower you must make friends with bananas, rice, beans and other good food. You can do it!

If you eat dead, oily, greasy, and processed food your body will act dead and greasy. Taking the rotting bloody carcass of a dead animal and spicing it up with kitchen tricks and cooking hocus pocus does not make it food. Eating meat is for people living in the dark. Even [Bill Clinton](#) and Mike Tyson are vegans! Athletes [Lance Armstrong](#), [Michael Arnstein](#), and Harley "[Durianrider](#)" Johnstone and many others perform the best when eat a plant based diet. Don't you want the highest levels of self-control? If you want to stop masturbating then stop eating anything with a penis or vagina.

#4 Pee Clear

Water is your friend. Get and stay hydrated. The first thing to do every morning is develop the habit of drinking at least a liter of water. When you open your eyes in the morning reach for the water. The goal is to pee clear all throughout the day.



When your urine is turning yellow or orange you are dehydrated. Go drink water. If you wait until you are thirsty you waited too long. Stay hydrated for over six weeks and come back and read this again and it will make perfect sense. Better, go get a drink of water now before you finish reading this. My friend, there is a lot good stuff to read here and I don't want you to miss any of these tips. It's easier to think about when you are hydrated.

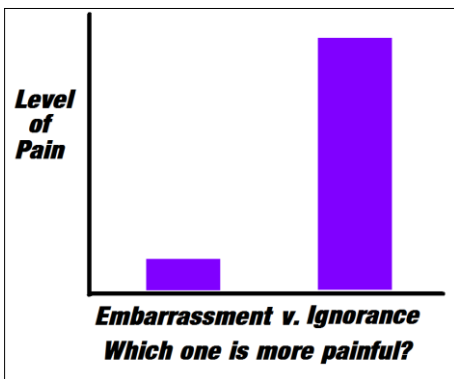
#5 Exercise

Have you noticed that the most important ways to build willpower are all physical? Sleep, Water, Sugar, and a lot of good food. Exercise is of course another contender for first rate willpower building. Everyone knows that exercise is good but so few do it because it's another chore, another task. They don't really have a desire to get out there. Why? Because they have oil and junk food slop clogging the gears. That's why this is ranked fifth and Sleep and Sugar are first and second. If you eat a lot of clean whole vegan food and get enough water and sleep you will have so much energy that you will want to get out and play. You will want to move your body. Exercise will be natural, not forced labor. You won't have to burn up your valuable willpower giving yourself orders to go to the gym. With all that energy you will exercise more and get all the good brain chemicals that make you feel good all day. That's another reason why the best time of day to exercise is early morning. The plan I follow is Pay God, Pay Me. I wake up at 4am every morning and spend time studying the Bible and in prayer and then I go pay myself with weights, running, swimming, cycling, etc. If you want to stop masturbating it means you want to control your body. You must exercise if you want body control.



#6 Educate or Masturbate

If you knew what to do you would not be reading this. The first step to learning is recognizing we don't know. Step two is to cultivate hunger to obtain understanding and knowledge at any cost. Step three is to recognize that the pain of ignorance is far, far worse than the pain of embarrassment. <<< Go Back and read step three again *slowly*. Put self aside and ask questions. Read all that you can, but only what



helps you. For years I wanted to know how to stop masturbating and break my pornography addiction but I couldn't find answers. I read books and pamphlets, browsed websites and watched videos and listened to sermons. I asked questions even though

it was embarrassing. What finally helped me the most was the STD approach. **Search. Try. Discard.** I **searched** the information available. I **tried** the information through applying it to my life. If it helped I kept it. If there was no improvement I **discarded** it. I'm probably the first man to get an STD from masturbation. I don't want to see you go through years of searching like I did so here is the mandatory reading list:)

- a. The Willpower Instinct by Kelly McGonigal, PhD
- b. The China Study by T. Colin Campbell, PhD
- a. The Starch Solution by John McDougall, MD
- b. The 80/10/10 Diet by Dr. Douglas N. Graham
- a. Ministry of Healing by Ellen White
- b. Willpower by Roy F. Baumeister and John Tierney
- c. The book of Matthew (eyewitness testimony of Jesus resurrected)
- d. The book of John (eyewitness testimony of Jesus resurrected)



- e. Health via Food by Dr. William Howard Hay
- f. Program for Reversing Diabetes...Dr. Neal Barnard, MD
- g. Prevent and Reverse Heart Disease....Dr. Caldwell B. Esselstyn Jr., MD
(you could title these last two books Prevent and Reverse Masturbation or Prevent and Reverse Low Willpower because the same health principles apply)

#7 Develop your Biggest Sex Organ: Your Brain

Your biggest sex organ is your brain. This is similar to the last point on getting an education but there is another point about using your brain that is critical to escaping from the addiction to masturbation: Perspective. This is the "ability to perceive things in their actual interrelations or comparative importance." Have you ever heard of someone that has an addiction to the flu, common cold, cancer, or diarrhea? Would you ever use your willpower to resist a headache or runny nose? No of course not. That sounds silly. Yet we have already learned through all the science and research that the most effective ways to increase your willpower are through very physical interventions like getting enough sleep, water, and sugars from whole plant foods. Why? Because **masturbation is a physical disease**. Look at the word disease. It is *dis*-ease. Your body is not at ease, it's uneasy with that junk inside you. Would you eat something called garbage food? toilet food? But you will eat junk food. Think about this: Imagine that you are your intestines and someone covered you with bloody hamburger meat, rotting cow pus (cheese), [chicken periods](#) (eggs), slimy pus-filled mammary excretions (milk), abrasive chemicals (additives), and plastic fat (hydrogenated oil). Would you be happy about that? Would you feel comfortable if someone ate a big meal of chili dogs and then vomited all over you? That would feel gross and you would want to get clean immediately. But



what if someone spilled fresh orange juice on your hand or knocked their bowl of salad or rice all over your shoes, how would you feel? Not the same is it? So it is with your body. Sickesses, diseases, and addictions have a physical foundation created by our lifestyle habits. It's like bacteria that can only grow in certain conditions. Masturbation and low willpower exist when we create the environment for them to exist and grow. When we disrespect and ignore the laws of health that govern our mind and bodies we create conditions for the bacteria to grow so to speak. Now you can see more clearly the importance of keeping your body clean and healthy through eating vegan, urinating clear, and getting enough sleep. So in summary remember that masturbation, pornography, and other habits are physical and they have physical causes and physical solutions. **For lasting self control it is important to address emotional, mental, and spiritual factors but if you neglect the physical you are guaranteed to fail.**

#8 Fasting

Why do people go on vacations? The same reasons why people vacation is the same reason to give your body a vacation by fasting. How long have you been eating anyway? Since you were a child you have been making your digestive run nonstop every day for decades. Give it a break. Fasting gives your body a time to rest and heal just like your other muscles. Fasting is often recommended for all sorts of addictions because they lose their power if you fast long enough. The problem with fasting is that *you can't fast forever*. You have to come back to planet earth and eat sometime. How can fasting help you eat better? **The greatest benefit of fasting is that it makes it much easier to enjoy eating clean whole natural foods.** When I stopped using drugs, drinking alcohol, and eating junk I hated papaya. I thought it was the most



disgusting fruit. After I made fasting a habit in my life I began to really love fresh fruit. Now I love papaya! I can sit down and eat a whole meal of just papaya until I'm full and satisfied, especially after a good workout. As a habit now I only fast just one to a few days a month typically. Sometimes not at all. There are no fasting police to monitor me so I do what I want. Some days only water, some days only juice, some days all fruit. To repeat, fasting is to help you enjoy eating natural foods like fruits, vegetables, and whole grains in abundance. **Fasting is just a tool to help you get the results you desire.**

#9 Pray

When I was a teenager I was using drugs, drinking, and in trouble with the police. I was kicked out of every school that I had attended. I threatened to kill my parents. Every hour I felt nothing but anger, hatred, and a desire to commit suicide. One day a neighbor came over and gave me a Bible and because I was not in school I sat down and started reading. When I saw that God was answering prayers I thought I would try praying. So I knelt down and just prayed "Jesus please help me." From that moment I felt such peace and joy. When I continued to read that Jesus is the only person to come back from the dead I found hope. The young men like myself that saw him alive were threatened with death if they told anyone that Jesus came back to life. Well they knew that this news was too important and they talked about Jesus everyday and they were killed for it. When I read this story I realized I have a good reason to seek to be better person for the purpose of helping others. What else can we do this in this life, sit around and masturbate? **I know God is real because he answers prayers** of sincere people who hunger for the truth. **I know God provided an objective purpose for life through evidence of the resurrection.** My



friend, if you have not tried praying it's really simple. You just find a Bible and start reading the gospels and ask God to help you understand it. Ask for help to do what's right. Just talk to him like a friend. He will help you.

