**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
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)
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.

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, 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 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
But I Don't Want to Stop Eating Meat!

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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.

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

"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
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.
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 discipled 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".
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