

This Page Is Written In Roman Urdu (Gulabi Urdu). This Page Is Not In English.

## INDEX

### Mushat Zani (Masturbation)

---

- |                                     |     |
|-------------------------------------|-----|
| 1. Mushat Zani Kaya Hee             | 002 |
| 2. Guide to Self-Control            | 005 |
| 3. Steps In Overcoming Masturbation | 007 |

## Musht-Zani (Kaya Hee)

Aik admi ne irada kia keh aj woh blue film dekhe ga lekin blue film dekhne se qabal woh washroom gia aur musht-zani kar li. ab ap hi batai keh kia wo aj blue film dekhe ga. bilkul nahi

Aik admi ne socha keh aj woh bazar-husn ja kar kisi tawaif ke sath mu kala kare ga. lekin bazar-husn jane se qabal woh washroom gia aur os ne musht-zani kar li. ab kia aj woh bazar-husn jai ga.... bilkul nahi.

Aik badmash admi ko aik larki pasand agai aur os ne socha keh aj wo ose aghwa kar ke rape kare ga. aj os ne socha keh kuch bhi ho jai woh os larki ki izzat loot kar rahe ga. lekin woh wash room gia aur waha jakar musht-zani kar li. kia ab bhi wo larki ko aghwa kar ke rape ka irada rakhta hai.... bilkul nahi aj ke lia irada khatam ho gia.

Ap ne kisi larki se dosti ki hui hai aur program banaya hai keh aj os ke sath mu kala kare ge. kam az kam kapre ke opar se hi foreplay kare ge, ose kiss kare ge. lekin ap wash room jate hai aur waha jakar musht-zani karte hai. ab ap khood hi batai keh ab kia ap apni is friend se koi ghalat kam kare ge.

Rozana ap ka wasta kai khawateen se parta hai. jo keh ap ki ma bahan tu nahi hai lekin ma bahan jaisi hai. maslan mohalle aur paros ki larkia. rishte-dar khawateen, class fellows, office fellows. customer khawateen. yeh tamam khawateen aisi hai jin ki izzat karna aur ose ma bahan ki nigah se dekhna ap par lazim hai.

.....Next Page>

This Page Is Written In Roman Urdu (Gulabi Urdu). This Page Is Not In English.

kia ap in khawateen ko ma bahan ki nigah se dekhte hai. is ka jawab hai keh kabhi tu ma bahan ki tarah dekhte hai aur kabhi nahi. jab ap ma bahan ki tarah nahi dekhte tu kia hota hai. ap ke zehan par shaitan sawar ho jata hai. ap ose tasawar mai nanga dekh rahe hote hai. aur os ke sath zana kar rahe hote hai.

Aakhir kia bat hai keh musht-zani ke bad ap irada badal dete hai. darasal ap ke jo gande jinsi khialat the wo ap ke apne nahi the balke ap ki mani ke the. jab tak mani ap ke andar tha ap ke zehan par shaitan sawar tha. aur ap pagal hogai the. isi pagal pan mai koi blue film dekhne lagta hai tu koi bazar husn chala jata hai. koi apni friend se kiss aur foreplay karta hai tu koi badmash rape tak kar baithta hai.

Lekin jab mani jism se nikal jata hai tu ap ke zehan se shaitani khialat nikal jate hai. ap ki soch masbat hojati hai. ap ko tamam larkia ma bahan lagne lagti hai. ap apni class fellow, office fellow aur khawateen customer ko ma bahan ki nigah se dekhne lagte hai. sirf etna hi nahi hota balke ap ainda ke lia bhi toba karte hai.

Musht-zani aik bad habit hai. aik ganda kam hai. aik wahiat kam hai. aik intehai ghatiya harkat hai. lekin ksi ke sath zana karne blue film dekhne khawateen friends se kiss ya foreplay karne se kahi behtar hai keh insan musht-zani jaisa bad kam kar le.

Peeshab jism se nikalna zaroori hota hai. agar jism se peeshab na nikala jai tu insan ki death bhi ho sakti hai. peeshab nikalne ka sahi tareeqa hai keh ap washroom jai aur peeshab kare.