➔ Check out the chapter "The Privilege of Prayer" to learn more

#10 Don't Fight Masturbation

Every man's battle is a losing one. Why? Because you can't undo the laws of physiology, the laws of your body. It's like drinking water and trying to fight the desire to urinate. That would not be a smart idea. As you get those books and do your own research on willpower you will read about the studies showing that trying to resist only depletes your glucose and willpower and leaves you willpower depleted. Willpower is limited and you don't have an infinite supply otherwise we would have no self-control issues. As you learn more about exercising you will come across the phrase "Train smarter rather than harder." Professional athletes are very careful in how they use their energy because they want maximum development without any excess or waste. They channel their time and energy training and improving good habits to get better. If you fight masturbation you will burn up all your time and energy and have nothing to show for it. **Use your energy instead to install good habits in your life that build willpower** like sleeping early, training smart, eating enough calories from a vegan diet, drinking enough water, journaling, being productive, thinking positively, and developing rewarding relationships. When you fight masturbation you have to give it your attention and anything that has your attention has power over you. . **The best use of your energy is TOWARDS**

The best use of your energy is towards being healthy!



being healthy and not trying to resist being sick. Pass by the unworthy opponent. Example: the fruit and the root. Don't waste your life picking fruit you don't like (masturbation is the fruit) because it's endless. Be smart and trace the fruit to the root and then cut the root (habits that produce bad fruit).

#11 Forgive Yourself

Research shows that if you forgive yourself you will be stronger next time. If you notice the current popular psychology is to tell people that masturbation is good and that you should not feel bad. If masturbation is so good then why do we feel so bad? I never felt guilty eating a salad or bananas. Nor did I ever feel guilty swimming or snowboarding. Yet counselors tell us to not feel guilty if we masturbate. Yes, they say, just turn off your heart. Your conscience is bothering you but just ignore it. What an upside down world we live in. We describe mass murderers as having no conscience yet we should shut down our conscience. Can you imagine walking into a counselor and asking them the following question:

Counselor, "Hi how can I help you today?"

You, "Yes I am doing something that makes me feel guilty and I want you to teach me how to sear my conscience with a hot iron so that I can do the thing and not feel guilty anymore. Tell me how to turn off my conscience."

Wherever you are in your progress of improving self-control, utilize the benefits of forgiveness. Habits usually are not changed overnight. It took you years to make these habits and there is time needed to learn better habits. Punishing yourself with negative self talk only makes it more difficult. This does not justify the behavior but it does release you from the burden of guilt. Every war has



causalities but they are acceptable if you will only persist. Did you experience failure? So does everyone else. Get up and try again.

#12 Forgive Others

Don't give your glucose away!!! It takes your time and energy to be mad at others, hold grudges, worry, blame, and live with that inner friction. Forgive other people. Forgive people to save your glucose. Having self-control is more valuable than any ill will you have towards someone. Notice that phrase, it is ill will. Will. You lose your willpower to get what you want when you don't forgive others. Self-control generates income and pays you big rewards, being angry or upset creates an energy sink that drains it all away.

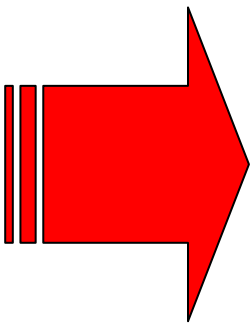
Support groups. If you can find them join them. Groups that help with addiction issues are helpful but groups that help you eat better, exercise more, sleep early, and live a high energy life are really helpful. Just like this article you can benefit from failures of others. Listen to what others have learned along the way. Pick up good tips. You will meet people that see your example and want your help. Don't hesitate. I'm not a doctor and you don't need a counseling degree to encourage someone. Just listen and be there for people when they mess up. It empowers you and the other person. If they fall down a 1000 times, help them up a 1000 times. It will strengthen your commitment to willpower and theirs.

Help other people. When you get involved with others' problems the problems in your own life diminish. I grew up being as indulgent and selfish as possible. I hated everyone and everyone hated me. If I wanted something I just stole it. Now I spend my life volunteering in schools, orphanages, prisons, jails, and with troubled youth. Recently I went to visit death row at a prison and the prisoners were inspired because someone came to share with them and listen to their challenges. When I spend time there I become more grateful and I am reminded of where I came from. It keeps my focus fresh and my perspective in balance. This is for your notes: **The most self-control will be found in selfless service.**



#15 Say NO to Nice People

Warning! On your path to willpower and freedom from addiction there are some very dangerous obstacles. They are the nice people. **These are the people who with the best intentions of their heart will ask you to do something that will undermine your willpower, weaken your defenses, and surrender your progress.** They are the most subtle and effective in bringing about your fall. Why? Because it's easy to say no to a drug dealer on the corner of the street offering you heroine but it's so hard to say no to your mom, husband, child, girlfriend, coworker etc. They won't ask you to commit a crime but they will ask you do "good" things that sabotage your willpower like :



Staying up late on the phone so that they know you love them

Eating that cake, cookie, pie to celebrate something (remember to eat a lot of clean carbs before they tempt you, nobody will tempt you with a huge mango smoothie or beans & rice)

Keeping you up late to hang out together or play games

Eating out at a restaurant that does not serve good clean carbs and vegan food

Remember your willpower does not care if the cheese pizza came from a cell mate or your classmates, it is regulated by physical laws and those laws cannot be violated ever without consequences. The nice people are sincere but they are sincerely wrong. **If you want self control you must not compromise. The benefit is that the more disciplined you are in being healthy the more attractive you become.** When others see the benefits that you are experiencing they will want



to learn from you. Think about this, if you really love people around you it is imperative that you give them a better example. You have to refuse to eat garbage and stay up late. They may not like it and they might misunderstand you but in the end the results will speak for themselves. The people that ask you to stay up late and eat greasy pizza and watch movies that numb your mind will later admire you for your physical fitness and consistent example of health. When people do offer something to you that you know should not go in your body just politely refuse and do it with a smile. **Always remember to smile because we want to win people. We want them to feel as good as we do.** Be an example but be an attractive example. Show that your lifestyle is irresistible. Maybe you might share about the benefits you are experiencing by eating healthy.

#16 Journal

Nothing exists until you write it down. To stop masturbation you have to take %100 responsibility for your life. Stop trusting your memory or instincts and start being a scientist of yourself. Don't allow your feelings to interfere with the facts of reality. How will you figure out the cause and patterns of your addiction unless you have objective data? For years I struggled to understand how to be free of masturbation. Not until I came to the point that self-control must be obtained at any cost did I become serious enough to study myself. I began journaling and writing down everything. Over time I found that there were three sets of data that were extremely valuable, What data is the most valuable?

**“What's
measured
improves”**

Peter Drucker

Food Journal. Keep track of everything you eat and drink every day. Write down what time you eat and figure out the calories and ratio of carbs:fat:protein. Your



goal should be high-carbohydrate low-fat with percentages around 80:10:10. Maybe you think your diet is okay but if you are eating %30 of your calories from fat you are undermining your self control and you don't know it.

Sleep Journal. Make charts showing what time you wake up every morning and what time you go to sleep every night. Keep this near your bed so that it's easy to mark. I noticed that when I started going to bed earlier from 7:30-8:30 I felt great and had enormous self-control the following day. If I stayed up after 9:00 it was a consistent and reliable predictor of self-control failure.

Anatomy of Masturbation Journal. This was the most helpful journal I ever kept. In addition to the food and sleep journal it provides valuable insight. Every time you view porn or masturbate (or whatever habit you have) keep a journal with details of the incident. Where were you? What happened in the hours leading up to the incident? What were you watching, doing, eating, or listening to? What time of day? Over time I saw the same variables appearing over and over again. Now it was a simple process of becoming aware of those factors as they appeared and making a plan to escape their influence. Rather than try to use all my willpower in the moment of temptation I started harnessing all my energy to create environments and situations and conditions that prevented those factors. For example, if I know that there will be a late meeting or appointment that might run past 7-7:30pm I contact the people involved ahead of time and let them know the cut-off time for me is 7:00 pm. I know that if I stay up late tonight my self control will be depleted tomorrow. All this talk of creating your future and becoming a better person? Well it begins today. A tip: You probably don't want



others reading these journals so keep them separate and use password protection on your documents so that you can journal freely without reservations.

Imagine that a group of scientists followed you around all day for some time and calculated and noted every second of your life. Afterwards they collected all the data and showed you where you can make changes to obtain valuable benefits. Imagine how valuable that would be! That is exactly what journals do.

#17 Brainwash Yourself

You were probably schooled your whole childhood and teenage years in the public fool system and you probably spent a lot your time watching cartoons, TV and movies that are scientifically designed to fool you.

All the adults in your life taught you to eat dead animals and milk because it is “good for you” even though they now all have cancer, heart disease, this disease, that disease, and are fat and sick all the time. You probably celebrated every year of your life with a “birthday” gorging on refined sugar, hydrogenated oil, more cow pus, mammary excretions, Red 40 lake, monosodium glutamate, and brominated vegetable oil. After getting sick you were taken to a “doctor” that gave you little pills to “heal” you even though you kept getting sick. You were given plastic “toys” to “play with” and teachers gave you a little gold star sticker when you said “yes teacher my ancestors were slime that crawled out of sea and into a cubicle and that is the purpose of life.” You were raised never seeing dead people or thinking about death because that is not appropriate or “normal.” You were told that everyone can decide what their life purpose is and that we should not judge. When the other boy in class said he wanted to be pornographer or bank robber your teacher said he can’t because it would disrupt her complacency



and life of selfishness. When you asked “but that is his life purpose that he created and we should not judge” your teacher took your gold star for pointing out the flaw in having a subjective life purpose without objective source of morality. You often thought that we should have an objective purpose for life but were made to feel that you were “weird” for thinking like that. The television is a god and he “channels” his “news” to you and your family everyday so stay tuned and don’t go anywhere. You were conditioned to believe that it’s wrong to abuse your cat but okay to

“The man without a purpose is like a ship without a rudder – a waif, a nothing, a no man. Have a purpose in life, and, having it, throw such strength of mind and muscle into your work as God has given you.”

