

# The Naked Truth of Pornography

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- **SYED MOHIBUR RAHAMAN**

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*The True Success in the light of Islaam*  
*Aagandi Aalochinchandi (Telugu).....a Pocket size book on Suicide.*

*May Allaah accept our service.*

**Foreword**

Humanbeing is not just a body. He is a bundle of instincts, beliefs, desires, thoughts and emotions/feelings which actually rule his actions. Out of all the emotions the most powerful one is 'Anger'. Similarly out of all the desires the strongest one is 'Sex' i.e., an act of mating.

**Strong appeal:** Sex is a very powerful instinct. It is true that Man and Woman have a perpetual appeal for each other. Their physical appearance, body shapes & proportions, colour complexions, looks, hair style, the aroma that comes out of the bodies, the touch, the smile, the expressions and the voice have a strong magnetic power.

**Two Sides of it:** The sexual act has two sides: 1) Biological- to give birth to a new life and 2) Psychic – a recreational one that gives a great amount of pleasure for both.

**Not a mere act of Pleasure:** Sex is not just for attaining pleasure. The real motive is not to just increase in lust, but to safeguard the relationship between the couple. The powerful argument to support this point is that the new born baby in the case of humanbeings is the weakest even when compared to that of the off-springs of the animals around us. The job of the couple doesn't get over by just giving birth, like in the case of animals. The baby demands parental support for quite a long time until it matures and stands by itself to face the various situations of the life.

**Humanbeing is the best of the creation and is the most intelligent creature. Sex is a matter of highest temptation. Hence such a powerful desire needs to be understood, satisfied in an ethical manner and subjugated.** If not, the humanbeings will use their intelligence and creativity in exploiting the various alternatives to have more and more of it. It will lead to moral decay and people will be reduced to lunatics, looking at each other as meat.



The intelligence with which we are bestowed will not be effectively utilized for higher purposes, if humanbeing is obsessed with 'Sex' all the time and as a result he will become less than a human and worse than a beast.

**Types of Sex:** The Psychologists of profound knowledge analyzed that there are two types of 'Sex'.

- 1) Normal/Natural- which is confined to a man and a woman after marriage. It is sacred, pure and healthy. It strengthens the society towards peaceful co-existence.
- 2) Abnormal/Unnatural- a perverted form of sex which includes fantasizing, cohabitation/prostitution and extramarital affairs. It weakens the society and creates chaos and disorder by closing the doors to ethics.

**Pornography and Sex:** Porn encourages the second type of Sex and paves way for the following destructive results:

1. Makes Marriage a mockery.
2. Leads to extramarital affairs.
3. Diminishes the trust between the couples and encourages Infidelity.
4. Makes real sex less enjoyable than the visual/imaginary/digital.
5. Leads to abortions and illegitimate children.
6. Kills concentration in other productive activities and pursuing worthy goals.
7. Person becomes a slave to his/her own passion and loses reason/ethics in the process.
8. Leads to character assassination, murders, suicides, rapes, divorces, Diseases (such as AIDS, Syphilis, Gonorrhea etc.), psychological disorders, incest and swapping of partners etc, making life miserable.

Sex will become a virtuous deed, if we eliminate Pornography and use our intelligence to the extent desirable in regulating

the urge for Sex and subjugate it by attaining satisfaction through the right means and staying in the permissible limits.

This book makes it clear to all the readers that there is a Solution for this Problem. So I humbly request every reader to read this book carefully without any prejudice and with an open mind. I hope you will gain the strength required to combat this epidemic.

At this juncture I thank all those people who have supported me in this cause by giving their valuable suggestions, especially my Father **Syed Akbar Basha**. My thanks are also due to the Publisher **Md. Rahmathullah Khan** of Tawheed Publications, Bangalore for his continuous support.

No doubt someone more competent than me would have done complete justice to the topic. I had the same feeling while writing the book "The True Success-in the light of Islaam" also.

Allaah commands Justice and the doing of good in the Last Testament Qur'aan, so I wanted to contribute to the best of my capacity to act upon this command and attain HIS Pleasure.

*"Allaah commands justice, the doing of good, and liberality to kith and kin, and HE forbids all shameful deeds, and injustice and rebellion: HE instructs you, that you may receive admonition."*

(Qur'aan 16: 90)

I pray to HIM that HE accepts this effort of mine and grant forgiveness to me, my parents, my family members, relatives and friends. At the same time I ask Allaah to give us the understanding, bring us together, keep us united and strengthen us to annihilate this evil from our society. (Aameen)

- **Syed Mohibur Rahaman**

MBA, MPhil, MA (Psychology)

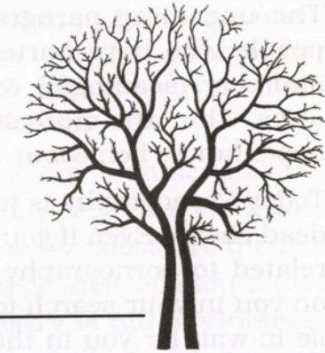
14<sup>th</sup> September, 2016



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## Introduction



Ours is a world where Pornography is a multi-billion dollar industry without a single incident of loss. Pornography is not considered as an evil in all those developed nations where both men and especially women are almost naked even in public places. It is actually encouraged in all those cultures where a Doctor is allowed to say that sexual openness is so healthy that it is good for a person's heart to be sexually charged up and watch some hardcore X-rated videos and images (of other women).

It is a fact that in those cultures, the statistics are deadly where people have taken nakedness as "Civilization", as "Modernization", as "Trend", as "Dynamism", as "Sophistication", as "Liberalization", as "a Sign of Equality" and as "Moving with the Times". Every type of crime (including the increasing number of illegitimate children) is increasing in those countries at an exponential rate (in Geometric Progression) and still they are boastful of what they believe and they propagate the same to others. They, acting as the social reformers and the preachers of equality have made many a people worse than the beasts. Their own statistics stand as a witness against their bombastic verbosity. No doubt they have wronged their own souls.



The upcoming paragraphs are meaningless to those people who have bartered modesty for shamelessness and very meaningful & thought provoking for sensible ones who are modest in their hearts, intentions, appearance, behaviour and speech.

Today Pornography is just a click away and has become dead cheap. Even if you don't search for any information related to pornography, you find it getting bombarded on you in your search for some other information. It will lie in wait for you in the Junk/ spam mails and as text messages on your mobiles from the private agencies who call themselves as chat messengers.

Porn is one of the major reasons today for increase in the Divorce, Prostitution, Crimes against women and small children, Psychological Disorders, Depression and even Suicides.

Porn kills the natural stimulants in the person indulging in it. People get desensitized by watching the porn images or videos or going through such literature. As it is the excitement that gets them to porn and when they don't find it in the already watched content then they will look for something more or something different or something very extreme or something totally unnatural, the next time. This is how porn spreads and gradually desensitizes people to vulgarity. This is how people's natural stimulants get killed or become dysfunctional.

The impact is so deep and so dangerous that **porn reduces all relationships to just males and females**. No Mother/Son, Father/Daughter, Brother/Sister, Aged/Little, Relative/Stranger as long as it is Sex. That's it.

Porn is not animalistic because even animals don't indulge in such things. **It is anti-human** as the intelligent humanbeings are not expected to get involved in such things.

On one hand the women of the porn industry get used, abused and discarded. On the other hand many innocent people (especially Females) of the society get victimized in different ways. So **it is anti-Woman** also.

However many people in the society assume that the porn is harmless, it provides only sex education and people who are involved in such acts/videos are the real lucky ones. Such people will change their opinion if they know the fact that the **porn industry is full of violence, drugs, abuse, humiliation, degradation and disease**. They will fight this drug called Porn if they read the stories of the Porn Stars (who left the industry) in their own painful words.

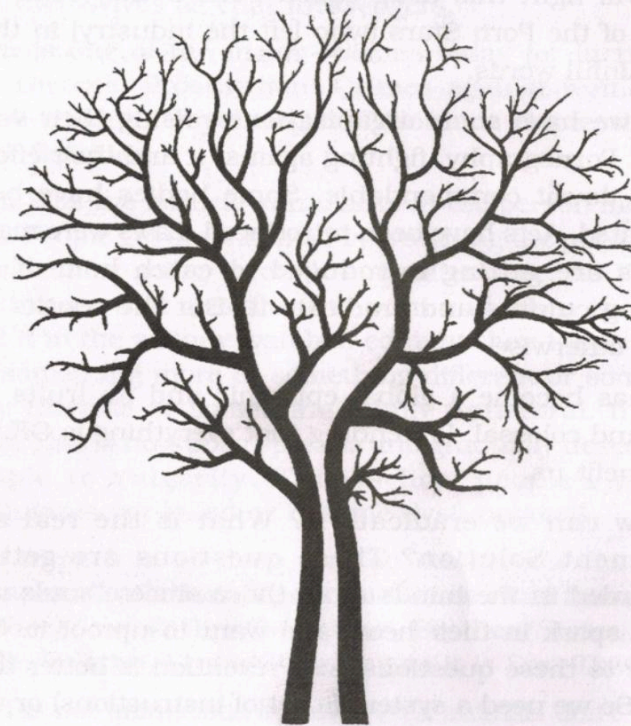
Today we have some organizations raising their voice against Pornography, fighting against it and their efforts are no doubt commendable. Some bodies have been formulated, Acts have been introduced, Laws were made, gadgets are getting introduced to catch hold of the involving culprits and eradicate it. But the results are saying otherwise.

Porn has become a global epidemic and its fruits are bitter and colossal. Pretending that everything is OK will not benefit us.

