

STORY

A Day in a Life of GYE Soldier

ויעבדו מצרים את-בני ישראל בפרך ומררו את-חיייהם בעבדה קשה

This is the profile pic and signature of a GYE member on the forum



When I meet the Almighty, if I can't be a proudly standing soldier proclaiming victory for Him, I at least want to be a haggard, wearied, fallen, but loyal soldier; Looking down and saying "I did my best".

I'm on the subway heading to work in Manhattan. It's 77 degrees outside, a beautiful blue-sky day. I'm a few weeks into my journey and I'm in a powerful, strong, uplifted mood, as if nothing can break me. We've all had that confident feeling before.

I open my u'Velechtech Ba'Derech app and start saying Tehillim. The train stops, my eyes glance upwards. Oh no, am I in a ladies bathroom? What's going on around me? Is it just me, or have the shorts gotten even shorter than last summer?

I direct my eyes back down towards my iPhone. I click on my Mishnayos bookmark, remembering what I was taught by the

Mekubel Reb Dovid Chaim Stern Shlitah, to memorize Mishnayos Baal Peh for Shmiras Einayim. I start thinking "Arba Avos Nezikin".

The train stops. A woman sits down next to me - am I in a public pool? Why is she dressed like that! Ugh, it's so offensive to me, my blood boils. But I must stop stressing about everyone else and focus on myself! I look back down and continue... "Hashor, Habor, Hamaveh"

Someone makes an announcement, I look up across the carriage and suddenly my eyes can't seem to rest! I gaze from one woman to the next, my Yetzer Horah urging me not to stop, providing thoughts that I don't want to entertain.

Please HaShem, help me! Why must I suffer like this? I'm trying so hard to guard my eyes, why am I seeing all this nonsense?

I compose myself, eyes back down to the iPhone. I click the Halacha tab and carry on reading where I left off yesterday, Hilchos Netilas Yadayim ...

The train arrives at 14th street. I get off, I climb the stairs, eyes turned downwards trying to avoid seeing anymore shmutz. To my chagrin, I discover that there is what to see while looking down as well. Am I such a sick human being? Why does that even excite me? I'm so ashamed of my thoughts.

I get to the next platform and board the uptown train to my office. I sit down and

continued on next page...

SMILE! IT'S CONTAGIOUS

I'm proud to say my house doesn't have any unhealthy snacks in it. Because I ate them all.

If we are practicing social distancing, when do we know if we became good at it?

Today I gave an iPhone and \$500 to a homeless guy. You will never know the happiness I felt when he put his gun away.

Why is there tear gas and laughing gas but not gases for other emotions? They should have a full set like emojis.

I fill sorry four all the kids that half to learn from home with parents who can't read, right or spale.



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,

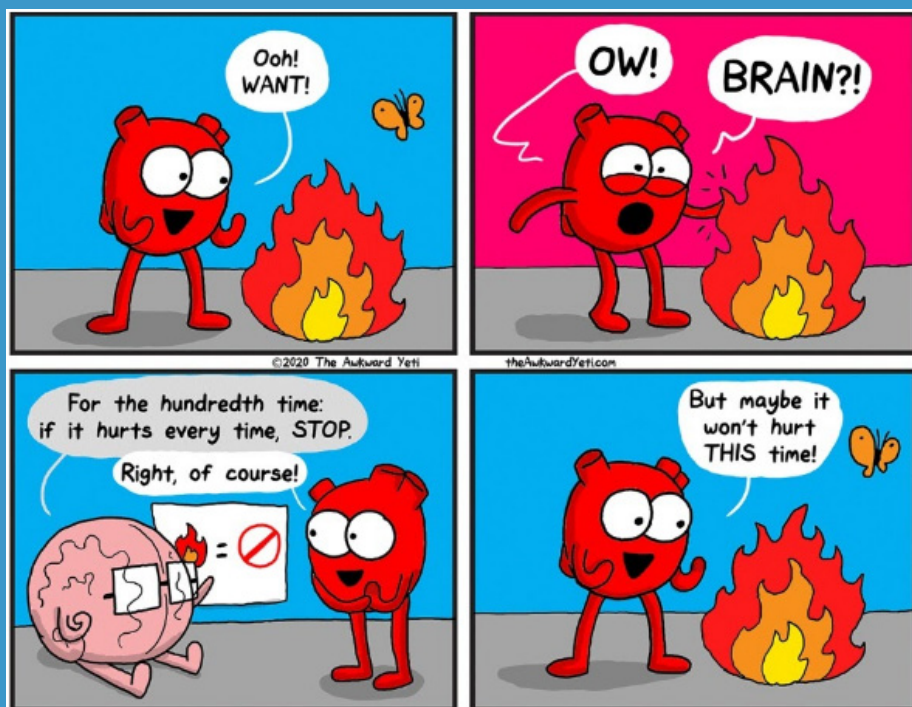
Bo, Beshelah, Yitro and Mishpatim. The word Shovavim alludes to the Pasuk in Yirmiya (3:14), "Shuvu Banim Shovavim" - "return oh wayward children"... The Arizal taught that these weeks are especially auspicious for doing Teshuvah in the area of Shmiras Habris.