Thomas Carlyle

fry a chicken. It’s wrong to kick your dog but okay to cut off a cow’s head and make it your food. Everyone has rights except for animals, unborn children, etc...Masturbation is perfectly okay and healthy “except in excess.” What a bunch of fraud, fiction, and foolishness!

Learn how to control yourself. Get control of your mind and body. It is your mind and your body and you must control it or others will. Take responsibility that this dirt is in your mind and it needs to be washed out. Start thinking. Start reevaluating what you believe and why. Get your brain washed by doing what works and listening only to what gives you the results you desire. Read. Ask Questions. Think for yourself. Get off Facebook and put that time toward self-development. The thoughts and neurons in your brain are like pathways on the grass lawn. If you stop walking on the old paths they will regrow with grass and disappear and if you walk in new ways then new paths will appear and become strong. Only and Only and Only Jesus obtained the result of coming back from the



dead. Nobody and nothing and not one ideology on this planet can match that result. He's unbeatable. Listen to him and memorize the Bible if you want those results. He will make your mind strong.

#18 Meditation

Meditation = Thinking = Contemplation. To meditate is to find a quiet place where you can take time to think. That's it! The only way to get the results you want is to make those results very clear. Spend time thinking about what you want. Why do you want something? If you get it what will it look like? Set aside time specifically for thinking about what you want. Get a vision for your life and make it clear. You don't have to go to a cave or be a monk. A few times every week or sometimes every day I set aside 10 minutes to relax and start thinking about what I want now, tomorrow, and in my future. The reason to do this is the same reason you look at the lines on the road when you are driving. It's to make sure you are going in the right direction and doing now what needs to be done to get what you want later. This time is so important that you should often make it an appointment. I tell people I'm busy when they want to see me. Why? they ask. Because I have an appointment. An appointment for thought time and clarity. Don't meditate and you will drift off course.

#19 Laws of Physiology Don't Change

If there existed a permanent solution to stop masturbating it would have been available a long time ago but it will never be available. Why? Because that's like saying you want to drink water and stop urinating. This is not about suppressing your sexual desires because those are built into the very fabric of your being. This is not about suppression



and deprivation. It's about abundance and benefits and high energy lifestyle! The only thing you and I can do is learn now to increase our willpower so that we can control that desire. **There is no permanent solution because 10 years from now your body will still react the same way to sleep deprivation, junk food, high fat diets, etc.** 10 years from now your pineal gland in your brain will still begin to release chemicals and hormones at sundown to prepare you for sleep. 10 years from now putting oil in your body will still do real damage. [No oil in the diet! Oil is just refined fat! \(video\)](#) **Your physiology will not change.** Here's a good example: Suppose some alcoholic finds sobriety and stops drinking for 3 years. His family, friends, and coworkers all praise him and are glad he is no longer an alcoholic hurting his family, community, and himself. But suppose that one day he loses his willpower, pulls out the bottle, and starts drinking. Will he get drunk? Yes, because those 3 years do not make him immune to the chemical reaction and physiological processes that take place when alcohol enters his body. His liver and blood cells don't care about his lifestyle decisions. Your stomach and lungs don't care about what you believe; they only react chemically and mechanically to your lifestyle decisions. **If you want willpower in your life then you must live a willpower building lifestyle every day.** There are no quick fixes, pills, powders, or secret shortcuts.. This world has its media and programs in place to rob you of vitality, energy, and satisfying life of self-respect and you have to be on guard and war against it. And as I explained earlier the best way to fight it is fall in love with something better: the benefits of health. The good news is that it becomes so easy with time. You will only be getting back to normal. Once you taste and see how good it is you will not be so easily persuaded to give it up. Go get it now!



#20 Beware the Danger of Success

Throw the trophies in the trash where they belong. Success can never be accomplished because as

long as you are in a human body you must abide by those laws until the day you die. You cannot be successful in breaking a law that allows no deviation. **The danger in believing you have success and that you have arrived at having full self-control now and forever is that you let your guard down and you lose the drive and motivation to keep reaping the benefits.** Warning: As you enjoy the benefits of living a life of self-control people will at times praise you but remember Proverbs 29:5 “Whoever flatters his neighbor is spreading a net for his feet.” Listening to the sound of this siren will only hasten your fall. These are the nice people coming back again and you have to tell them NO. What I usually do is just turn the conversation back to them and ask them what they are doing to get the benefits. We might be tempted to boast of our success in being free but instead of boasting we should be thinking about empowering questions such as:

- How long do I want to experience these benefits?
- What am I doing to ensure that I don't lose those benefits?
- What systems and methods am I installing in my life to keep the benefits?
- What templates am I now forging to make this lifestyle easier?

These are the questions to ask yourself. Besides, science has repeatedly shown that those who believe themselves successful are the most likely to fall and have the worst self control issues.



#21 Don't Give Up!

It took me years of searching, struggle, pain, interviews, reading, traveling, ridicule, questioning, praying, and embarrassment to learn these concepts that work. Why? Masturbation has so much power because it's kept in the dark and surrounded by myth, mystery, and misunderstanding. Self-control is something worthy to be obtained at any cost so I gave myself no option for retreat and you my friend can do the same. Masturbation is a lifestyle issue and to make the changes you need to make takes time and effort but you can do it. Sometimes you will be tempted to say "I tried and it didn't work for me" but that's like saying you tried to sell a few computers and you are not rich like Bill Gates. Or you rode your bicycle a few times and you are upset because you can't win the Tour de France. You will also be tempted to be angry and blame all the people and teachers that fed your body and mind all the junk that led you to be who you are today. Blame and resentment don't increase your cash or improve your access to bananas. Forgive them and move on. Accept your position in life now and move on in a better direction. If you encounter failures remember that a failure is a treasure chest of valuable feedback and information. **Failure does not happen by accident, it happens by purpose.** Utilize those failures to get smart and build uncompromising commitment to maximum self-control. What kind of commitment should you aim for?

Around the 6th Century BC the Babylonians were conquering different kingdoms and peoples to extend their empire. One of the slaves they brought back to Babylon was a young man named Daniel. As a slave he was told to eat the slave food but Daniel knew the value of self-control. He refused to eat the slave food at the risk of his life. Now nobody disobeyed the Babylonians unless they wanted to



die a cruel death but Daniel was wise and proposed a vegan diet to demonstrate its superior benefits. The result of Daniel's commitment to an abundant high-energy lifestyle was so amazing that he was later made a co-ruler over Babylon, one of the most powerful empires the world has ever known. Not only that but when the Medes and Persians conquered Babylon in 539 BC they kept someone alive and made him a ruler over the Medes and Persians as well. Guess who? Daniel the Vegan! Your commitment must be hard core and unbending like that of Daniel. He was willing to die rather than eat slave food. He was willing to lose his life before he lost self-control. Even Jesus himself told people in the book of [Matthew 24:15](#) to read carefully and understand the book of Daniel. **Dare to be a Daniel!**



Is Masturbation Healthy? The Science Says No.

October 12, 2012

Masturbation associated with greater prostate specific antigen levels and prostate abnormalities

Corona G, Ricca V, Boddi V, Bandini E, Lotti F, Fisher AD, Sforza A, Forti G, Mannucci E, Maggi M. Autoeroticism, mental health, and organic disturbances in patients with erectile dysfunction. *J Sex Med* 2010;7:182–91. [link](#)

Higher rates of depression

Husted J, Edwards A. Personality correlates of male sexual arousal and behavior. *Arch Sex Behav* 1976;5:149–56. [link](#)

Frohlich P, Meston C. Sexual functioning and self-reported depressive symptoms among college women. *J Sex Res* 2002;39:321–5. [link](#)

Cyranowski JM, Bromberger J, Youk A, Matthews K, Kravitz HM, Powell LH. Lifetime depression history and sexual function in women at midlife. *Arch Sex Behav* 2004;33:539–48. [link](#)

Risk factor for breast cancer

Le MG, Bachelot A, Hill C. Characteristics of reproductive life and risk of breast cancer in a case-control study of young nulliparous women. *J Clin Epidemiol* 1989;42:1227–33. [link](#)

Masturbation associated with decreased volume of seminal plasma, sperm count, sperm motility, and healthy sperm.

Sofikitis NV, Miyagawa I. Endocrinological, biophysical, and biochemical parameters of semen collected via masturbation versus sexual intercourse. *J Androl* 1993;14:366–73. [link](#)

Worse prostate function, less semen volume, worse quality sperm, lack of elimination of waste products.

Purvis K, Magnus O, Morkas L, Abyholm T, Rui H. Ejaculate composition after masturbation and coitus in the human male. *Int J Androl* 1986;9:401–6. [link](#)



Increased use of immature psychological defense mechanisms.

Brody S, Costa RM. Vaginal orgasm is associated with less use of immature psychological defense mechanisms. J Sex Med 2008;5:1167–76. [link](#)

Masturbation correlated with worse blood pressure reactivity.

Brody S. Blood pressure reactivity to stress is better for people who recently had penile-vaginal intercourse than for people who had other or no sexual activity. Biol Psychol 2006;71:214–22. [link](#)

Less physiological satisfaction.