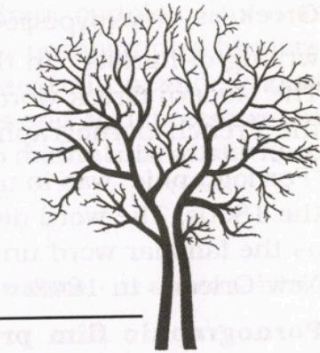
So how can we eradicate it? What is the real and permanent Solution? These questions are getting bombarded in the minds of all those sincere souls who have a spark in their heart and want to uproot it. One answer to these questions is: "Prevention is better than cure." So we need a system (a set of instructions) or way of life where we can shield ourselves from this kind of evil.



Hence it is high time that we come together, stay united and address this issue seriously. For this, **the first thing that we need to do is to have an awareness of it.** Awareness brings us clarity. Clarity enables Control. This book deals with the subject in such a manner that the reader will have a thorough understanding of what Pornography is (in all of its forms) and how best it can be attacked and defeated.



## *Porn & Its Engulfing Statistics*



**A. PORNOGRAPHY:** Oxford Dictionary defines it as: "The printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement".

Merriam-Webster's Learner's Dictionary defines it as : Movies, pictures, magazines, etc., that show or describe naked people or sex in a very open and direct way in order to cause sexual excitement.

Pornography may be presented in a variety of media, including books, magazines, postcards, photographs, sculpture, drawing, painting, animation, sound recording, film, video, and video games.

**B. ETYMOLOGY :** The word is similar to the Modern Greek πορνογραφία (pornographia), which derives from the Greek words πόρνη (porne = "prostitute") and πορνεία (porneia = "prostitution"), and γράφειν (graphein = "to write or to record", derived meaning "illustration"), thus meaning "a written description or illustration of prostitutes or prostitution".

No date is known for the first use of the word in Greek; the earliest attested, most related word one could find in



Greek, is πορνόγραφος, pornographos, i.e. "some one writing of harlots", in the Deipnosophists of Athenaeus. The Modern Greek word pornographia is a translation of the French pornographie.

"Pornographie" was in use in the French language during the 1800s. The word did not enter the English language as the familiar word until 1857 or as a French import in New Orleans in 1842.

**Pornographic film production commenced almost immediately after the invention of the motion picture in 1895.** [ Source: <https://en.wikipedia.org/wiki/Pornography>]

### C. THE HORRIFYING STATISTICS:

1. **A Report by Webroot.com:** "Internet pornography by the numbers; a significant threat to society" and gives the following details:

The societal costs of pornography are staggering. The financial cost to business productivity in the U.S. alone is estimated at \$16.9 Billion annually; but the human toll, particularly among our youth and in our families, is far greater.

According to Patrick F. Fagan, Ph.D, Psychologist and former Deputy Assistant Health and Human Services Secretary, "two recent reports, one by the American Psychological Association on hyper-sexualized girls, and the other by the National Campaign to Prevent Teen Pregnancy on the pornographic content of phone texting among teenagers, make clear that the digital revolution is being used by younger and younger children to dismantle the barriers that channel sexuality into family life.

Pornography hurts adults, children, couples, families, and society. Among adolescents, pornography hinders the development of a healthy sexuality, and among adults, it distorts sexual attitudes and social realities. In families, pornography use leads to marital dissatisfaction, infidelity, separation, and divorce."

### General pornography stats :

- ★ **Every second 28,258 users** are watching pornography on the internet.
- ★ Every second \$3,075.64 is being spent on pornography on the internet.
- ★ Every second 372 people are typing the word "adult" into search engines.
- ★ 40 million American people regularly visit porn sites.
- ★ 35% of all internet downloads are related to pornography.
- ★ 25% of all search engine queries are related to pornography, or about 68 million search queries a day.
- ★ **One third of porn viewers are women.**
- ★ Search engines get **116,000 queries every day related to child pornography.**
- ★ 34% of internet users have experienced unwanted exposure to pornographic content through ads, pop up ads, misdirected links or emails.
- ★ 2.5 billion emails sent or received every day contain porn.
- ★ **Every 39 minutes a new pornography video is being created in US alone.**
- ★ About 200,000 Americans are "porn addicts".



### **Youth Pornography stats:**

- ★ Teenagers with frequent exposure to sexual content on TV have a substantially greater likelihood of teenage pregnancy; and the likelihood of teen pregnancy was twice as high when the quantity of sexual content exposure within the viewing episodes was high.
- ★ **Pornography viewing by teens disorients them** during the developmental phase when they have to learn how to handle their sexuality and when they are most vulnerable to uncertainty about their sexual beliefs and moral values.
- ★ A significant relationship also exists among teens between frequent pornography use and feelings of loneliness, including major depression.
- ★ Adolescents exposed to high levels of pornography have lower levels of sexual self-esteem.

### **Family/Marital Pornography stats:**

- ★ According to National Coalition for the Protection of Children & Families, 2010, 47% of families in the United States reported that pornography is a problem in their home.
- ★ Pornography use increases the marital infidelity rate by more than 300% .
- ★ **40 percent of “sex addicts” lose their spouses, 58 percent suffer considerable financial losses, and about a third lose their jobs.**
- ★ 68% of divorce cases involve one party meeting a new paramour over the internet while 56% involve one party having an “obsessive interest” in pornographic websites.

(Hold on. The statistics quoted here are not recent and not Global.)

2. **Another Report says:** 24 Million Porn sites, 68 million daily searches for pornography, 420 million pages, 72 million visit pornography regularly every month, 13000 porn videos are produced every year and 28000 viewers every second. Several thousands are looking for child pornography. **Generating 3000 dollars per second and is a 13.3 Billion dollar industry which means it is bigger than Amazon, Microsoft and other big firms.**

### **3. Pornography Statistics Annual Report 2016 by Covenant Eyes:**

It gives so many details in its report out of which only certain things are taken for the purpose of this book. For more and detailed information please refer: Pornography Statistics 250+ facts, quotes, and statistics about pornography use (2015 Edition) of [www.covenanteyes.com](http://www.covenanteyes.com)

#### **Porn Searches:**

By 2017, a quarter of a billion people are expected to be accessing mobile adult content from their phones or tablets, an increase of more than 30% from 2013. Mobile adult video-chat alone will have a compound annual growth rate of 25%.

#### **Porn Content Stats:**

- ★ The number of searches for pornography since the start of 2015 are: 3,839,765,342 (as on 14<sup>th</sup> September 2016).
- ★ **1 in 5 mobile searches are for pornography.**
- ★ 24% of smartphone owners admit to having pornographic material on their mobile handset.



### The Porn Industry Stats:

- ★ The porn industry generates \$13 billion each year in the US.
- ★ Internet porn alone is a \$3 Billion per year business.
- ★ 79% of porn performers have used marijuana, and 50% have used ecstasy.
- ★ **88% of scenes in porn films contain acts of physical aggression and 49% of scenes contain verbal aggression.**
- ★ 32% of adult membership websites and 58% of free adult websites come from outside the U.S.
- ★ Have a great density of young people (age 15-24).
- ★ Have a higher proportion of people with undergraduate degrees.

### Porn and the Teens :

"Never before in the history of telecommunications media in the United States has so much indecent (and obscene) material been so easily accessible by so many minors in so many American homes with so few restrictions."

- U.S. Department of Justice

Research reveals many systemic effects of Internet Pornography that are undermining an already vulnerable culture of marriage and family. **Even more disturbing is the fact that the first Internet generations have not reached full maturity, so the upper limits of this impact have yet to be realized**". - Jill Manning, Sociologist (Licensed Marriage & Family Therapist and Certified Clinical Partner Specialist from USA)

### Porn and Your Teens Stats:

- ★ 9 out of 10 boys are exposed to pornography before the age of 18.
- ★ The first exposure to pornography among men is 12 years old, on average.
- ★ 71% of teens hide online behaviour from their parents.
- ★ 28% of 16-17 year olds have been unintentionally exposed to porn online.
- ★ 20% of 16-year-olds and 30% of 17-year-olds have received a sext.

### On an average...

- ★ 6 out of 10 girls are exposed to pornography before the age of 18.
- ★ 15% of boys and 9% of girls have seen child pornography.
- ★ 32% of boys and 18% of girls have seen bestiality online.
- ★ 39% of boys and 23% of girls have seen sexual bondage online.
- ★ 83% of boys and 57% of girls have seen group sex online.
- ★ 69% of boys and 55% of girls have seen same-sex intercourse online.

### Porn and Young Adults :

Among young adults today, **porn use is not the exception. It is the norm.**



### **Porn and Marriage:**

"I have also seen in my clinical experience that pornography damages the sexual performance of the viewers. Pornography viewers tend to have problems with premature ejaculation and erectile dysfunction. Having spent so much time in unnatural sexual experiences with paper, celluloid and cyberspace, they seem to **find it difficult to have sex with a real human being**. Pornography is raising their expectation and demand for types and amounts of sexual experiences; at the same time it is reducing their ability to experience sex."

- Dr. Mary Anne Layden (from the University of Pennsylvania)

68% of divorce cases involved one party meeting a new lover over the Internet.

56% of divorce cases involved one party having an obsessive interest in pornographic websites.

Men are more than 543% more likely to look at porn than women.

70% of wives of sex addicts could be diagnosed with PTSD (Post Traumatic Stress Disorder).

[**Note:** PTSD is a mental health condition triggered by experiencing or seeing a terrifying event. This means **porn casts terror in our hearts** and is terrifying in nature. The real pain is that PTSD can't be cured, treatment may help but usually it will last for years and is chronic.]

Those who have ever engaged in paid sex are 270% more likely to look at porn.

Those who have ever committed adultery are 218% more likely to look at porn.

