



# STORY

take out the book "The Garden of Peace" from my bag, excited to continue reading more wisdom about how to maintain a kosher marriage and how to be a real man in Judaism. I read one paragraph... and again I am distracted by the endless amusements of the NYC subway. "Come on, get a grip". I get up and walk to the doors, ready to leave at the next stop.

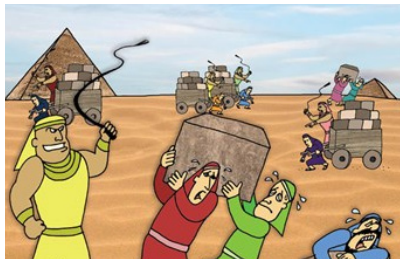
It's only 8:52 am and I feel drained from the past 50 mins fighting on the front lines. How will I make it through the next 50 minutes, never mind the day, or week, or month, of this? My heart pounds and I want to scream. I hate this life, why do I suffer like this every moment? Why is it so difficult to just be a normal person

and not struggle?

I regain control of my thoughts and HaShem sends a bolt of strength through me and I realize that everyone fighting in the GYE army is experiencing the same struggle. My mission in this world is to fight this evil and HaShem just wants me to try and fight each battle as they come. Don't feel bad if you lost some battles along the way, there are many victories on the horizon.

I emerge from the station onto 42nd street and I march to work as a proud Jew, knowing that I am a top soldier in HaShem's army of GYE fighters.

## Shovavim



This week begins the six week period known as Shovavim.

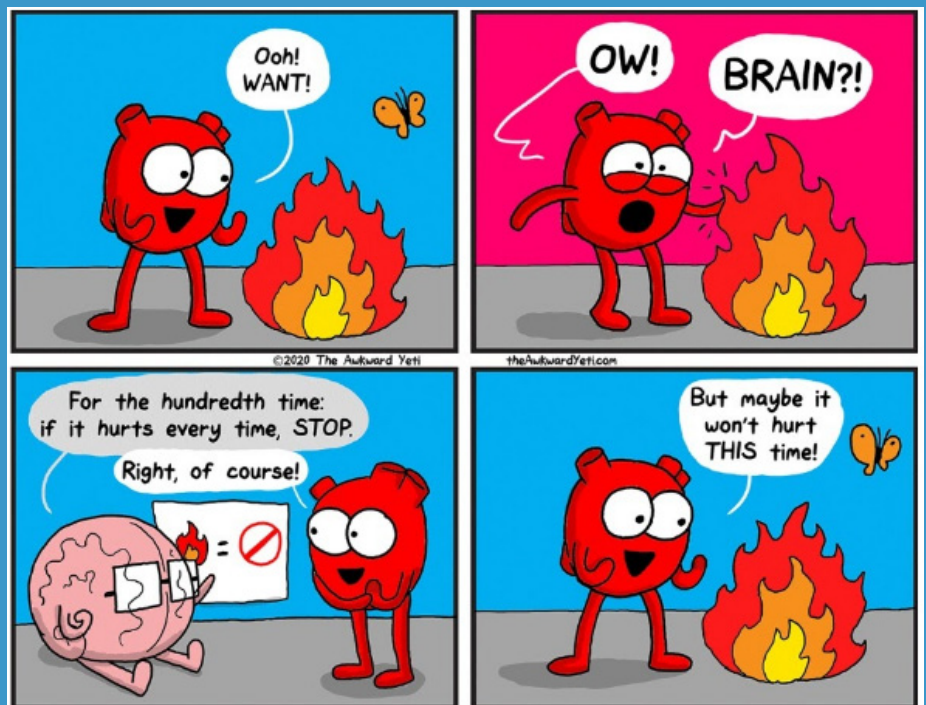
Shovavim is an acronym for the six weekly Torah portions Shemot, Vaera, Bo, Beshelah, Yitro and Mishpatim. The word Shovavim alludes to the Pasuk in Yirmiya (3:14), "Shuvu Banim Shovavim" - "return oh wayward children"... The Arizal taught that these weeks are especially auspicious for doing Teshuvah in the area of Shmiras Habris.

The six weekly Parshiyos of Shovavim deal with the slavery of the Jewish people in Mitzrayim and their subsequent redemption, all the way through the giving of the Torah on Har Sinai. The struggle for moral purity often follows the same theme, where a person often feels trapped and enslaved to their animalistic desires. Through Teshuvah and divine intervention, one can succeed to break free of the bondage to these destructive behaviors and become a servant of G-d.

The weeks where we read about the Jewish people's journey from slavery to divine servitude, are especially auspicious for own personal journeys from slavery - to becoming men of G-d.

## INSPIRATIONAL IMAGE OF THE WEEK

# The Nature of Addictive Behaviors





**JOIN GYE'S ANNUAL  
SHOVAVIM RAFFLE  
TO HELP US REDEEM  
THE JEWISH PEOPLE FROM  
THE BONDAGE OF ADDICTION -  
AND - FOR A CHANCE  
TO WIN \$100,000  
AND MANY OTHER PRIZES!**

**GO TO:  
GYERAFFLE.COM**



**IN HONOR OF SHOVAVIM, GYE PRESENTS:  
THE "THREE FENCE APPROACH"**



**Fence 1:**

Get a filter installed. We'll help you get it done easily: See [guardyoureyes.com/protection](http://guardyoureyes.com/protection)

**Fence 2:**

Join the YESOD challenge. YESOD stands for Yiddishe Entertainment Sites Only Defense. See [guardyoureyes.com/yesod](http://guardyoureyes.com/yesod)

**Fence 3:**

Try the TAPHSIC method to help you stop destructive behaviors once and for all. See [guardyoureyes.com/stop](http://guardyoureyes.com/stop)

**DESIRES ARE AN ILLUSION**

**Are these lines parallel to each other?  
They are, but they sure don't look it!**

Our eyes are a tremendous blessing that allow us to perceive the world around us. However our eyes can trick us as well, making us believe that we need things that in reality it may be very bad for us. Let's train ourselves to use our eyes for good and not let them trick us to turn after our hearts desires!