Brody S, Kruger THC. The post-orgasmic prolactin increase following intercourse is greater than following masturbation and suggests greater satiety. Biol Psychol 2006;71:312–5. [link](#)

Masturbation frequency is so often associated with impaired sexual function in men (Brody&Costa, 2009; Das, Parish,&Laumann, 2009; Gerressu, Mercer,Graham, Wellings,&Johnson, 2008; Lau,Wang, Cheng, & Yang, 2005; Nutter & Condron, 1985) [link](#)

Masturbation frequency is often associated with impaired sexual function in women (Brody &Costa, 2009;Das et al., 2009;Gerressu et al., 2008;Lau,Cheng, Wang, & Yang, 2006; Shaeer, Shaeer, & Shaeer, 2012;Weiss& Brody, 2009). [link](#)

Poorer physical and mental health, which include anxious attachment Costa, R. M., & Brody, S. (2011). Anxious and avoidant attachment, vibrator use, anal sex, and impaired vaginal orgasm. Journal of Sexual Medicine, 8, 2493–2500. [link](#)

Less arousal.

Brody S, Laan E, Van Lunsen RHW. Concordance between women's physiological and subjective sexual arousal is associated with consistency of orgasm during intercourse but not other sexual behavior. J Sex Marital Ther 2003;29:15–23. [link](#)

Masturbation, oral sex, and anal sex predictors of less satisfaction in relationships.

Brody S, Costa RM. Satisfaction (sexual, life, relationship, and mental health) is



associated directly with penile-vaginal intercourse but inversely with other sexual behavior frequencies. J Sex Med 2009;6:1947–54. [Link](#)

Less mental health satisfaction.

Brody S, Costa RM. Satisfaction (sexual, life, relationship, and mental health) is associated directly with penile-vaginal intercourse but inversely with other sexual behavior frequencies. J Sex Med 2009;6:1947–54. [Link](#)

Less love.

Costa RM, Brody S. Women's relationship quality is associated with specifically penile-vaginal intercourse orgasm and frequency. J Sex Marital Ther 2007;33:319–27. [link](#)

Increased prostate cancer

Bosland MC. The etiopathogenesis of prostatic cancer with special reference to environmental factors. Adv Cancer Res 1988;51:1–106. [Link](#)

it is penile/vaginal frequency that is specifically associated with reduced risk or prostate cancer, whereas masturbation frequency is more often related to increased risk of prostate cancer.

Brody, S. (2010). The relative health benefits of different sexual activities. Journal of Sexual Medicine, 7, 1336–1361. [Link](#)

Less happiness

Das A. Masturbation in the United States. J Sex Marital Ther 2007;33:301–17. [Link](#)

Masturbation associated with schizophrenia

Macdonald S, Halliday J, MacEwan T, Sharkey V, Farrington S, Wall S, McCreadie RG. Nithsdale Schizophrenia Surveys 24: Sexual dysfunction: Case-control study. Br J Psychiatry 2003;182:50–6. [Link](#)

Clayton AH, Balon R. The impact of mental illness and psychotropic medications on sexual functioning: The Evidence and Management. J Sex Med 2009;6:1200–11. [Link](#)



Much less analgesic properties compared to PVI

Whipple B, Komisaruk BR. Analgesia produced in women by genital self-stimulation. J Sex Res 1988;24:130–40. [Link](#)

"If 50 million people believe a foolish thing it's still a foolish thing."

It's funny how people say that masturbation is so good for you when there are so many people suffering from prostate cancer, depression, ruined relationships, headaches, fatigue, weak erection, premature ejaculation, reduced orgasm, increased feelings of loneliness, and massive guilt after they masturbate. Religion has nothing to do with it because non religious people experience the same pains and negative side effects. Eating an apple or drinking orange juice or riding your bicycle does not make you feel guilty. Nothing "healthy" makes you feel guilty except for masturbation. Why? Because we are designed for sexual intercourse with a partner of the opposite sex. The truth is that masturbation is unhealthy but people want to hear good things about their bad habits so they try so hard to numb their conscience with absurd justifications like "it's normal" and "everybody does it." 70 years ago they said the same thing about cigarettes, "Hey smoking is healthy, See, everyone else is doing it."

The good news is that you can now educate yourself about the negative effects of masturbation. You don't have to wait until you experience the side effects and addiction before you obtain self-control in your life. You don't have to remain ignorant and suffer the loss of your health and relationships. You don't have to blindly follow the popular opinion that leads to sickness. You do not have to be a victim. You can profit from the benefits of health, self-control, and a sound mind.



Negative Effects of Masturbation

September 24, 2012

If masturbation is so healthy as so many claim then why are so many people complaining of pain and negative effects from masturbating? Religion has nothing to do with it because even non religious people experience the same pains and negative side effects. We live in a world where it is perfectly okay to say that masturbation gives one pleasure and relieves stress but if you say that masturbation gives you aches and pains then you are seen as some sort of victim of conscious or subconscious religious voodoo brainwashing. One Yahoo post [here](#) explains this point nicely by saying:



"...People often claim that any perceived decrease in concentration, memory, and motivation is simply a psychological effect caused by guilt. But this implies that "it's all in your head" and thus purely imaginary. However, as Dumbledore said, "**Of course it's happening inside your head Harry, but why on earth should that mean that it is not real.**" Yes, I know the context is off, but the point is nevertheless true: why should our self-perceptions of memory, consciousness, and focus be any less real just because they're intangible? There are still action potentials, neurotransmitters, and synaptic connections in the brain being made constantly as a result of environmental influences, chemical intake, and, of course, the act of thinking. So if I am aware of my concentration and short-term memory being worse, then they actually are, at least for a day or so until they revert back to what is "normal" for me. It isn't "all" in my head (though it is happening in my brain), it really is happening--it just isn't perceivable through any of the 5 senses.

So now we've established that masturbating to ejaculation can cause temporary negative side effects in the brain. Well, isn't the brain the most important organ of the body? And if someone experiences these effects after each ejaculation yet masturbates to ejaculation every day, a temporary effect can become quite harmful...."



What this person correctly pointed out is that both pleasure and pain take place in the brain. If you masturbate without a brain you will get no pleasure and if you burn your hand on a hot stove without a brain you will feel no pain. As pleasure is subjective so is the pain. Doctors, counselors, psychiatrists, and other health



professionals often receive complaints from people who masturbate of the following list of negative side effects:

1. Difficulty in performing real sexual intercourse
2. Fatigue, Tiredness
3. Stress
4. Weak erection
5. Headache
6. Premature ejaculation
7. Semen leakage
8. Reduced orgasm
9. Loss of sex drive towards the opposite sex
10. Interest in Homosexuality, Transgender
11. Loss of memory
12. Lower back pain
13. Impotence
14. Anxiety
15. Mood swings
16. Insomnia
17. Lack of concentration, Brain Fog
18. Increased feelings of Loneliness, Shyness, and Desire for isolation
19. Increased feelings of Guilt
20. Depression, Less Happiness
21. Loss of motivation
22. Suicidal thoughts and tendencies



This list is not exhaustive but simply contains some of the most common complaints. To read a list of negative effects in published scientific journals check out [Is Masturbation Healthy? The Science says No](#). There is a website [here](#) with testimonies of the negative side effects.

The negative side effects of masturbation are real. There are physical laws that govern the health of your body, brain, and nervous system. It does not matter if you are Hindu, Muslim, Christian, Secular, or a fan of Harry Potter, violating those laws will produce a guaranteed result. The truth is that masturbation is unhealthy but people want to hear good things about their bad habits so they try so hard to numb their conscience with absurd justifications like "it's normal" and "everybody does it." 70 years ago they said the same thing about cigarettes, "Hey smoking is healthy, See, everyone else is doing it."

Little innocent children are being fed lies with their french fries in the public fool system. The beauty and benefits of self-control, self-regulation, and fulfilling relationships with the opposite sex are hidden from them. The mention of French fries is not a joke because high fat diets are the number one cause of precocious or early puberty. With a rush of hormones at such an unnatural age for early puberty there are now seven, eight, and nine year old girls and boys becoming addicted to porn and masturbation. Once those neural pathways are established in the brain it is almost impossible to break away from these habits. As surely as night follows day those habits bring consequences and the addicted one spends the rest of his life looking for help in all the wrong places. However, nobody needs to give up hope. I was one of those kids and by prayerfully following the tips outlined in this booklet I found freedom. If I can find freedom then so can you.



But I Don't Want to Stop Eating Meat!

October 10, 2012

Many people want to stop masturbating but they don't want to give up eating dead animals. They want to obtain high levels of self-control, better health, better brain function, and recovery from the damage caused by bad habits but they do not want to stop eating meat. They want superior results without making any changes to their lifestyles. Just think, it makes no sense to put a rotting corpse of an animal in your body and expect self control and healthy any more than putting cheese in the gas tank of your car and expecting more horsepower.

Not eating meat and switching to a plant-based diet to gain self control is not a moral, environmental, ethical, or religious decision. It's a decision to get the best results. Results **RESULTS:** think better, feel better, live better, no masturbation, no porn, full self-control, better relationships, more confidence, improved health, etc. It's about the results. Either you honor the laws of your body and get self-control or you violate them and masturbate your life away. Those results come from superior nutrition. It's a choice to get the highest quality vitamins, minerals, and nutrients from whole plant foods and avoiding the toxic poisons in meat and animal products.