**Porn & Sex Education:** "Pornography, by its very nature, is an equal opportunity toxin. **It damages the viewer, the performer, and the spouses and the children of the viewers and the performers. It is toxic miseducation** about sex and relationships. It is more toxic. The more you consume, the 'harder' the variety you consume and the younger and more vulnerable the consumer."

- Dr. Mary Anne Layden

"In men, prolonged exposure to pornography creates and enhances sexual callousness toward women and **loss of respect for female sexual autonomy and the disinhibition of men in the expression of aggression against women.**"

- Dr. James B. Weaver

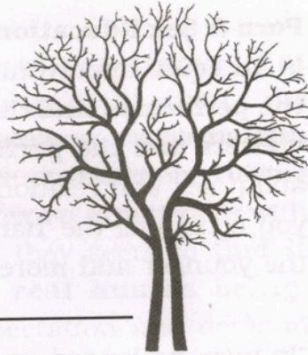
It spreads the belief that superior sexual satisfaction is attainable without having affection for one's partner, thereby **reinforcing the commoditization of sex and the objectification of humans.**

The details go on and on. There is no full stop to how negatively it is affecting and how many are getting affected. It is very difficult to even find out the exact numbers that too on a global level because most of the industry is privately owned and there are no agreed-upon definitions for what is vulgar/ indecent and what is not, though the consequences of our actions are pellucid.

So the task on hand is to **Wakeup** (be vigilant of the evil consequences)- **take responsibility** (be Accountable for one's actions) - **Keep Purifying** oneself (by acting upon the right knowledge)- **Standup** (together) and **Fight** (with the evil)-**so that Peace can be established on earth.**



## *The Sad Reality*



With all the statistics quoted in the previous pages, the reality is that the **Porn has become Fun, has become a source of entertainment and a boredom buster.**

Some people even argue that mere watching porn will not make them rapists. These are the same people who say: **"Just see and Enjoy"** (when they come across a scantily clad female). If somebody tries to correct their behaviour, they will argue that the women who dressed up in such manner actually want the men to stare at their body parts and comment.

**However, the reality is almost all the rapists who were proved guilty of raping women were porn addicts.** They are not only raping women but killing them. These rapists (porn addicts) get angry if the women go against their sexual advances, so they rape, kill the victims and throw them away as if they are worth nothing.

**The Truth is that the people who regularly get exposed to the various forms of porn will get desensitized to the vulgarity and violence against the women.** They stop being empathetic. They take it as their right to rape the females around them.

### **Here are the real sad examples of two victims:**

**1) Incident of gang rape:** On 16 December 2012, in New Delhi the Capital city of India, the 23-year-old woman had been to see a film, the Life of Pi, with a male friend. At 8.30 PM they boarded an off-duty bus, with six men on board, five adults and a juvenile. The men beat the friend and each raped the woman in turns, before assaulting her viciously with an iron instrument.

Leslee Udwin (a British filmmaker, actress, and producer who made a Documentary titled "India's Daughter") quotes what one of the culprits, Mukesh Singh said in the interview:

"A decent girl won't roam around at nine o'clock at night. A girl is far more responsible for rape than a boy. Housework and housekeeping is for girls, not roaming in discos and bars at night doing wrong things, wearing wrong clothes. About 20% of girls are good. People "had a right to teach them a lesson" he suggested - and he said the woman should have put up with it.

When asked about his view on the Death penalty he said: "The death penalty will make things even more dangerous for girls. Now when they rape, they won't leave the girl like we did. They will kill her. Before, they would rape and say, 'Leave her, she won't tell anyone.' Now when they rape, especially the criminal types, they will just kill the girl."

**There was no remorse on his face even when the long and shocking list of injuries of the young woman that she sustained were read out to him.**

He further said: **"When being raped, she shouldn't fight back. She should just be silent and allow the rape.** Then they'd have dropped her off after 'doing her', and only hit the boy."



**2) Another incident of child abuse:** Another man by name Gaurav, had raped a five-year-old girl. He was interviewed by Leslee Udwin, who spent three hours filming his interview as he recounted in explicit detail how he had muffled her screams with his big hand.

He was sitting throughout the interview and had a half-smile playing on his lips throughout - his nervousness in the presence of a camera, perhaps. At one point she asked him to tell her how tall she was. He stood up, and with his eerie half-smile indicated a height around his knees.

When she asked him how he could cross the line from imagining what he wanted to do, to actually doing it - given her height, her eyes, her screams - he looked at her as though she was crazy for even asking the question and said: **"She was beggar girl. Her life was of no value."**

Keeping the above incidents aside, adding fuel to the fire **the child sex taboo has been broken with the introduction of G-strings and bikinis for small girls of 8 to 10 years of age also.** This in turn is **resulting in children posting their seminude or nude images of themselves on the social media.** No surprise there is child porn and children are getting sexually abused, who actually need to be protected, guided and shaped as the best humanbeings.

Almost every week we hear to such news being telecasted and published in the newspapers. Only a few cases are reported and telecasted. Whereas **in most of the cases which go unreported the victims silently bear the torture for the life-time,** out of either shame or fear or lack of faith in the prevailing system around them.

**Still we find some people speaking in favour of the porn and coming up with some supporting arguments.**

**Porn deserves Scorn:** With the advent of porn and increase in it, **people are getting sexually charged up.** Even the young students are getting obsessed with the same. They are **losing interest in those things which actually brighten their future.** They are just becoming prey to their own temptations. Students have made vulgarity an inevitable part of their speech. Rarely do we come across people (including the young students) who maintain the dignity and decorum in their speech and behaviour.

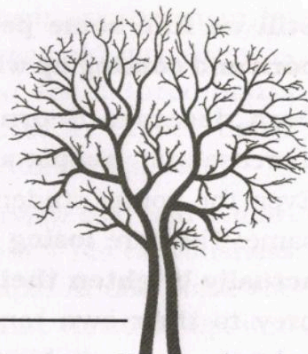
**When people get desensitized to vulgarity of speech then obviously 'Porn' will not appear as a very serious problem at all.** It's like people who drink liquor (even if occasionally) don't fight for complete Prohibition. Similarly people who take little amounts of bribe don't speak against the National and Global Scams.

However in certain circumstances, if a person uses any vulgar word against any other person then the latter can sue the former or get him penalized. But **vulgarity, humiliation and scorning/abusing are interwoven with porn and people expect it to be there (as they are getting desensitized).** **This shows the amount of corrosion of modesty.**

(May we be properly guided and stop oppressing each other and take the utmost care of the people in general and small children & women in particular.)



## *The Gradual Desensitization*



**The Role of TV, Movies & Internet:** No doubt the Technology represents the manifestation of human intelligence and it can be properly utilized. Please note that the upcoming paragraphs are not against Technology but definitely against the misuse of it.

What will be our response to the following? :

- ★ If a person has to knock on our door and tell us: "I would like to use your private room to commit adultery." Or
- ★ A group of people request us: "We would like to use your home to gamble and enjoy our liquor." Or
- ★ A couple of teenagers request us: "We would act kissing each other and we want to enjoy our Life, but we want others to learn from us that they should not live like us." Or
- ★ A group of youngsters tell us: "We have chosen your home as a venue for our partying, dancing, drug-taking and fornicating."

We will get infuriated and will express disgust on hearing such requests. However, most of us watch all the above things on TV and in the theatres. **There is so much of adultery, partying and other filth that we seem to just welcome into our homes - least realizing the consequences.** Even that seems to be not enough as

people even hire DVDs of films, download porn from the Internet on their smart phones and watch regularly. And remember they have cable connection (Dish Antenna) which is ever ready to keep them busy throughout.

Even the Censor Boards of the Film Industry seem to have lost their reason for existence today, as every vulgar thing is allowed with a certificate to it. People are trying to convince each other that the people aged 18 and above are eligible and have a right to watch all forms of vulgarity.

The outcome is parents find their own children getting diverted and destroyed. Even toddlers don't want to go to school. They either would like to play video games or watch movies. **What they thought as just a source of entertainment has now ruined the whole family and its dreams.** They were actually deaf, dumb and blind to the consequences of the actions and beliefs which they fostered.

The fruit today is that by the age of 11-16, 80 % of the children are getting exposed to some form of porn. **Children grow up listening to vulgar songs played by their own parents at homes. They are encouraged to go for music and dance classes, where these children get desensitized to vulgarity in stages.** When their parents face the evil consequences of their own training they break their heads and the most pathetic thing is that they don't even understand the connection between the consequences and their own wrong actions which they pursue religiously.

A culture is getting adapted where we find even some of the young girls getting desensitized to such an extent that today we have videos on social media with the following content:



1. Some ladies of modern generation from the metropolitan cities are stating that there is no need for protecting Virginity and maintaining chastity. They are even questioning as to **why all the enjoyment for only Males!** (People are getting corrupted to this extent.)
2. There are videos in which they are openly talking about sex, masturbation and fornication (all in the name of fun, enjoyment and part of life).

**The new & ugly face of Friendship:** Young women are getting attracted to those men (classmates or peers) who stare at other women in their presence, describe their features and discuss the matters related to sex openly (with the title of adult or non-veg jokes) with them. Men (with disease in their hearts) too are fond of those women who cut adult jokes. Not only males even some college girls and young females are found smoking, drinking liquor, making videos of such things and uploading them on social media.

**Poor Modeling:** Further some people who cross all the limits of decency for the sake of name and money are labeled as celebrities these days. **Their shameless acts are labeled as boldness.** Every now and then the news comes about them on various channels that they were caught in some sex racket, making blue films, selling drugs and doing many other indecent things. Ironically they are appointed as brand ambassadors for some businesses, invited as guests to open the shopping malls and for the functions in some of the educational institutes. Obviously when elderly people look up to these people as achievers, the younger generation also will try to imitate the behaviours, dressing and mannerisms of these celebrities.