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



Shemos: "Relieve me of the bondage of self!"

By Rabbi Abraham J. Twersky



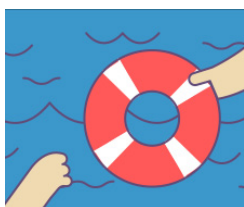
The Torah says that Moses left the royal palace and went out unto his brethren and looked upon their burdens. The Medrash states that he went among the Hebrew slaves and assisted them in their hard labor. While sympathy is a fine trait, it is not enough. Moses wanted to feel the suffering that his brethren were experiencing.

The Talmud lauds Rebbe Zeira, who "never rejoiced in the misfortune of others." This is hardly the praise of a great person. Enjoying other people's misfortune is so obviously reprehensible. The praise of Rebbe Zeira is that he could not rejoice in his own simchas as long as he knew that there were others living in poverty and distress.

A Chassidic Rebbe saw his daughter and her friends being merry. He scolded them, saying, "Don't you know that the baker's child is seriously ill? How can you laugh and be merry when you know that others are suffering?"

Addiction is a malady of "selfism." Recovery requires mutuality.

From the mouth of the Satan himself



The Ohr Hachayim on Parshas Shemos(3:8) writes that before Moshiach's time, the Jewish nation will be subjected to the 50th level of impurity. But he also writes there, that before the Redemption the Jewish people will garner the strength to enter into the very "mouth" of the 50th level of impurity and pull out that which the Satan had already swallowed ("le'hotzi boi'lo mi'piv").

And that is exactly what the GuardYourEyes community is doing today. The Ohr Hachayim Hakadosh could not have used a more divinely inspired analogy. We are entering into the mouth of the Yetzer Hara himself and using the very power of the internet/forums/chatrooms to pull out these sparks of Kedusha, these holy souls, that have fallen to the 50th level of impurity!

One day - one nisayon - at a time



Hashem says to Moshe Rabeinu, "Tell the Yidden, my name is "Eh-yeh asher Eh-yeh" - I will be with them during this golus, and I will be with them during future goluyos. And

Moshe complained "Why mention future problems? Enough to deal with those when they arrive." And Hashem agreed, "Just tell them "Eh-yeh sent me."

The sforim hakdoshim (I think from the Chozeh of Lublin) say that "Eh-yeh" (I will be) is a holy name associated with doing teshuva. i.e. regardless of my past deeds, Eh-yeh - from now on I will be good. Based on that, I think we can say (and perhaps it was already said) that at first Hashem said Eh-yeh asher Eh-yeh - true Teshuva is when a person takes upon himself "I will be good now and I will be good always". But Moshe, the faithful shepherd, interceded and said, "Why overwhelm them about being good for long periods of time? It would work better if they concern themselves only with being good for a day at a time." And, lo and behold, Hashem agreed and said, "Okay, tell them 'Eh-yeh' is the way to go - I will be good today - I will overcome this nisayon". One day at a time - one nisayon at a time.

PRACTICAL TIP OF THE WEEK

Get Ready for Turbulence



The first few weeks after giving up destructive habits can be tough. Brain chemicals like the neurotransmitter dopamine can

decrease when addictive behaviors are let go, and this sometimes brings physical withdrawal symptoms, like anxiety, depression, irritability or insomnia. You might also get extremely strong urges to go back to your old ways. Don't panic. Like air turbulence, it feels worse than it really is -- and before you know it, it will be gone.



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**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

Fence 2:

Join the YESOD challenge. YESOD stands for Yiddishe Entertainment Sites Only Defense.

See guardyoureyes.com/yesod

Fence 3:

Try the TAPHSIC method to help you stop destructive behaviors once and for all.

See 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 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!