"Nothing will benefit human health and increase chances of survival for life on earth as much as the evolution to a vegetarian diet."

Albert Einstein

A great example of this results-based concept comes from [Mac Danzig](#), a professional mixed martial artist in the UFC (Ultimate Fighting Championship). Mac is a lean mean fighting machine. He is also a [strict vegan](#) and eats no dairy or



meat. Watch this [video interview](#) with Mac from the excellent documentary [Forks Over Knives](#) to better understand how the way we eat is simply a *means* to accomplish our goals.



Don't you want the joy of self control? Don't you want to feel better because you are not addicted to masturbation and pornography? Don't you want to escape the isolation and find confidence in developing rewarding relationships? Of course you do. Then you must begin educating yourself so that ignorance does not paralyze you by inaction and fear. What you eat has a tremendous effect on your urge to masturbate and view porn. Putting a dead animal in your body and expecting to have more vitality and willpower does not make any sense. You are putting death into your body but you want power and life. That's a contradiction. Fruits, vegetables, and grains however pay you so much in health and vitality and you feel so much better. Building up a strong and clean body by exercise and eating vegan makes self-control soooooo much easier. Educate yourself on the rewards and benefits of a plant-based diet.

**"You are
what
you eat."**

Proverb

Here is a really informative chart titled "[Humans are Naturally Plant-Eaters](#)" or you can read the "[Comparative Anatomy of Eating](#)" Milton Mills, M.D. demonstrating that humans are herbivores by design. It's 2012 and there is now no excuse to be ignorant. Light is everywhere. The evidence supporting a plant-based diet is so abundant and freely available.



Masturbation is the Answer

August 2, 2012



Masturbation is not a problem, it is the answer. **It is a sign showing you that you need to change your approach or method to obtain a better result.** How often are masturbation and many other addictions perceived as

bad problems when like the flu or common cold may in fact be perfect reflections of our lifestyle choices? When we are sick with a fever, headache, or runny nose we respond in a very physical way by resting, drinking water, and avoiding stress. Yet with masturbation and pornography we react completely opposite by thinking we ought to see a professional for emotional, spiritual, and mental counseling. And to show just how silly and illogical we are in our thinking let's look at this from another perspective. Which of the two is a self-control issue: the common cold or masturbation? If you are like others who answered this question you might say that masturbation is the self-control issue. We seem to think that we do not have any control over sickness and disease but at the same time we ought to have full control over our overpowering sexual impulses. Could it be that the problem is not with the common cold or with masturbation but with the way we think about these things?

Masturbation is the answer because it is a perspective. A profitable perspective gained is an unprofitable perspective abandoned. Learning to stop masturbating

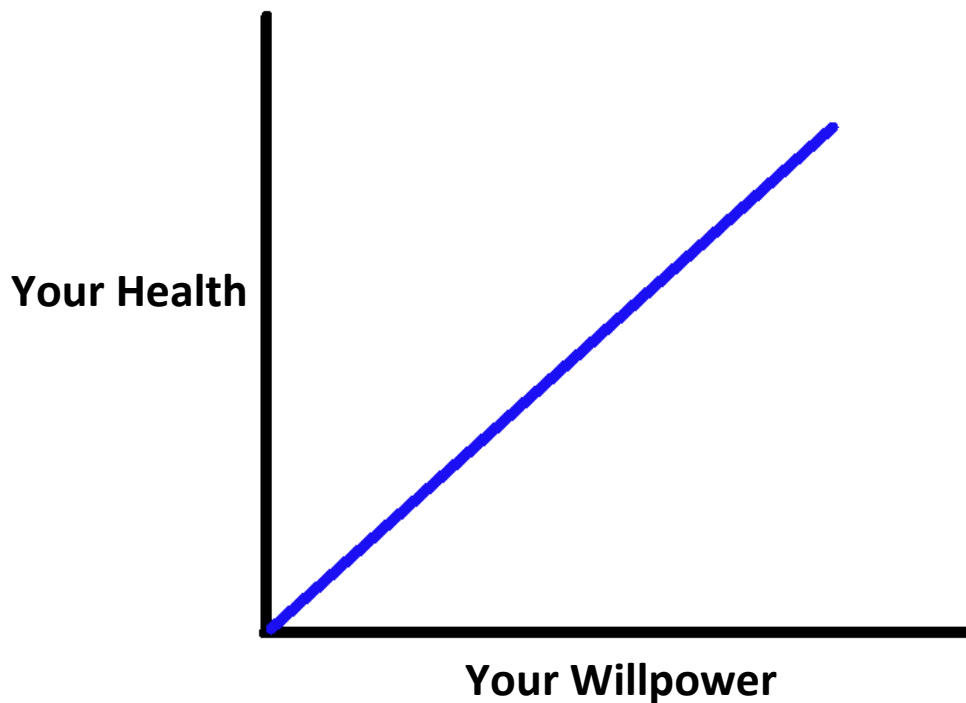


is the act of learning how to increase your self-control. Your self-control is not some vague abstract notion, it is a mental muscle located in your physical brain (prefrontal cortex). To exercise control over your body you must have energy and power. This power is called willpower. Science has repeatedly confirmed that **the increase of your willpower is directly dependent on the health of your body**. If you want to stop masturbating and escape your pornography addiction you must obey the laws of health. We can see from decades of studies and research that people who eat a plant-based vegan diet, get enough rest, exercise, and follow the laws of health do not get sick as often and outlive by several years those that ignore the laws of health. Without this perspective that allows you to see the physical connections between your health and willpower you remain blind to the fact that you are your own enemy. **You are literally feeding the problem**. Masturbation is a self-control issue because the temptations and urges are nearly impossible to overcome with a body full of rotting animals, refined sugar, oil, cow pus (cheese), mammary excretions (milk), and other artificially flavored poop food.

Why is masturbation an answer? It is a call for you to radically obey the laws of health. You can be thankful for masturbation because it is a red flag that you are losing your focus on the habits that increase your willpower. It means that you are not eating enough fruits and vegetables. It means you are going to sleep too late and not getting enough exercise. **Masturbation is a call for you to be hardcore with your life and stop surrendering your mouth and health to the nice people around you**. Stand up and own yourself! Quit prostituting your mouth and stomach. Eat big on clean vegan food that fuels your body and makes you feel



great! Fine dining is for fools that live to eat but you want self-control so must you eat to live. Masturbation is a call for you to stop being an unthinking follower of those around you. Look at the people in this world at the gourmet buffet, all fat and loose and flabby, out of shape, slipshod, and shabby. Save yourself and eat big on the clean vegan carbs before you get swept down the temptation drain. Masturbation is a reflection of your lifestyle. By following these principles here you can increase willpower and stop masturbating.

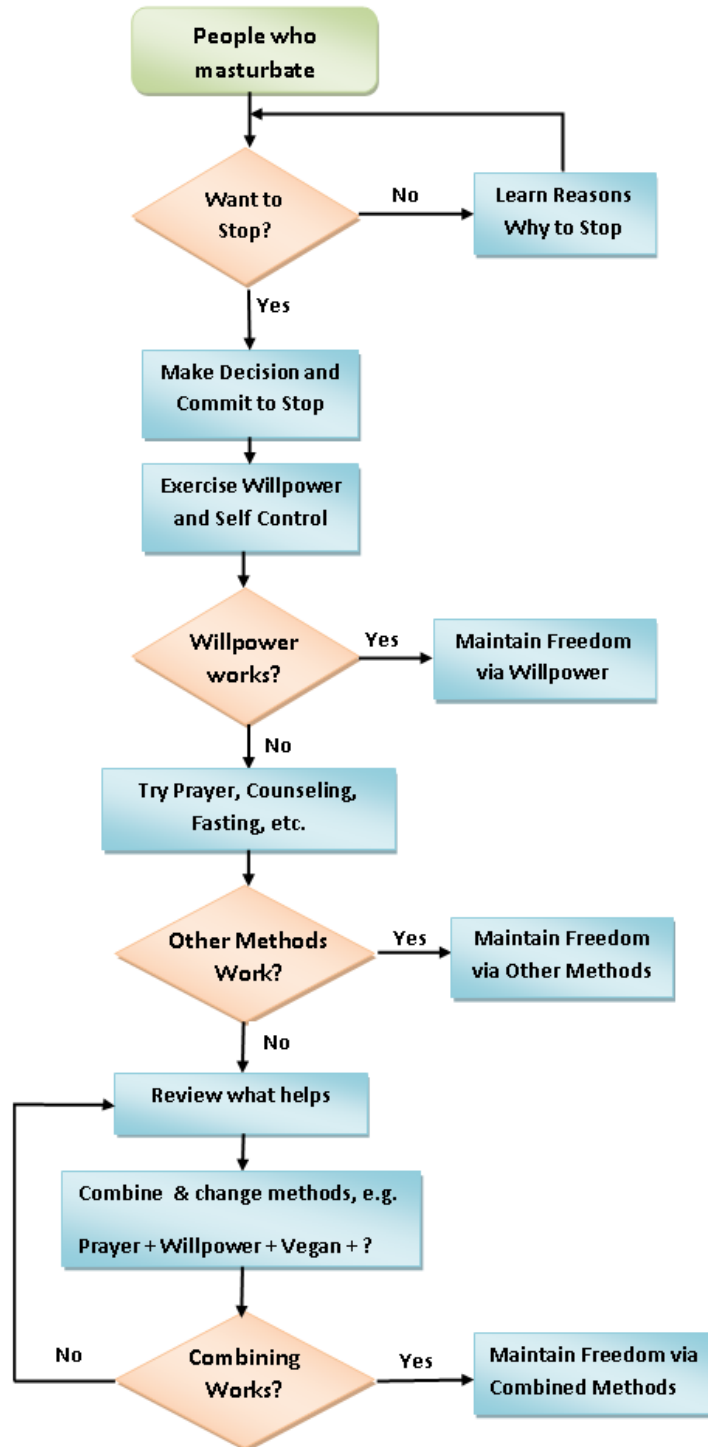


Willpower and health are directly related. Increase your health and you will increase your willpower. Investing in your health provides the best returns. If you sabotage your health you will sabotage your willpower.