In the developed countries like America and UK, the situation has become so worse that there was an article published some years back that the prostitutes were very much worried about what to wear to get identified as prostitutes by their customers. From this one can imagine the magnitude of licentiousness prevailing in those countries.

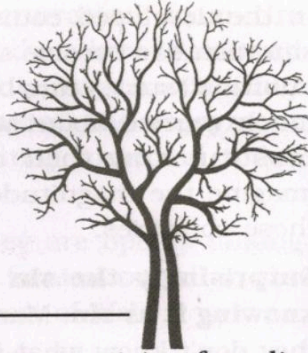
**Surprisingly the sin is not committed these days knowing it as sin.** Many people are committing because they don't know what is right and what is wrong. They get the support from the confused people around us who always say (Not knowing where it can be actually used and what exactly it means): "It all depends upon how you take it." The perpetrators are assuming that whatever is accepted in the society can be committed. We know that whatever is accepted will continue and grows as a Culture.

The number of people who are getting involved in such things are increasing day by day. **These things which start as fun/thrill later takes dangerous turns in their lives and prove very destructive to their own career and even their family life gets ruined incorrigibly.**

(Let us gain proper understanding as to what is right and what is wrong; help each other in making this world a better place to live.)



## Forms of Pornography



Pornography may be presented in a variety of media, including books, magazines, postcards, photographs, sculpture, drawing, painting, animation, sound recording, film, video, and video games.

The following are various forms and the transporters of it:

1. Magazines & Tabloids (With Indecent images & descriptions)
2. Billboards (in the name of Advertising where women are used as commodities)
3. Ads on TV (with improper dressing & Vulgar mannerisms)
4. Improper Dressing in the surrounding society (in the name of Fashion)
5. Massage Centers & Beauty Parlors (Where prostitution takes place secretly)
6. Provoking Images (including drawings, paintings and sculptures in the name of Art)
7. Music (with vulgar lyrics)
8. Videos (with vulgarity)

All forms of Pornography in this Modern era are entering our minds through various media and most prominently through Blue tooth, Internet and Smart phones.

**Cheap (and commercial) attitude of the Makers of the Porn:** They come up with new ideas every time to keep their customers excited and attracted to porn and more porn. They come up with different titles wherein no relationship is overlooked. Similarly there are videos with other titles such as: Gang Rape, Group Sex, Sex Chat, Sex scandal, MMS Scandal, Celebrity Sex, Homemade Sex videos, Sex on CC Cameras or Public Parks, Romantic Short Films, Crime Serials etc.

**As a person watches one level of porn he gets used to that and that level of porn will not excite him anymore.** He will search or try for more vulgar to get excited again. This is the reason why, today we have Bestial Porn, Incest Porn and even the child Porn.

With so much of the surrounding porn, do you know what the outcome is?

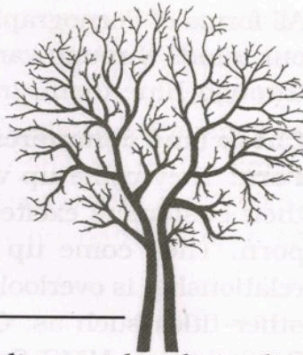
It has become common. People have become blind and mute to it. It has become a norm.

**Unfortunately to reduce the cases of child abuse and the crimes against the females, people are trying to look at other irrelevant things rather than attacking and annihilating Porn from the society.**

(May we gain understanding; protect each other from this cataclysm.)



## *Porn – The Destructive Addiction*



Pornography has various forms as discussed in the earlier pages. However, the most destructive and the most easily accessible and cheaper forms are the images, audios and videos which are getting circulated on the smart phones and on the computers via Internet in a blink. In today's scenario they have become a calamity for the entire world.

So the reader will find that the following paragraphs as more related and applicable to the above mentioned forms of Porn.

### **Basic Modus operandi:**

Business firms advertise their products and services so that they can influence the consumer behaviour in a positive way. Look at the hoardings and Bill boards. Recall the ads.

For example a Soft drink firm's ad contains a model holding a bottle of soft drink in his/her hand and drinking it. Bright colours will be used and the models will appear enjoying the drink. *The colours used and the expressions of the models stimulate the viewers of the bill boards to go for that drink and enjoy the taste of it. The end result is sales will increase and the purpose of advertising will be served.*

How does it really happen? **Advertising will influence the consumer behaviour in such a way that he/she will imagine himself/herself in the place of the model and visualize himself/herself enjoying the taste of the drink.** Then he/she will think of enjoying the drink in reality and hence goes for the drink. If this is not going to happen then no wise businessman will spend on advertising.

**Same is the case with the vulgar movies/videos.** Students and elders, who watch such movies and look at posters get stimulated and sexually excited (aroused) quite naturally. A significant percentage of **the vulnerable amongst them may exploit all the ways to materialize their desires and satisfy themselves at the earliest without wasting any time.**

### **Porn on Brain (The role of Dopamine):**

**'Dopamine' is the neurotransmitter that gives us euphoric state.** It gets released when we do what we like or when anything happens which we like. It is a feel good factor. The same dopamine is attached to the pornography because of which addiction takes place.

**When a person goes through a porn video or image or vulgar literature, the dopamine gets released. This will result in a euphoric state** and the person may even resort to self-pleasuring to reach the orgasm.

A person addicted to a particular thing will try to get the same feeling or more of it every single time he indulges in a thing to which he is addicted. So he indulges in more of such a thing and more number of times to have that good (so-called) feeling. He even will search for the various other varieties or forms of it because the same thing will not be satisfying him. If he indulges in the



same thing then that high feeling that he used to get may disappear and that will go against the very purpose for which he was actually indulging in such an act.

**Porn is more destructive than cocaine:** Porn is so addictive **because the addicts of it continue to stay in that high feeling state or the state of arousal without climaxing for a significant time.** Every time this happens, the addict will get more pulled towards it as it gives him more pleasure and the pleasure can be sustained for quite a time.

Every time a person watches porn it results in a chemical reaction in the brain. With more and more indulgence the chemical pathways are formed in the brain. Porn leaves its own traces in the brain that they don't disappear at all. As a result new neural connections will be formed in the brain. And the dangerous programming or the conditioning will take place.

**Porn is more or less permanent:** The research says that the Porn is more dangerous than cocaine. It is a more powerful drug. It is easy to give up cocaine than porn. It is so addictive. People can be cleansed off cocaine through detoxification but the porn content (as literature, words, images, sounds & videos) remains more or less permanently in the brain.

**The Coolidge effect:** In Biology and Psychology there is a concept discussed called the Coolidge effect. It is a phenomenon seen in mammalian species whereby males (and to a lesser extent females) exhibit renewed sexual interest if introduced to new receptive sexual partners, even after cessation of sex with prior but still available sexual partners.

**The Experiment** (briefly): What happens when you drop a male rat into a cage with a receptive female rat? First, you see a frenzy of copulation. Then, progressively, the male tires of that particular female. Even if she wants more, he has had enough. However, replace the original female with a fresh one, and the male immediately revives and gallantly struggles to fertilize her. You can repeat this process with fresh females until he is completely wiped out.

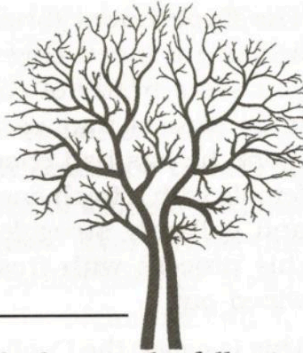
This is called the Coolidge effect—the automatic response to novel mates. Interestingly, men ejaculate more motile sperm and they do it more quickly when they view a novel porn star. This powerful automatic response to erotic novelty is what makes the person more hooked on internet porn.

**The wicked minds of Porn Industry actually make use of the same Coolidge effect. Every time new stories, new themes, and new characters are introduced so that the watchers get more thrill or excitement.** The reason is the same porn star or the same content will not help in releasing the same or more amount of dopamine, as expected by the porn addict. So every time they go for more and more extreme and more different to the previous ones. It is so viciously destructive in terms of its impact.

(May we gain understanding and help each other in protecting our chastity.)



## Symptoms of Porn addiction



Porn addicts are usually found to be having the following symptoms. It's not necessary that they should have all of them. At the same time, **just by virtue of the presence of the following symptoms, one should not conclude the possessor as a Porn Addict** without proper verification and scrutiny.

- ★ Remain preoccupied/ obsessed with sexual thoughts.
- ★ Become short/ill tempered.
- ★ Lack in confidence and self-esteem also.
- ★ Will have low motivational levels.

If the Dopamine mechanism (Feel good Mechanism) is related to only pornography then 'only porn' will motivate such a person and he will indulge more and more into it until he gets destroyed.

- ★ No interest in achieving things or setting targets and pursuing them.
- ★ Avoid social interactions.
- ★ Prefer leisure/lax/isolation. (Of course gets connected to other porn addicts)
- ★ Demonstrate fickle mindedness.

- ★ Get affected by the feelings of guilt, secrecy and fear.
- ★ Get depressed easily.
- ★ Will become less empathetic towards others.
- ★ Develop criminal attitude.
- ★ Some even develop suicidal tendency.

There are some other symptoms which are found in the married such as:

- ★ Lose interest in their spouse.
- ★ Start disrespecting their spouse.
- ★ Premature ejaculation (in the case of males).
- ★ Start doubting their spouse.