Agar ap drawing room ke carpet par peeshab kare ge tu capet kharab ho jai ga. lekin farz kare ke ap drawing room mai band hai aur bahir se door par lock laga hua hai tu ap kab tak peshab

This Page Is Written In Roman Urdu (Gulabi Urdu). This Page Is Not In English.

roke ge. akhir aik waqt aye ga ke ap carpet par hi peeshab kar de ge. ap ke capet par peeshab karne se carpet kharab ho jai gi. aur peeshab karne ka yeh tareeqa ghalat hai. lekin jan bachane ke lia insan peeshab karne ka yeh ghalat tareeqa bhi istemal kar sakta hai.

Biklul yahi hal mani ka hai. mani nikalne ka sahi tareeqa yeh hai keh ap bivi ke pas jai aur os ke andar mani kharij kare. lekin agar ap ki shadi nahi hui hai aur mani ki wajah se ap ke khialat shaitani ho gai hai tu behtar hai keh ap musht-zani ke zaria mani nikal de. aur os shaitani khialat se nijat pai.

Ham musht-zani ki kabhi bhi himatat nahi karte. lekin ham bar bar kahte hai keh agar musht zani gunah hai tu bhi yeh zana, blu film dekhne, internet porn site dekhne, girl friend se chat sex aur phone sex karne aur girl friend ko kiss aur foreplay karne jaise gunah se chota hai. bare gunah se bachne ke lia insan chota gunah kar sakta hai.

Ho sakta hai keh kuch log kahe keh ehtelam ke zaria mani ko nikalna chahia. un ke lia arz hai keh ehtelam ap ke ikhtiar mai nahi hai keh jab chaha ehtelam kar lia. ap par shaitani khialat sawar hai aur ap ko zana, girl friend ko kiss ya foreplay, blue film, internet porn site, chat sex phon sex karne ki khawahish ho rahi hai tu kia ap os waqt ehtelam ka intezar kare ge.

Bahar Hal Mushat-Zani ek Bohat hi bura kam hee is se bachna chaheyee. Or Allah tala See Dua Karna Chaheyee Keh Woh Hum Ko Sahi Rastee Per Chalnee Ki Tofeeq Dee oor Hum sab Ko Sahat Dee Or Achi Mani Dee.

This Page Is Written In English Language.

## **Guide to Self-Control Overcoming Masturbation**

### **Exercise Vigorously**

Follow a program of vigorous daily exercise, which reduce emotional tension and depression.

Double your physical activity when you feel stress increasing.

Set Goals

### **Set a goal of abstinence--**

Make a pocket calendar for a month on a small card. Carry it with you but show it to no one--

If you masturbate, color that day black. Your goal will be to have no black days.

The calendar becomes a strong visual reminder, and should be looked at when you are tempted to add another black day.

Keep your calendar up until you have at least three clear months.

Set up a reward system. Each time you reach a goal, award yourself a quarter. Spend it on something that delights you.

### **Work On Self-Improvement**

Work daily on a self-improvement program. Improve your relationships with your family. Increase your service to your Fellows, Masjid, Or Church etc.

Be outgoing and friendly. Force yourself to be with others and learn to enjoy working and talking with them.

Change in behavior and attitude is most easily achieved

### **through a changed self-image--**

Spend time every day imagining yourself strong and in control, easily overcoming tempting situations.

This Page Is Written In English Language.

### **Avoid Temptation**

When on the toilet or showering, leave the door partly open. Arise immediately in the mornings. Don't lie awake in bed -- start each day with enthusiastic activity. Avoid people, situations, pictures and reading material that might create sexual excitement.

### **Use Physical Restraints**

Wear pajamas that are difficult to open, yet loose and not binding. Put on several layers of clothing that would be difficult to remove while half asleep.

**Hold an object** -- for example, a Quran or Bible -- even in bed at night.

**In severe cases, tie a hand to the bed frame--**

### **Be Alert To Emotions**

Be aware of situations that depress you or that cause you to feel lonely, bored, frustrated or discouraged. These emotional states can trigger the desire to masturbate as a way of escape--Plan to counter these low periods through reading a book, visiting a friend, doing something athletic, etc.

**Employ aversion therapy.** To cancel out the pleasurable of masturbating, associate something very distasteful with the act. For example, imagine bathing in a tub of worms and eating some of them.

### **"Wet Dreams" Are Normal**

Nocturnal emissions or "wet dreams" empty the seminal vesicles at night during sleep. The impulses that cause the emptying come from the central nervous system.

This Page Is Written In English Language.

Often an erotic dream is experienced at the same time, and is a part of this normal process.

### **Steps In Overcoming Masturbation\***

"Be assured that you can be cured of your difficulty. Many have been, both male and female, and you can be also if you determine that it must be so.