Steps in Overcoming Masturbation FLOW CHART

October 11, 2012



Explanation of chart on next page



1. The world is separated into two groups:
 - a. Those that masturbate
 - b. Those that do not masturbate.
2. The people that masturbate are separated into two groups:
 - a. Those that want to stop
 - b. Those who do not want to stop.
3. For people that do not want to stop masturbating it is recommended that they review the negative effects of masturbation and the benefits of healthy sexual relationships with the opposite sex.
4. For those that want to quit masturbating it is important to first make a decision and commitment to stop.
5. The most common method to end masturbation is to exercise willpower and self-control. Just don't do it!
6. If willpower is insufficient it is important to increase willpower through diet, exercise, sleep, etc.
7. If willpower is insufficient try other methods like prayer, fasting, counseling, etc.
8. If other methods do not help you quit masturbating then review your journals to identify what is helping and what is not helping.
9. The most effective approach to stop masturbating is to combine multiple methods: Willpower, fasting, prayer, exercise, diet, counseling, etc.
10. Does combining methods work for you? If not then keep trying. Change your approach.



Tips to Quit Masturbating in Simple English

October 24, 2012

The following is a summary of tips to quit masturbating. This is a condensed version of the main article. If you do not understand a point or have questions please refer to the main article starting on page one.

1. Get enough sleep and go to sleep early. Make it a goal to stop working, studying, and eating after sunset. The latest time to go to bed is 9:00 at night. Better sleep today means better self-control and willpower tomorrow.

2. Eat the willpower diet. Eat a plant-based diet. This means that you need to get your calories from fruits, vegetables, beans, legumes, and grains. Learn how to eat %80 of your calories from clean carbohydrates foods like rice, bananas, potatoes, plantains, corn, etc. depending on where you live. Two simple principles to remember about choosing your food:

- i. If it has a penis or vagina it is not food and does not go in your mouth.
- ii. If it does not come from the ground it is not food.

3. Avoid fat. Oil is refined fat and should not go in your body. Olive oil, soybean oil, corn oil is just oil. It's liquid fat. A high fat diet makes it difficult to stop masturbating. Why? Because fat affects and unbalances your hormones. Fat also blocks glucose absorption. Seeds, nuts, avocados are okay if your fat intake does not exceed %10 of calories.



4. Be objective about your food. Many people want to stop masturbating but they do not understand how their diet has a tremendous effect on their willpower. To be objective about your food means measuring your calories, carbohydrates, proteins, and fat. The goal is to eat enough calories for a high-energy lifestyle AND eat %80 of those calories from clean carbohydrates. The internet has so many free calorie counters. I like cronometer.

4. Drink a lot of water. If you want self-control drink a lot of water. How much is enough? When your urine is clear you are hydrated. The best times to drink a lot of water are early in the morning or on an empty stomach. If you drink with food in your stomach you interfere with the digestion process. Be smart and pee clear.

5. Exercise. Run, swim, ride your bike, jump rope, lift weights, or play with friends...just find something to do to use your muscles and to get the blood moving. Exercise builds willpower. This is not an option to consider. You must exercise. It is recommended to exercise outside in fresh air as much as possible.

6. Read Read Read. Go to the library or use the internet to read all the books and materials you can on eating, willpower, prayer, exercise, and simplifying your life. Educate or masturbate. The addiction to masturbation loses power and it is easier to stop when you study the laws of self-control. The penis or vagina is not the problem; the addiction begins in your brain and that is where you need begin learning and unlearning.

7. Get perspective. Masturbation is a physical disease. People are stuck in an addiction to masturbation because they do not have the perspective to see how to make better decisions. They cannot see the cause and effect happening in their



life or the connection of the mind to the body. Perspective = Education + Experience + Keeping a Journal + Remembering what you want.

8. Use Fasting. Fasting gives your body a time to rest and heal just like your other muscles. The greatest benefit of fasting is that it makes it much easier to enjoy eating clean whole natural foods. Fasting brings a lot of change in a short amount of time. Fasting is just a tool to help you get the results you desire.

9. Prayer. Find a quiet place. Read the book of Mathew, Mark, Luke or John in the Bible. Ask God in prayer to help you understand what you are reading and how to apply it. Ask God for help in finding freedom from addiction. This works, especially if practiced consistently.

10. Forgive yourself. Guilt will not increase your willpower. Feeling guilty is natural because it's a sign that something needs to change your life. But don't stay in that guilt. Be patient, forgive yourself, and try again.

11. Find friends that will support you. Spend time with people that exercise, eat healthy, and are good examples.

12. Say No. Learn how to avoid situations where you stay up late, eat junk food, or do not exercise. When people ask you to eat pizza, meat, cheese, junk food, fried food etc. they are asking to put something in your body that will ruin your willpower and place your life goals in jeopardy. No meal or piece of food can give you more joy than the confidence, health, freedom, and benefits of self-control.

13. Say Yes. Don't focus on negatives. Focus on positives and living a healthy lifestyle with maximum willpower. Life is not about food, it's about living.



14. Meditate. Spend time remembering what you want and why you want it. Review your goals often. Spend a few minutes everyday reminding yourself that you want self-control in your life. Go over in your mind the steps you need to follow to get that self-control.

15. Help other people. When you give, teach, and share you learn more and obtain more willpower. When we focus on helping others with their problems our problems disappear and correct themselves.

16. Do not give up. If you fall, get up and try again. You will succeed.



Stopping Masturbation with Prayer

January 2, 2013

HowToStopMasturbation.com is devoted to publishing ways to stop masturbation that actually work. We want real results and not theories and abstract, nebulous nonsense. **Prayer does work.** There are many people who were addicted to the habit of masturbation who stopped completely by praying to God and asking for help. Maybe you believe in God and maybe you do not but people are getting results you desire and they are using prayer to get that freedom.

Here is a short audio clip of a man who overcame his addiction by prayer shortly after his conversion to Christianity at the age of 24. This is a very helpful clip since he mentions his practical tips for praying effectively. If you want to hear his presentation in full visit [here](#).

The problem is that prayer does not work everyone. Some people pray and obtain the power to stop masturbating immediately. Some people pray and obtain the power to stop masturbating gradually over time. And some people pray and do not make any progress. For these people no amount of prayer makes any difference. (If that is you then I highly recommend reading [Martin Luther's commentary](#) on [1 Corinthians 7:9](#), it is an awesome resource). However, the fact that prayer does work for some people should motivate us to understand more about how prayer can help break or diminish the addiction to masturbation. The lack of studies, information, and testimonials on using prayer to overcome masturbation should prompt us to begin collecting this valuable information now. Ignorance is what keeps people powerless so remember: educate or masturbate.



Over the last 5 years I have interviewed men who were addicted to masturbation but who succeeded in using prayer to obtain freedom and self-control. Recently in December 2012 I interviewed a man named Jeff who found freedom from masturbation using prayer. Below is a copy of the interview. I leave it to the reader to study what worked for Jeff and to find ways to apply these principles in your life.

Question: What age did you start masturbating? What age did you stop?

Answer: I was in grade 9 when it all began; my first year in high school. That would be around the age of 14 I think. I must have been around 20 years old when I stopped. It was shortly after my conversion.

Question: What is your age now? How long have you been free of masturbation?

Answer: As of January 2nd 2013, I am 31 years of age. I have been joyfully freed and without temptation for about 10 or 11 years now. It isn't something I battle or struggle against anymore.

Question: Are you married or single?

Answer: I am married and have been married for 6 years. (Free of masturbation as a single man for five years before getting married).

Question: Please tell us a summary of how you found freedom from masturbation.

Answer: When I was a new Christian, no one told me masturbation was wrong. The Holy Spirit began working in my heart and I began seeing it differently. So I knew it had to leave. But every time temptation came, I immediately prayed to



God. I'd end up praying every minute sometimes. It felt ridiculous at times, but I persisted. I had no other choice. I had to be free. I kept submitting to God, and resisting the devil. The devil finally had to flee. It didn't take long, perhaps a few days or weeks... not sure. It's been about 10 years and I don't get tempted at all ever. I am disgusted by it. It's like having 'homo-incestual' sex with yourself, if you excuse the term. There is a fight indeed, but looking back, I am grateful to have stood my ground and fought.

Question: When you say that during temptation you "immediately prayed," how in practical terms did you pray? Did you just ask God to set you free from the temptation?