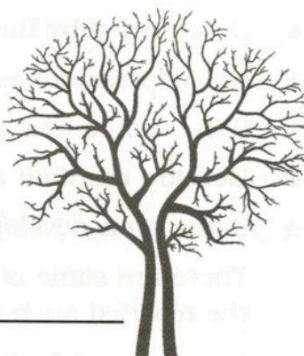
We all know pretty well that humanbeing is the most intelligent creature and is the best of the creation. Such a humanbeing **leads a dull and docile life, without challenging targets**, which match his/her caliber. Instead of demonstrating shrewdness and patience which match the intelligence, he/she **develops an irritable mood and becomes harmful to self and the society**.

On the other hand we all agree to the fact that 'Family' is the basic unit of the 'Society'. Porn destroys the entire society by tearing apart the members of the families. **Instead of finding peace and solace in the married life the couples will try avoiding each other and curse themselves.**

(May we value and strengthen our relationships.)



## *The Perilous Fruits of Porn*



Porn is a huge cataclysm. It affects the individuals and the society on a large scale.

**Most of the Porn is fake but the fruits are real, bitter and long-lasting:** Most of the content is fake and cooked up. Even if you take the shooting of its videos, they would be like any other film shooting. **Actors will be given makeup, scripts are prepared, emotions are acted and a camera is used to give high quality and cover particular angles to make the scene look more erotic.**

The same scene will be reshot until it matches the expectations of that film director.

To cut it short all the things that we see including their expressions are false and nothing is real except the people and things that are used. In other words, the real things are used to give the false output. (No doubt some videos are secretly shot and are real. That way Porn is unethical to the root of it.)

Some of the consequences are already discussed in terms of statistics and symptoms in the previous pages. So the reader may find repetition of certain things.

**I. Physical:** It's a fact that Health is the most important factor that affects the performance. Such health will get destroyed as Porn is dangerously addictive and will lead to overindulgence, which in turn spoils the health of the individual.

**The vicious connection of desires and over-Indulgence:** Sex is a basic instinct. It's a powerful desire and needs to be subjugated. Moderation is the key. Whereas adding more and more fire to it will destroy us completely. Further **with too much of indulgence, the desire will increase and will never be satiated.** This in turn makes the Porn-addict to go for more and more which in turn will ruin the health.

**II. Psychological:** The individual becomes completely obsessed of sexual thoughts. Porn affects his Perception (one's way of looking at things) which in turn affects the decision making ability. **The Porn-addict's discernment (the ability to distinguish between the right and wrong) also gets distorted.**

The Personality (behaviour) gets affected in the following ways:

1. Will makes him lose balance/control. The behaviour will become unpredictable.
2. Will make him less generous and more selfish.
3. Will make him short-tempered and violent.
4. Affects the Concentration negatively. Students will not be able to concentrate on anything else.
5. The addicts will prefer to travel in the fake digital world to the real one.
6. Students will fail in exams owing to lack of concentration.



7. Students will lose their motivation to work hard/prepare and achieve something significant for which they are actually capable.
8. As there is a huge scope for the possibility of reputational damage, the Porn-addicts develop secretive and self-deceptive behaviour.
9. Their Inter-personal skills get affected. As a result the Porn-addicts will avoid social interactions and public demonstrations. (Of course they will be in touch with their porn related associations.)
10. **Men will be busy inventing various ways of lewdness and labeling them as fashion**, which will in turn be accepted and incorporated by some women.
11. **Women will exploit the artificial ways of looking beautiful** and will spend more on their cosmetics and dressing in order to keep their men attracted to them. Some will even try surgeries of their body parts to look more beautiful so that they can satisfy the sexual urge of their men.

**III. Socio-Cultural:** Porn will **rip-off the spiritual component involved in sex and will reduce it to a physical one**. As a result the family system gets destroyed. People will lose faith and interest in Marriage and leading a pure family life. Prostitution becomes tempting and cheap. Already we find prostitution with a different label (name) called Co-habitation replacing the Marriage system in some societies. **Relationships will become volatile and lacking in compassion for each other**. The duties and rights in the relationship will be undermined and neglected.

**Porn spreads lies and rumours in the society.** People will get confused as to what to believe. Vulgar language and vulgar expressions will become the norm.

**Husbands will lose interest in their own wives.** Their wives become boring for them. Their women don't excite them unless and until they enact in some manner or the other like the porn stars. They force their women to have unnatural sex. A significant number of male porn addicts become prey to PIED (Porn Induced Erectile Dysfunction) as they find more enjoyment in watching the porn than in getting involved with their own wives. **The real love and the tranquility that both the partners enjoy in the marital relationship will be lost.** It will get reduced to just a physical thing. As a result **their wives become porn widows**.

**IV. Financial:** Huge money will be squandered on the fashionable (so-called) clothes, cosmetics and surgeries. Some will resort to liquor, drugs and steroids to have more stamina, so that they can indulge more. Globally most of the capital that gets invested in the business (Porn industry) though profitable is detrimental to the welfare of the people. In pure commercial point of view it will be very profitable, as Pornography is a huge industry. Whereas in terms of its impact on the prosperity of the human race, it is absolutely correct to conclude that **every penny invested will act against the welfare of the mankind**.

**V. Spiritual:** Porn encourages the perverted form of sex, wherein the aspect of love will be neglected and lust will be at its peak. People and relations around will get reduced to just males and females. As a result **everyone**



**around becomes just meat for the porn addicts.** That's why they even discard/throw the victims away after using them (as meat). Relationships will become shallow. **Humanbeings will treat each other as objects.**

Humanbeing in reality is a combination of a Soul, Mind and Body. Whereas Pornography desensitizes the human to a point that, **he acts as if he is just a Body with Mind.** Whatever gives him pleasure will be the only matter of interest for him. No ethics, no morals. He will lose the discerning ability and stop checking for what is ethical or unethical. The wonderful qualities of a humanbeing such as Patience, Perseverance, Compassion, Sacrifice and Gentleness will be undermined and selfishness, immorality, impatience and vulgarity will replace them, making him less than a human.

**Porn will enslave its addicts:** Cocaine can be removed from the body through detoxification but it is almost impossible to completely erase the pornographic content from the mind. In other words **it will enslave the person so seriously that a sudden and unintentional gaze on such things will trigger the whole issue back and makes the victim do such ugly things,** indulging in which should actually make him more regretful than in the past.

Thus the person will become impure Physically (Health-wise), Psychologically (Thoughts-wise), Culturally and Spiritually (Beliefs, intentions and desires-wise) also.

In a nut shell, **Porn leads to global exploitation of both the genders and their vulnerability.** It is highly time consuming. It's a disaster and dangerously addictive. It will make us less than human and worse than beasts.

**Pornography is like Alcoholism:** It steals billions of dollars and its victims are there among the rich and poor alike. It is widely spread out in all the demographics. It is **the most profitable venture in the world.** It is very powerful than all the combined armies of the world.

#### **What does it give in return?**

It is more destructive than an atom bomb or a worldwide war. It has wrecked more homes and hearts than all the natural mishaps and accidents put together. It gives diseases, disorders, insecurity and illegitimate children.

- It encourages vulgarity, prostitution, drug addiction, infidelity and destroys the relationships.
- It makes the Prostitution cheap and Marriage system unattractive.
- It kills creativity and results in misuse of human intelligence.
- It adds to Rapes, Suicides and Murders.
- It takes away the Peace from our lives and establishes confusion.

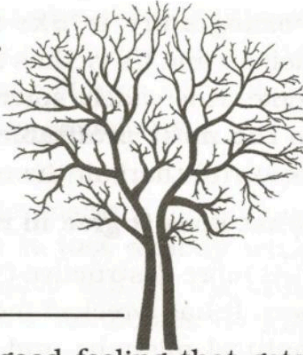
**Now it is up to us to decide, whether we need all these things and be happy with the money that it generates or do something about it seriously?**

Is it a good bargain that we are doing?

(May we accumulate the strength to change those things which can be changed and the wisdom to know the difference between what can be changed and what cannot be.)



*Porn destroys Pride,  
Self-Esteem,  
Self-Confidence &  
Character*



**A. Porn on Pride:** Pride is the good feeling that gets generated while doing a particular thing. Pride is a combination of pleasure and humility. When pride crosses limits, it is called ego. Ego is a combination of pleasure and arrogance.

Pride gives the winning edge. Excellence gets manifested only when the performer takes pride in giving his best.

Porn makes the person obsessed with sexual thoughts. **The feeling of achievement and striving for excellence will have no value for the porn addict.** He will become dull and docile as most of his energy usually gets channelized in the wrong direction. **Such a person will not pursue any serious goals, so will not demonstrate pride.** As a consequence he achieves nothing significant in Life.

**B. Porn on Self-Esteem & Self Confidence:** Self-Esteem is a great feeling that gets generated when a person knows what is good/right and acts upon it. It's a known fact that when we know what is correct in a situation and don't act upon it then we develop guilty feeling. Instead of Self-Esteem, **a porn addict will develop guilty feeling as he knows that the act in which he is indulging is immoral.**

Self Confidence is a combination of Self-Efficacy and Self-Esteem. Self-Efficacy is one's belief in one's ability to

succeed in specific situations or accomplish a task. One's sense of self-efficacy can play a major role in how one approaches goals, tasks, and challenges. Self-efficacy is that part of confidence which comes out of practice or mastering a skill.

A porn addict, lacking in concentration and with preoccupation will not be able to master a particular skill. So a Porn addict **will have low levels of Self-Efficacy also.**

**Thus with poor or negative Self-Esteem and lack of Self-Efficacy, the porn addict will be deprived of Self-Confidence.** Even if he develops Self-Efficacy and ignores the most important component called Self-Esteem then also he would not be able to demonstrate the confidence in the true sense of it.