This determination is the first step. That is where we begin. You must decide that you will end this practice, and when you make that decision, the problem will be greatly reduced at once. But it must be more than a hope or a wish, more than knowing that it is good for you. It must be actually a decision. If you truly make up your mind that you will be cured, then you will have the strength to resist any tendencies which you may have and any temptations which may come to you. After you have made this decision, then observe the following specific guidelines

### **Suggestions**

1. Pray 5 times Salah daily, ask for the gifts of the Spirit, that which will strengthen you against temptation. Pray fervently and out loud when the temptations are the strongest.
2. Follow a program of vigorous daily exercise. The exercises reduce emotional tension and depression and are absolutely basic to the solution of this problem. Double your physical activity when you feel stress increasing.
3. When the temptation to masturbate is strong, yell STOP to those thoughts as loudly as you can in your mind and then recite a prechosen Scripture or sing an inspirational hymn. It is important to turn your thoughts away from the selfish need to indulge.
4. Set goals of abstinence, begin with a day, then a week, month, year and finally commit to never doing it again. Until you

This Page Is Written In English Language.

commit yourself to \_never again\_ you will always be open to temptation.

5. Change in behavior and attitude is most easily achieved through a changed self-image. Spend time every day imagining yourself strong and in control, easily overcoming tempting situations.

6. Begin to work daily on a self-improvement program. Relate this plan to improving your Masjid's service, to improving your relationships with your family, Allah and others. Strive to enhance your strengths and talents.

7. Be outgoing and friendly. Force yourself to be with others and learn to enjoy working and talking to them. Use principles of developing friendships found in books such as How to Win Friends and Influence People by Dale Carnegie.

8. Be aware of situations that depress you or that cause you to feel lonely, bored, frustrated or discouraged. These emotional states can trigger the desire to masturbate as a way of escape. Plan in advance to counter these low periods through various activities, such as reading a book, visiting a friend, doing something athletic, etc.

9. Make a pocket calendar for a month on a small card. Carry it with you, but show it to no one. If you have a lapse of self control, color the day black. Your goal will be to have no black days. The calendar becomes a strong visual reminder of self control and should be looked at when you are tempted to add another black day. Keep your calendar up until you have at least three clear months.

10. A careful study will indicate you have had the problem at certain times and under certain conditions. Try and recall, in detail, what your particular times and conditions were. Now that you understand how it happens, plan to break the pattern through counter activities.

11. In the field of psychotherapy there is a very effective technique called aversion therapy.

This Page Is Written In English Language.

When we associate or think of something very distasteful with something which has been pleasurable, but undesirable, the distasteful thought and feeling will begin to cancel out that which was pleasurable. If you associate something very distasteful with your loss of self-control it will help you to stop the act. For example, if you are tempted to masturbate, think of having to bathe in a tub of worms, and eating several of them as you do the act.

12. During your toileting and shower activities leave the bathroom door or shower curtain partly open, to discourage being alone in total privacy. Take cool brief showers.

13. Arise immediately in the mornings. Do not lie in bed awake, no matter what time of day it is. Get up and do something. Start each day with an enthusiastic activity.

14. Keep your bladder empty. Refrain from drinking large amounts of fluids before retiring.

15. Reduce the amount of spices and condiments in your food. Eat as lightly as possible at night.

16. Wear pajamas that are difficult to open, yet loose and not binding.

17. Avoid people, situations, pictures or reading materials that might create sexual excitement.

18. It is sometimes helpful to have a physical object to use in overcoming this problem. A Book of Mormon, firmly held in hand, even in bed at night has proven helpful in extreme cases.

19. In very severe cases it may be necessary to tie a hand to the bed frame with a tie in order that the habit of masturbating in a semi-sleep condition can be broken. This can also be accomplished by wearing several layers of clothing which would be difficult to remove while half asleep.

20. Set up a reward system for your successes. It does not have to be a big reward. A quarter in a receptacle each time you overcome or reach a goal. Spend it on something which delights you and will be a continuing reminder of your progress.

This Page Is Written In English Language.

21. Do not let yourself return to any past habit or attitude patterns which were part of your problem. Satan never gives up. Be calmly and confidently on guard. Keep a positive mental attitude. You can win this fight! The joy and strength you will feel when you do will give your whole life a radiant and spiritual glow of satisfaction and fulfillment."

PAKEAGLE.COM