Answer: When I first became a Christian, I was disciplined by a Pastor who talked a lot about the importance of prayer. He prayed on average several hours a day. Being a new Christian who was very excited about the Lord, I began praying a lot just as I was taught by him. I developed a prayer life. Genuine, heart-felt prayer to draw near to God began changing me from the inside out little by little. I began seeing pornography differently. The more I kept watching porn, the more I felt dirty and uncomfortable watching it. I began seeing it the way he sees it and eventually became turned off from it. A prayer life became the means for my deliverance from pornography as my heart began changing as I approached the Lord. 2 Corinthians 3:18 "But we all, with unveiled face, beholding... the Lord, are being transformed into the same image." We do the "beholding", he does the "transforming".



Time went by and I was still stuck with Masturbation which I felt needed to leave. That one was harder to get rid of. I became fed up with dealing with masturbation and I determined resolutely to end it. This is how it happened for me: Every time I had a desire or temptation for anything that would lead to masturbation, anything associated with masturbation (as we know the enemy is witty and finds ways to trick us), I would close my eyes, lift my hands to God and pray to him to rescue me, I'd praise him for being such a good and powerful God... I'd essentially focus all my attention on him for a minute or so until I noticed the desire was gone. But sure enough a few seconds later this same desire would come back. I would repeat the same thing, not as formula (going through the motions of prayer), but from the heart I'd seek God. And again a few seconds later, temptation returned, and I'd repeat the same thing. It seemed ridiculous at first as it would repeat over and over for 15 or 20 minutes at times. But I was determined. This is what this verse means: "Submit to God, Resist the Devil, and he will [eventually] flee." When temptation came, I resisted the Devil by submitting myself constantly to God in the midst of temptation. Eventually the devil stopped bothering me. I don't remember how long it took until a full deliverance, but I am guessing no more than 2 weeks of repeatedly turning to God. It can be a few days for one or even instantly for yet another and much longer for another. The point is, a heart pre-disposed to pleasing God is the primary ingredient. Will you steadfastly persevere until you find your deliverance? The devil will put a fight and convince you to give in.

Question: Did you always pray until the temptation was gone or did you stop after one or two prayers?



Answer: Yes, I prayed until the desire or temptation was gone. But it came back within seconds. I would repeat my heart-felt prayers to God asking him for help, and praising him for who he is. The objective was to focus all my attention on Him so that I did not listen to the reasonings and persuasive arguments in my mind that would cause my downfall. So when temptation came, I prayed and prayed and prayed, usually not lasting more than a few minutes, until the desire was gone. Then I'd continue my daily activity. Doing this weakened the temptations in my life until they were completely gone. Today, I am not tempted AT ALL anymore. It's been about 10 years.

Question: What helped you not to give up praying? Would you please say more about the importance of persistence in prayer?

Answer: Good question. I am not sure to be honest. I was resolute and determined to find my deliverance. My answer would have to be "faith". Allow me to explain what I mean by going to one of Jesus' parables. Luke 18:1-8. Jesus taught his disciples a parable to "show them that they ought to pray and not lose heart" and then speaks of the persistent widow who bothered a judge for justice until she wore him out and got it. This demonstrates that prayer must be relentless and aggressive. It will not relent until it finds its deliverance... Remember, Jesus is teaching them a parable to show them that they should "always pray and not give up" (18:1)... but what I couldn't understand for years was the last verse of that same parable. Verse 8. "But when the Son of Man returns, will he find faith on earth?" Why is he talking about faith when the parable is about prayer? Simple. Faith produces relentless aggressive prayer that will not back down until it sees its "deliverance", just as that widow did not back



down until she got justice. Prayer MUST be mixed with faith. If you have faith, you will pray until you lay hold of your deliverance.

Question: What counsel would you give to a young person who has this temptation and addiction?

Answer: Be aggressive and persevere in prayer. Submit to God in prayer every time temptation comes. Cultivate, in general, a life of prayer apart from when temptation comes. Whenever temptation comes, turn to the Lord right away and pray to him out of a genuine desire to know him and please him. It may take a little time, which is what sanctification is. We aren't changed right away. We are changed from "glory to glory" as we "behold him". Or to put another way, "We change little by little as we seek to know God."

Question: Thanks for sharing your story. Any additional thoughts?

Answer: Christians are told in the Bible to set their minds on the things above and not the things of the earth. They are told to focus on the eternal and not the temporal. Jesus said his Words (the Bible) are "spirit" and "they are life". The responsibility is on us to feed on God (anything pertaining to Him). We hunger for what we feed on. If we are caught up in all the entertainment and games and other distractions of this world, we will always hunger for them and we will remain on the level of what is temporal, fleshly and of this earth. To then overcome something such as masturbation for example is futile because masturbation is what you reap as a result of living in the flesh. If you feed on junk food and you will always crave what is junk. To change your desire towards masturbation you must first learn to feed on God through a disciplined



prayer life, through constantly reading his Word, and replace all the distractions of this world with more of the spiritual. It goes against your craving, that's for sure, and it's unpleasant at first because you are attempting to break a bad habit. So put aside what is distracting you and re-ignite the spiritual fire by feeding on the Word, and by praying unceasingly. As you do this, you will discover your heart changing towards sin. Your heart will begin desiring what is righteous and hating what is wicked. You will be able to overcome masturbation on the spiritual level. At least that's how I did. And if you are already spiritual yet stuck with masturbation, remember that, like all things, we must subject every work of the flesh to God. So when flesh knocks at your door, quickly feed on the Spirit.



(**Note to reader:** the following is a helpful and encouraging supplement to the article on prayer.)¹

The Privilege of Prayer

Through nature and revelation, through His providence, and by the influence of His Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. In order to have spiritual life and energy, we must have actual intercourse with our heavenly Father. Our minds may be drawn out toward Him; we may meditate upon His works, His mercies, His blessings; but this is not, in the fullest sense, communing with Him. In order to commune with God, we must have something to say to Him concerning our actual life. {SC 93.1}²

Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him. {SC 93.2}

When Jesus was upon the earth, He taught His disciples how to pray. He directed them to present their daily needs before God, and to cast all their care upon Him. And the assurance He gave them that their petitions should be heard, is assurance also to us. {SC 93.3}

Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seeking from His Father fresh supplies of strength, that He might come forth braced for duty and trial. He is our example in all things. He is a brother in our infirmities, "in all points tempted like as we are;" but as the sinless one His nature recoiled from evil; He endured struggles and torture of soul in a world of



sin. His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer. {SC 93.4}

Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of His children, and yet there is much manifest reluctance on our part to make known our wants to God. What can the angels of heaven think of poor helpless human beings, who are subject to temptation, when God's heart of infinite love yearns toward them, ready to give them more than they can ask or think, and yet they pray so little and have so little faith? The angels love to bow before God; they love to be near Him. They regard communion with God as their highest joy; and yet the children of earth, who need so much the help that God only can give, seem satisfied to walk without the light of His Spirit, the companionship of His presence. {SC 94.1}

The darkness of the evil one encloses those who neglect to pray. The whispered temptations of the enemy entice them to sin; and it is all because they do not make use of the privileges that God has given them in the divine appointment of prayer. Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence? Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path. The adversary seeks continually to



obstruct the way to the mercy seat, that we may not by earnest supplication and faith obtain grace and power to resist temptation. {SC 94.2}

There are certain conditions upon which we may expect that God will hear and answer our prayers. One of the first of these is that we feel our need of help from Him. He has promised, "I will pour water upon him that is thirsty, and floods upon the dry ground." Isaiah 44:3. Those who hunger and thirst after righteousness, who long after God, may be sure that they will be filled. The heart must be open to the Spirit's influence, or God's blessing cannot be received. {SC 95.1}

Our great need is itself an argument and pleads most eloquently in our behalf. But the Lord is to be sought unto to do these things for us. He says, "Ask, and it shall be given you." And "He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" Matthew 7:7; Romans 8:32. {SC 95.2}

If we regard iniquity in our hearts, if we cling to any known sin, the Lord will not hear us; but the prayer of the penitent, contrite soul is always accepted. When all known wrongs are righted, we may believe that God will answer our petitions. Our own merit will never commend us to the favor of God; it is the worthiness of Jesus that will save us, His blood that will cleanse us; yet we have a work to do in complying with the conditions of acceptance. Another element of prevailing prayer is faith. "He that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him." Hebrews 11:6. Jesus said to His disciples, "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them." Mark 11:24. Do we take Him at His word? {SC 96.1}



The assurance is broad and unlimited, and He is faithful who has promised. When we do not receive the very things we asked for, at the time we ask, we are still to believe that the Lord hears and that He will answer our prayers. We are so erring and short-sighted that we sometimes ask for things that would not be a blessing to us, and our heavenly Father in love answers our prayers by giving us that which will be for our highest good--that which we ourselves would desire if with vision divinely enlightened we could see all things as they really are. When our prayers seem not to be answered, we are to cling to the promise; for the time of answering will surely come, and we shall receive the blessing we need most. But to claim that prayer will always be answered in the very way and for the particular thing that we desire, is presumption. God is too wise to err, and too good to withhold any good thing from them that walk uprightly. Then do not fear to trust Him, even though you do not see the immediate answer to your prayers. Rely upon His sure promise, "Ask, and it shall be given you." {SC 96.2}