If a person who has achieved success repeatedly in his chosen field (with consistency) ignores Self-Esteem (knowing good + acting upon it) and relies upon only Self-Efficacy (Expertise in the chosen field) alone then also after some period, he will lose his confidence for ignoring Self Esteem and face utter failure. This attitude can be very dangerous to an extent that **it can put an end to the career and also affect the personal life of the individual.** History is full of such examples in various fields.

**C. Porn on Character:** Character is the sum total of one's beliefs, intentions and thoughts that are reflected to some extent in one's personality (behaviour).

We all have heard the two popular quotes about Character:



*"If Wealth is lost – nothing is lost. If health is lost - really something is lost. If Character is lost - everything is lost."*  
(We accept it, but the component of Character is still undermined!)

*"Character decides the Destiny."*  
(Still Character is not enhanced!)

Porn destroys the Perception (one's way of looking at things). Porn destroys Pride, Self-Efficacy, Self-Esteem and in turn the Self-Confidence. It attacks even the beliefs and intentions and corrupts them to the core.

**How Porn destroys Character?:** At first **the victim will fall down in his own eyes**. He loses respect for self. A porn addict knows what poor self-esteem is, better than anybody else.

Then he looks at somebody who is involved in the same thing and still faking confidence. Then he says to himself that it is Ok, not unnatural or harmful.

If that guy has high image of himself in his mind and when his actions don't matchup with the self image then he will have high sense of guilt and will be remorse struck. Such a person will have a very low self-esteem, which in turn will affect his confidence and pride in giving his best. This may lead to even depression and other associated psychological disorders.

Such a guy will usually browse related information on Internet either out of curiosity or for more information. **Unfortunately today we have so many (so-called) Sexologists who are actually misguiding the people rather than providing help.** They as the responsible citizens can condemn the unethical things such as

Pornography, Prostitution, Extra-Marital relationships and all those things, whose fruits are detrimental to the society. Instead of admonishing the people, who ask their opinion on such things, some of these Sexologists advice the questioners/patients as to how they can indulge in the indecent acts, in a safe way (by resorting to some measures) and even propagate that it is quite natural to masturbate, to watch hard core sex videos etc. (May God give them Guidance.)

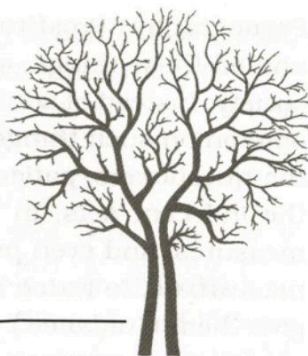
**If the Porn addict comes across this kind of inconsiderate Sexologists** and their wrong conclusions then what will happen? He will watch the porn videos and go through such literature and **will stop feeling guilty. He will lose his conscience**, his intuition. He will **lose his discerning ability** that helps in distinguishing between the right and wrong. He will not be remorse struck. He will continue to do the same until he reaches a point that he **becomes incorrigible**.

We know pretty well that actions repeated become Habits, Habits solidify as Character and the Character decides the Destiny. So the same actions which are repeatedly done by the Porn-addict will become very strong Habits, as the emotions are also involved. The things will get internalized to an extent that his beliefs and intentions also will get corrupted.

With wrong beliefs, obviously he will plan the wrong things and make wrong decisions which in turn produce the wrong results. Finally he **will lose the sense of shame or shyness called Modesty, which is required to stop himself from indulging in sin.** Thus **Porn destroys the Character in stages but entirely and deeply.**



## *The Solution*



**Difficult to eradicate but not impossible:** Pornography can be eradicated. It is difficult but not impossible. It needs to be understood first. Hence it is said that the problem identified is half solved as it will help in finding out the exact cause and in applying the right solution.

**Porn is dangerously addictive as it is connected to Dopamine,** a neurotransmitter in the brain, which plays a vital role in pleasure experience, reward, and learning. Researchers proved that dopamine is released in either the anticipation or the direct experience of pleasure. When released, dopamine strengthens and reinforces the new connections that are being made in the brain while an activity is undertaken. This in turn acts to encourage the individual to repeat the activity again so that he can feel that pleasure once more.

The newly formed connections in the brain from watching pornographic images become strongly reinforced by the massive amounts of dopamine being released. Rather than going into short term memory, where these images can be forgotten after the book is closed or the screen is turned off, **the dopamine reinforcement ensures they're moved into the long-term memory stores, where they can be stuck in replay mode in the person's mind.** The troublesome fact about this is that the more

something is recalled, the more it reinforces it in the brain.

Thus it is very difficult to overcome it. **Just threatening rules, huge penalties, stringent regulations, Acts or Laws or procedures will not be of much use as the temptation is very high and the mechanism involved is so deep. Only Inspiration doesn't work. We need to work on Temptation also.**

We need to follow a series of steps to overcome it certainly and permanently. They are:

**1. Developing awareness:** When one understands what Pornography is and how it affects both the career and personal life then it is true that **the awareness itself will help the addict to act against it.** (Hence Pornography was discussed at length in this book so that it cannot be undermined and at the same time act as a powerful reminder to the addict even if he/she is indulging in it.)

The underlying principle is: Humanbeing is very calculative. The moment he understands that what he is going to gain is temporary, little and insignificant and what he is going to lose in exchange is permanent, huge and highly significant then he will try his level best to come out of it with sincerity and strong determination. In other words it is advisable to have a thorough knowledge of Pornography and its evil consequences, which will develop aversion for it.

Of course awareness by itself doesn't help him in overcoming it completely. There are some other things that he needs to take care of.

**2. Acknowledging the addiction:** One should **stop justifying/rationalizing his/her own behaviour and accept it as a problem first.** Some people compare themselves with what the people of the west (the



Developed Countries) are following and say it is nothing wrong. They have to stop and look at what is happening in those countries where obscenity and licentiousness are encouraged in the name of modernization. The fruits are bitter and colossal.

Family system is ripped off its beauty in such cultures. Most of the Men and Women seem to be concerned about only gratifying their urge without giving any importance to shouldering responsibilities, without which creating an atmosphere of love, happiness and peace at their homes is impossible. Thus by being aware of Pornography and its evil effects, one should admit it as wrong, stop justifying and get ready to take actions to overcome it.

**Associate the feeling of guilt to Porn. Let the pain of feeling guilty be more than the pleasure associated to it.** Whenever the evil whispers in your ears and you get tempted to watch porn, immediately recall to your mind the various evil consequences of it, so that you abhor it and get repulsed away from it.

**3. Channelizing the intellect and energy in 'Good & worthy deeds':** Self Esteem is that feeling which gets generated out of knowing what is good and doing it. Self Esteem begets strong conviction and makes the person more willing to take up responsibility. It makes the person feel good about himself. His own expectations about himself will raise and he will gather the necessary courage and strength required to achieve them.

The higher the goal, the greater will be the feeling of achievement. The greater the feeling of achievement, the lesser will the chances of falling down to the lower levels of performance and staying idle or inactive. We know: Idle mind is devil's workshop.

When you decide to do something good or worthy, make it a commitment by sharing that with a Mentor/Well-wisher/Friend. Keep a deadline to it. Do not be liberal

with yourself. Take less time than what is required to finish it. Keep one target after another. Keep yourself busy and occupied with worthy pursuits.

If you decide to be idle then also you will not be idle. Beware! If you are not busy with yourself (with your goals) then you will be busy working for others (striving for their dreams).

Further when you start doing something, the people with the same tastes around you will join hands with you and the results will be multiplied. Remember: "Birds of the same feather flock together". It is also said: "People who travel in the same direction will help each other and reach their destiny easily."

**4. Proper understanding of Life:** We are living in a world where everything seems to be in a perfect order and everything suits our survival. For example the exact distances that are being maintained between the Moon and the Earth and between the Sun and the Earth are very vital for the survival of humanbeings and all other creatures on Earth. Any slightest variation in those distances will make life on Earth impossible. The continuous expansion of **the Universe**, its flawless design, the flawless systems it contains, its impeccable maintenance, the amazing regulation, the infinite numeration that exists in it, the synchronization, the harmony, the balance and the way it operates **which suits our survival cannot be taken for granted as just a product of chance.**

We would be unscientific in our deductions, if we say that all these arrangements that are there in this Universe are just by coincidence, as **order cannot be by chance.** If we simply argue by stating that 'Everything is Science' then that takes out the thick line between ethical and unethical behaviour paving way to all sorts of perversion. This kind of thinking is illogical and begets



irresponsibility. It reduces the people to males and females: just flesh.

So we need to appreciate this magnanimous creation around us, and ponder on it, which can neither be by chance nor is it the handiwork of humans. Quite logically this entire **Universe addresses our intellect and reminds us of a higher purpose and work for it than keep ourselves busy with low lying desires.** Lastly, if we being the most intelligent creatures were to just satiate our desires with the given intelligence, then our life as a whole doesn't make any sense at all.

**5. a) God Fearing Nature & Accountability:** When one looks at the big picture i.e., the magnanimous and miraculous universe around us, he will be taken aback by its impeccable order and harmony. He will be compelled to ponder on its signs and take life seriously.

*It will be totally unintelligent to say that the most intelligent and sophisticated Humanbeing (with the Nervous, Respiratory, Circulatory, Digestive, Excretory, Reproductive, Endocrine, Exocrine, Immune, Muscular and Skeletal systems) is just a product of chance or a mere output of permutations and combinations and discard the God- the Fashioner.*

It is 100% unscientific to say that Order can exist by chance. It is illogical to argue that all the arrangements are made just like that, without the intervention of anybody. **It is impossible for the unintelligent electrons, protons and neutrons to come together and form everything in right proportions for our survival.**

At the same time assuming something of the creation as God and restricting God to the four walls and **thinking that HE has nothing to do with our public and private affairs too is a wrong concept of God.** Such a wrong concept of God has nothing to do with Accountability.