If we take counsel with our doubts and fears, or try to solve everything that we cannot see clearly, before we have faith, perplexities will only increase and deepen. But if we come to God, feeling helpless and dependent, as we really are, and in humble, trusting faith make known our wants to Him whose knowledge is infinite, who sees everything in creation, and who governs everything by His will and word, He can and will attend to our cry, and will let light shine into our hearts. Through sincere prayer we are brought into connection with the mind of the Infinite. We may have no remarkable evidence at the time that the face of our Redeemer is bending over us in compassion and love, but this is even so. We may not feel His visible touch, but His hand is upon us in love and pitying tenderness. {SC 96.3}



When we come to ask mercy and blessing from God we should have a spirit of love and forgiveness in our own hearts. How can we pray, "Forgive us our debts, as we forgive our debtors," and yet indulge an unforgiving spirit? Matthew 6:12. If we expect our own prayers to be heard we must forgive others in the same manner and to the same extent as we hope to be forgiven. {SC 97.1}

Perseverance in prayer has been made a condition of receiving. We must pray always if we would grow in faith and experience. We are to be "instant in prayer," to "continue in prayer, and watch in the same with thanksgiving." Romans 12:12; Colossians 4:2. Peter exhorts believers to be "sober, and watch unto prayer." 1 Peter 4:7. Paul directs, "In everything by prayer and supplication with thanksgiving let your requests be made known unto God." Philippians 4:6. "But ye, beloved," says Jude, "praying in the Holy Ghost, keep yourselves in the love of God." Jude 20, 21. Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God. {SC 97.2}

There is necessity for diligence in prayer; let nothing hinder you. Make every effort to keep open the communion between Jesus and your own soul. Seek every opportunity to go where prayer is wont to be made. Those who are really seeking for communion with God will be seen in the prayer meeting, faithful to do their duty and earnest and anxious to reap all the benefits they can gain. They will improve every opportunity of placing themselves where they can receive the rays of light from heaven. {SC 98.1}

We should pray in the family circle, and above all we must not neglect secret prayer, for this is the life of the soul. It is impossible for the soul to flourish while



prayer is neglected. Family or public prayer alone is not sufficient. In solitude let the soul be laid open to the inspecting eye of God. Secret prayer is to be heard only by the prayer-hearing God. No curious ear is to receive the burden of such petitions. In secret prayer the soul is free from surrounding influences, free from excitement. Calmly, yet fervently, will it reach out after God. Sweet and abiding will be the influence emanating from Him who seeth in secret, whose ear is open to hear the prayer arising from the heart. By calm, simple faith the soul holds communion with God and gathers to itself rays of divine light to strengthen and sustain it in the conflict with Satan. God is our tower of strength. {SC 98.2}

Pray in your closet, and as you go about your daily labor let your heart be often uplifted to God. It was thus that Enoch walked with God. These silent prayers rise like precious incense before the throne of grace. Satan cannot overcome him whose heart is thus stayed upon God. {SC 98.3}

There is no time or place in which it is inappropriate to offer up a petition to God. There is nothing that can prevent us from lifting up our hearts in the spirit of earnest prayer. In the crowds of the street, in the midst of a business engagement, we may send up a petition to God and plead for divine guidance, as did Nehemiah when he made his request before King Artaxerxes. A closet of communion may be found wherever we are. We should have the door of the heart open continually and our invitation going up that Jesus may come and abide as a heavenly guest in the soul. {SC 99.1}

Although there may be a tainted, corrupted atmosphere around us, we need not breathe its miasma, but may live in the pure air of heaven. We may close every door to impure imaginings and unholy thoughts by lifting the soul into the



presence of God through sincere prayer. Those whose hearts are open to receive the support and blessing of God will walk in a holier atmosphere than that of earth and will have constant communion with heaven. {SC 99.2}

We need to have more distinct views of Jesus and a fuller comprehension of the value of eternal realities. The beauty of holiness is to fill the hearts of God's children; and that this may be accomplished, we should seek for divine disclosures of heavenly things. {SC 99.3}

Let the soul be drawn out and upward, that God may grant us a breath of the heavenly atmosphere. We may keep so near to God that in every unexpected trial our thoughts will turn to Him as naturally as the flower turns to the sun. {SC 99.4}

Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy." James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe. Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harass the soul, no joy cheer, no sincere prayer escape the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. "He healeth the broken in heart, and bindeth up their wounds." Psalm 147:3. The relations between God and each soul are as distinct and full as though there were not another soul upon



the earth to share His watchcare, not another soul for whom He gave His beloved Son. {SC 100.1}

Jesus said, "Ye shall ask in My name: and I say not unto you, that I will pray the Father for you: for the Father Himself loveth you." "I have chosen you: . . . that whatsoever ye shall ask of the Father in My name, He may give it you." John 16:26, 27; 15:16. But to pray in the name of Jesus is something more than a mere mention of that name at the beginning and the ending of a prayer. It is to pray in the mind and spirit of Jesus, while we believe His promises, rely upon His grace, and work His works. {SC 100.2}

God does not mean that any of us should become hermits or monks and retire from the world in order to devote ourselves to acts of worship. The life must be like Christ's life--between the mountain and the multitude. He who does nothing but pray will soon cease to pray, or his prayers will become a formal routine. When men take themselves out of social life, away from the sphere of Christian duty and cross bearing; when they cease to work earnestly for the Master, who worked earnestly for them, they lose the subject matter of prayer and have no incentive to devotion. Their prayers become personal and selfish. They cannot pray in regard to the wants of humanity or the upbuilding of Christ's kingdom, pleading for strength wherewith to work. {SC 101.1}

We sustain a loss when we neglect the privilege of associating together to strengthen and encourage one another in the service of God. The truths of His word lose their vividness and importance in our minds. Our hearts cease to be enlightened and aroused by their sanctifying influence, and we decline in spirituality. In our association as Christians we lose much by lack of sympathy with



one another. He who shuts himself up to himself is not filling the position that God designed he should. The proper cultivation of the social elements in our nature brings us into sympathy with others and is a means of development and strength to us in the service of God. {SC 101.2}

If Christians would associate together, speaking to each other of the love of God and of the precious truths of redemption, their own hearts would be refreshed and they would refresh one another. We may be daily learning more of our heavenly Father, gaining a fresh experience of His grace; then we shall desire to speak of His love; and as we do this, our own hearts will be warmed and encouraged. If we thought and talked more of Jesus, and less of self, we should have far more of His presence. {SC 101.3}

If we would but think of God as often as we have evidence of His care for us we should keep Him ever in our thoughts and should delight to talk of Him and to praise Him. We talk of temporal things because we have an interest in them. We talk of our friends because we love them; our joys and our sorrows are bound up with them. Yet we have infinitely greater reason to love God than to love our earthly friends; it should be the most natural thing in the world to make Him first in all our thoughts, to talk of His goodness and tell of His power. The rich gifts He has bestowed upon us were not intended to absorb our thoughts and love so much that we should have nothing to give to God; they are constantly to remind us of Him and to bind us in bonds of love and gratitude to our heavenly Benefactor. We dwell too near the lowlands of earth. Let us raise our eyes to the open door of the sanctuary above, where the light of the glory of God shines in



the face of Christ, who "is able also to save them to the uttermost that come unto God by Him." Hebrews 7:25. {SC 102.1}

We need to praise God more "for His goodness, and for His wonderful works to the children of men." Psalm 107:8. Our devotional exercises should not consist wholly in asking and receiving. Let us not be always thinking of our wants and never of the benefits we receive. We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God's mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us. {SC 102.2}

Anciently the Lord bade Israel, when they met together for His service, "Ye shall eat before the Lord your God, and ye shall rejoice in all that ye put your hand unto, ye and your households, wherein the Lord thy God hath blessed thee." Deuteronomy 12:7. That which is done for the glory of God should be done with cheerfulness, with songs of praise and thanksgiving, not with sadness and gloom. {SC 103.1}

Our God is a tender, merciful Father. His service should not be looked upon as a heart-saddening, distressing exercise. It should be a pleasure to worship the Lord and to take part in His work. God would not have His children, for whom so great salvation has been provided, act as if He were a hard, exacting taskmaster. He is their best friend; and when they worship Him, He expects to be with them, to bless and comfort them, filling their hearts with joy and love. The Lord desires His children to take comfort in His service and to find more pleasure than hardship in His work. He desires that those who come to worship Him shall carry away with them precious thoughts of His care and love, that they may be cheered



in all the employments of daily life, that they may have grace to deal honestly and faithfully in all things. {SC 103.2}

We must gather about the cross. Christ and Him crucified should be the theme of contemplation, of conversation, and of our most joyful emotion. We should keep in our thoughts every blessing we receive from God, and when we realize His great love we should be willing to trust everything to the hand that was nailed to the cross for us. {SC 103.3}

The soul may ascend nearer heaven on the wings of praise. God is worshiped with song and music in the courts above, and as we express our gratitude we are approximating to the worship of the heavenly hosts. "Whoso offereth praise glorifieth" God. Psalm 50:23. Let us with reverent joy come before our Creator, with "thanksgiving, and the voice of melody." Isaiah 51:3. {SC 104.1}

Notes:

1. White, E.G. (1892). Chapter 11 The Privilege of Prayer. Steps to Christ. Available for free download online. Free audio available here:
<https://www.audioverse.org/english/audiobooks/books/219/steps-to-christ.html>
2. SC 93.1 is an abbreviation for Steps to Christ page 93 paragraph one.





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