It will make people indulge in more sin and more crime and today we are already experiencing the same.

Anybody with the real scientific temperament will be easily convinced with the fact that there is an Originator for this Universe called God -who is a very intelligent and powerful Creator. The logic is that the 'Order' and definiteness that prevails cannot be by chance. To quote some more examples: the Ozone layer, Mother's Milk and the Blood cannot be by chance either. This approach to life will make a person feel accountable.

**b) The Power of the strong belief in God:** The belief that we will be made accountable for our actions to our Creator is a very powerful weapon to combat Pornography. In contrast to this belief that God exists and we are accountable to HIM, **if anyone assumes that God doesn't exist or has a wrong concept of God** (wherein he thinks that there is no accountability) then such a humanbeing's heart will be always obsessed with the pleasures of this world. He will just follow his desires and temptations. He **will presume that life is meant for only enjoyment and nothing else.** He will strive to satisfy himself at the earliest without wasting time and without caring for what is ethical and unethical.

Remember that Atheism, Agnosticism and the false concept of God will lead to haughtiness, confusion and in turn irresponsibility and carelessness.

Hence the threatening rules, huge penalties, stringent regulations, Acts or Laws or procedures are utterly failing in our society and the associated crime is increasing in geometric progression. **Unless and until this belief that God exists and we are accountable to HIM (the Creator & the Provider of the Universe) is implanted in the hearts, there is no way that humanbeings will stop from sin.**



The mere thought that the One who fashioned us in our wombs is watching us from above and HE is aware of every single thing that we do is so powerful that one will try his level best to be chaste in his beliefs, thoughts, actions, speech and behaviour. Thus **the God fearing nature that stems out of the strong belief in HIM and the deep love and respect for the Creator (and the Provider) will make him develop a strong will necessary for avoiding Pornography at the first place and coming out of it (if addicted) successfully.**

**6. Prevention is better than cure: Mere belief in God and fearing HIM in one's heart is not enough.** Actions need to be correct. **One should operate within the right limits of conduct.** Approaching the limits can make you cross the limits very easily. Thus prevention is always better than cure. (Read the story on the pages 59 to 63)

As discussed earlier, 'Sex' is a very powerful instinct. It is true that a man and a woman have a strong perpetual appeal for each other. The physical appearance, the body shapes and proportions, the colour complexions, the looks, the aroma that comes out of the bodies, the touch, the smile, the expressions and the voice have a strong magnetic power. **One should never think that he can play with fire and still be safe. Prevention is always the best thing** than getting addicted and trying to overcome it.

**a) Triggers and Blockers:** Like in the case of substance abuse, in Pornography too certain things act as triggers that will drag the person again into the same bad habit that he tries to overcome. The triggers can be in the form of accessibility, certain individuals and some specific situations. These triggers and their intensity differ from person to person.

**So the addict has to identify his triggers and keep himself away from such triggers.** However it is not so

easy every single time. For example one cannot keep himself absolutely aloof from others in social gatherings just because he has a problem and there are some triggers in the surrounding environment. In such a case he can **rely upon 'Blockers' which deactivate or weaken the triggers** and their impact.

Examples of some triggers and the relevant blockers:

**i)** These days **Accessibility** on our smart phones is a powerful trigger for Porn. Avoiding accessibility to Porn completely is impossible. One can still try to minimize at his own discretion by avoiding permanent installation of some apps which act as triggers to Porn.

**ii)** Accessibility along with **Privacy** is destructive, when there is a temptation. Privacy encourages accessibility. So the blocker for this is avoiding browsing in secret. It will make him conscious of other's presence and his/her own bashfulness (modesty) will not allow him/her to browse porn related content in public places.

However, if one has reached the state of browsing porn even in public places then such a person should go for professional help and follow the instructions of his/her mentor/counselor religiously.

**iii) Right association** is a powerful blocker. One can compromise on caliber of his associate but never on his character. A good friend who values ethics/morals will be a treasure not just a blocker. It is true that somebody said: **"You will live and die on your friend's beliefs"**. Similarly you will inculcate the habits of your friends.

What habits we are going to inculcate have a connection with who are our friends. Some people say: "There is nothing like good and bad, it all depends upon how you take it". Such a statement is either a lie or a statement quoted out of context. In reality, Habits are of two types: good and bad. Habits either weaken us or strengthen us.



One habit leads to another. If it is a good habit then it will lead to something better and then in the same direction to something best or noble. Similarly if it is a bad habit then it will open the doors for worse, worse to worst and worst to ignoble. Habits decide who we are. That's why it is said: "Tell me your friends and I will tell you who you are."

Thus right association is a powerful blocker to handle the temptation on one hand and a source of inspiration for something positive on the other hand.

**b) Proven Injunctions of ages:** From the times immemorial, people of wisdom recommended the following to gain control on the temptation of sex and avoiding unnatural or unethical practices to satisfy it:

**i. Fasting** is recommended (for unmarried Youth who cannot afford for marriage) until they get married. Fasting is advisable for even the married to subjugate the intensity of the desire.

Fasting gives the strength to gain control over one's self (desires). Even Doctors of sound knowledge recommend fasting. Fasting fosters health in numerous ways. Fasting results in detoxification and develops immunity also.

**Intermittent fasting results in mental well-beingness,** as the feel-good hormones called endorphins will be produced after a few days of fasting. So the benefits are physical and psychological. It is a fact that a sound mind resides in a sound body. So fasting helps a person in thinking positively, have good thoughts and avoid the bad ones.

**Note:** Fasting is not starving or going on a hunger strike. It is abstaining from food for a period of fourteen to fifteen hours in a day.

**ii. Discouraging free intermingling of genders:** Westernization has actually injected the concept of free

intermingling of genders, which starts with showing off and gradually encourages nudity and sexual perversion. As already attraction exists between a man and a woman, the freedom of mixing which the present day generation is enjoying (without any strings attached) will encourage the urge to appear as attractive as possible to the opposite gender. It adds the fuel to the fire inside, which encourages nudity in stages and finally sexual perversion.

Many people will counter argue on this but we are already facing the evil consequences and the intentions are conspicuous. **The Truth is that there is no culture in the world where free intermingling of genders is encouraged and nudity and sexual perversion were not experienced.**

'Proxemics' is the study of human use of space and the effects that population and density has on behaviour, communication and social interaction. It includes Haptics (Touch), Kinesics (Body movement), Vocalics (Paralanguage) and Chronemics (Structure of Time).

The science of 'Proxemics' tells us that the distance that we maintain with others definitely affects our behaviour with them. So one needs to maintain an appropriate and comfortable distance with others especially with the people of opposite gender. **Today people are arguing against these kinds of injunctions but are unable to avoid the consequences.** The reality is that so many women are getting brutally raped and murdered. So many males are killing their lovers and committing suicides.

**We have to understand that 'new' cannot be better to the 'old' just by being 'new'.** If 'new' is not good for us then we should be willing to continue with the proven 'old'. In all those aspects where Old is gold, we should not mind accepting and living with it. We need to



modernize, not westernize. Modernize means updating (in terms of knowledge) and upgrading (in terms of skills). Further 'Good or bad' is more important than 'new or old'.

**iii. Proper Dressing:** Civilization and intellect will actually recommended us to cover ourselves to the extent of requirement and look decent. Clothes help us in covering our bodies, protect ourselves and look decent. Both males and females should dress up appropriately. What is appropriate is a matter of common sense. As people are getting modernized (!) the clothes are becoming shorter, thinner and tighter. **The bitter truth is that there is no sophistication in wearing shorts, tights and transparent or taking off the clothes.** In some countries nakedness is accepted but not bashfulness. What a tragedy?

Unfortunately today people are dead against this injunction. They think that, what to wear and what not to wear is something personal and has nothing to do with the indecent behaviours and evil consequences. They take it as an encroachment of their freedom and even if a Police Commissioner tells the people to dress up properly, they go against him. However if something really benefits us then we have to accept it, keeping aside our ego and temptations.

Remember we will not get a different result by doing the same thing in the same manner. **We would not be able to change the consequences, if we are not ready to change our actions.**

Some people quote that the rapes and indecent things, which are attributed to improper dressing are reported in even some orthodox families or cultures. What about that? The answer is very simple: Only appropriate dressing alone is not the solution. It is one of the injunctions. It's like one need to follow all the traffic rules, just wearing helmet is not enough. It is like dressing properly along with inculcating God-fearing nature and following other associated instructions will help us in solving the problem.

**iv. Lowering the gaze:** It is advisable for both men and women to lower their gaze and protect their chastity. Eyes are very powerful sense organs. Sex is a powerful instinct and eyes play a vital role in temptation. Prevention is always better than cure. **If one cannot exercise control on his gaze then it is almost impossible to protect oneself from sinning.** It's like if we keep the flood gates open, then it is almost impossible to control the flood and its flow. Isn't it?

**v. Not delaying Marriage:** Marriage is a beautiful institution. Marriage gives rise to a family and family is the basic unit of the society. If each unit of the society is intact then the society will be healthy. Marriage as a system needs to be understood, appreciated and established. People should not delay getting married without a genuine reason. Dowry makes the marriage difficult and opens the door for prostitution and the related indecent behaviours. Marriage system should be simplified and encouraged.



The temptation for sex will be at its peak in the youth of a humanbeing. So one should not delay getting married, without a genuine reason. **Sex is not something that can be suppressed. It should be satisfied and subjugated.** Late marriages result in exploiting unnatural and unhealthy ways of satisfying it, such as: accessing Pornography and getting addicted to it, encourages prostitution, abortions, illegitimate children and affect the family life later.

**Conclusion:** Gaining proper understanding of the life, setting worthy goals, striving to achieve, learning from mistakes, failures, losses & successes, stretching your limits and challenging your standards, moving towards something higher than what you have already achieved, forming quality circles in terms of right associations in the process, becoming empathetic and altruistic will make you move forwards and upwards in life. Such an outlook will strengthen you to handle the tough situations and even subjugate one's temptations.

Remember to love oneself, to respect oneself, to have high self-esteem, to possess self-confidence, to be creative and productive, to lead a meaningful and peaceful life, it is compulsory to shield oneself from this filth of Pornography. This is the Naked Truth of Pornography.

## *The Story of a Pious Worshipper*



(Here is a story, which is actually the gist of what I heard in a Friday Sermon one day. It is a thought provoking story with so many lessons for men of understanding. This is one of the best examples that can be cited to support the statement : Prevention is better than Cure.)

Once upon a time, there lived a pious person by name Barsisa. He was a staunch believer of God and used to spend most of the time in the worship. One day three brothers of his town decided to participate in a War. But they had a sister and they did not want to leave her alone. So they went looking for someone to take care of her. The town people suggested to leave her with Barsisa, because of his piety. So they went to him and when they asked him, he said, "*I seek refuge from the cursed Shaytan (the Devil)*" and said No! This was because he was scared of falling into sin (due to the potential trial(test) in it).

Then the Devil came to Barsisa in the form of Waswasah (Whisperings). The Devil is very smart and knew Barsisa had a soft heart. So he told Barsisa, "*What if they can't find someone good and leave her with someone bad, wouldn't that be your fault?*" Now Barsisa did not realise this was the Devil whispering in his heart, and because of his compassion for others, he decided to accept their request and help the woman.



He let her stay in a house opposite his room of worship. He did this, so that it would be easy for him to leave her food outside his room and she could come get it herself. But after sometime, the Devil returned. This time he told Barsisa, *"Why don't you leave the food closer for her, so that people don't see her moving back and forth alone!"* Barsisa agreed and started leaving the food outside the house.

But the Devil wasn't happy with this either, so sometime later, he returned and asked Barsisa, *"Why don't you go in and leave it on the table, so that no one sees her coming out and moving alone all the time?"* Again, Barsisa agreed and he started leaving the food in her room.

Then as time went by, the Devil returned and said to him, *"Why don't you talk to her, she is all alone and has no one to talk to?"* Barsisa agreed and started talking to her from behind a door (so as to screen himself and avoid looking at her). But this would lead them to almost shouting to each other to hear themselves.

The Devil asked Barsisa to just go close and talk to her, and finally, the Devil had got them alone in a room. The Devil had completed the difficult part. At last Barsisa committed fornication with the woman. And to make things worse, she also became pregnant. As soon as the baby was born, the Devil returned, and said to Barsisa, *"What have you done? Look at the result of your evil (i.e. the child), get rid of the evidence otherwise the brothers will kill you!"* Barsisa killed the baby and buried it in the same room, the woman was in.

The Devil then told Barsisa, *"Do you think you can kill the child of a woman and expect her not to tell anyone?!"* and So Barsisa killed her and buried her alongside the baby! He then made a fake grave outside and when her brothers returned, he informed them that she died of illness. After seeing the grave and making supplication to the God for her forgiveness, they returned home and accepted the God's decree.

Later that night, the Devil came to them in their dream and informed them about what Barsisa had done and where the child and their sister could be found. One of the brothers got up, was upset and confused, and informed his brothers of the dream, and they both said that they too had the same dream. So they believed that it must be true, and when they dug up the fake grave, they found it empty. They then dug the place the Devil showed them in the dream and found the dead bodies of the child and the woman.

The brothers became furious, took Barsisa to the Leader to get him punished. Barsisa knew that he would be given the death penalty. The Devil came to Barsisa again, for the final time. This time the Devil revealed himself and told him that he was the one whispering to him in reality. (In other words, it was not his inner voice. It was the whispering of the Devil.)

Barsisa wanted to some how come out of that worst situation, wherein he fornicated and committed double murder. And the Devil said that he could save him, if he makes prostration to him. (Prostration is for only the God.) Barsisa prostrated till then to only God but out of desperation made prostration to the Devil, by doing which he was cast out of his belief in the God.



Barsisa was given death penalty by the leader and lost his life too, after losing his belief in God. This is how the Devil tricked him. He came to him as a friend, but was in fact his biggest enemy!

Thus just identifying the God, believing and worshipping Him is not enough. One needs to appreciate the limits set by Him and operate within those Limits of safety.

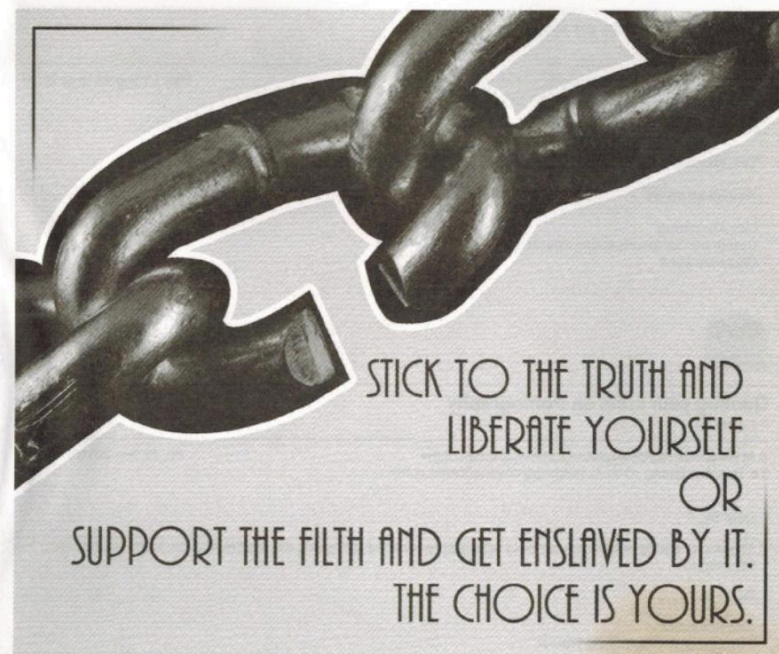
**Most of the sin in this world doesn't happen directly and at once. It happens in stages and in a step by step process.**

Today we find similar incidents. At first the males and females come in touch with each other on some platform. Then both the parties get tempted towards each other. In the beginning, they start thinking high of themselves and feel that they have absolute control on themselves. Then they start sharing time and space. They start beautifying to look attractive for each other. They become friends. They get further closer and commit the sin. They stop feeling guilty. After that the ways part.

In some cases it will continue as an illegal affair. In some it takes the form of cohabitation (a new name for prostitution). In some cases it leads to marriage but the couple will demonstrate lack of respect for each other in some critical situations, which in turn will break their hearts permanently (such that they compromise and just don't get divorced/separated). In some cases it leads to murder. In some other cases murder and suicide. In some cases it leads to psychological disorders and diseases. Thus all the consequences in all the cases are negative.

When anybody says that we need to maintain proper distance especially with the opposite gender, some broad-minded (!) people get offended and say: "No, all are equal. We are living in the era of sophisticated technology." But on the eventuality of dangerous consequences, wherein the females are brutally raped, murdered and discarded, what are we doing? Nothing. We are just reporting more crime and we are remaining absolutely speechless.

Hence Prevention is better than cure. Remember that approaching the limits of safety (out of curiosity or temptation) can make us lose control and cross all the limits of decency and safety, which in turn may destroy us completely. May God protect us and grant us understanding.





## Correspondence with Covenanteyes.com



### Reg: Quoting your stats on Pornography

1 message

S M Rahaman Psychologist <4surehelp@gmail.com>  
To: resources@covenanteyes.com

Sun, 11 Sep 2016 at 10:53

Dear Sir/ Mam,

I am publishing a small book on Pornography to bring awareness about the associated filth. In this regard I request you to kindly permit me to use some of the statistics published by you in Pornography Statistics, 2015 Edition.

I will definitely quote your organisation along with stats.

Regards

S M Rahaman,  
Psychologist & Soft Skills Trainer



### Quoting your stats on Pornography

1 message

Dan Armstrong <Dan.Armstrong@covenanteyes.com>  
To: 4surehelp@gmail.com <4surehelp@gmail.com>

Thu, 15 Sep 2016 at 20:32

Hi,

Yes, you may use the stats. Please cite the source of the numbers.

Thanks so much,

Dan Armstrong  
Corporate Communications Specialist  
Covenant Eyes



### Quoting your stats on Pornography

1 message

S M Rahaman Psychologist <4surehelp@gmail.com>  
To: Dan Armstrong <Dan.Armstrong@covenanteyes.com>

Fri, 16 Sep 2016 at 09:29

Dear Sir,

Thanks for taking time from your busy schedule to respond and giving me the permission. I am indebted to the favour.

Regards

S M Rahaman,  
Psychologist & Soft Skills Trainer



# *Pornography?*

Is it  
just a Sex  
Education ?

If it is  
educational  
then why the  
fruits are bitter  
& colossal?

**Does it make us  
better humanbeings?**

**Does it strengthen  
our relationships?**

Should we not take it seriously?  
Is it not a perverted mental debility?  
How to get rid of this successfully?

**Please read this book carefully to know  
the naked truth of Pornography.**



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