

Join me in guarding our eyes during the 3 weeks!!!

Posted by helpfyi - 19 Jul 2011 13:13

Dear fellow holy yidden, the 3 weeks are here, we have had many tzores recently, we have lost 3 gedolim, and a holy tenokis shel bais rabban and many others. The 3 weeks are a morning for the tzores of kal yisroel, let us take on ourselves not to lustfully gaze at women and in that zcus we will bring the geulah closer.

Whoever wants to join note the following:

- This is a kabbalah bli nedder

-if you fall you are not "out" just you should post here that you fell and keep on going.

-Keep in mind for every *one* time you don't look your bringing the geulah closer, if you look then DON'T get depressed but rather post that you looked get chizzick and keep on going.

- "Not lustfully gazing at women" doesn't mean you cant see a women but rather not to look at her with lustful eyes and thoughts, if you see a women by mistake if you don't "double look " that's not called lustful gazing .

So who is going to join??

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Re: Join me in guarding our eyes during the 3 weeks!!!

Posted by struggler - 25 Jul 2011 22:26

[Helpfyi wrote on 25 Jul 2011 12:58:](#)

[struggler wrote on 25 Jul 2011 01:33:](#)

. I was on the best run in a while (11 days). I thought this time around will make it to 90, but I guess have to start over.

Dont be down just get up and move on!

Thank you for your support.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfyi - 31 Jul 2011 20:19

How we all doing?? I'm doing great!

If we haven't done so good till now how about jumping in for the 9 days??!!??

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by struggler - 31 Jul 2011 23:33

I had a fall last Thursday, after lasting just 3 clean days from previous fall. On Thursday, the urge was not strong, but was very persistent, could not stop myself. My Y"H is a little mamzer, knows exactly what to "say": Last week I find out that 2 people know, but not very close to are getting divorced. Kind of hit me, I am older single, when you at that stage you hussle hard to get married, then you never know what you are getting yourself into. Looking at site there a lot of unsatisfied married people, previously I was hoping that once one gets married whole porn thing goes away, but it does not seem to be the case. So kind of either way one is screwed; if you are frum single you getting no benefits & if married it could also suck, so my Y'H telling me "that you got some unmet needs bro which you could easier satisfied w/porn. "

Motzei Shabbos was tough, but managed to get myself distracted with TV. Sunday so far is going tough, but it's unfortunately not over yet. I am thinking about maybe taking some natural medicine to lower my urges.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfyi - 01 Aug 2011 13:11

hang in there, don't get discouraged by the fact that some people get divorced. look how many people have great marriages! there is something to look forward to. It can be the most pleasurable thing if done right and you should strive to stay clean in order to get there. Porn will not get you anywhere just depressed etc...I

As far as meds i would talk you someone who knows about this before doing it.

hazlocha!

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by struggler - 02 Aug 2011 00:57

[Helpfyi wrote on 01 Aug 2011 13:11:](#)

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Thank you for your support.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by Blind Beggar - 07 Aug 2011 21:20

Rabbi Nachman teaches us that if we guard our bris it will help us to find the right zivug who will help us in avodas Hashem. Be mekabel now to do whatever it takes to become a shomer bris and you will find the right one. My wife is a great help in all areas of avodas Hashem including shmiras habris. Most couples do not get divorced and this Forum has an official guide book to staying happily married : The Garden of Peace by Rabbi Shalom Arush.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by Back on Track - 07 Aug 2011 23:07

I guess I'm late in the game, as tisha bav begins tomorrow night. But its never too late to start guardng one's eyes...

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by bardichev - 08 Aug 2011 00:17

[Back on Track wrote on 07 Aug 2011 23:07:](#)

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bingo!!!!!!!

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfyi - 08 Aug 2011 03:00

[Blind Beggar wrote on 07 Aug 2011 21:20:](#)

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where do you get that book from and who is r shalom arush?

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfyi - 08 Aug 2011 03:01

[Back on Track wrote on 07 Aug 2011 23:07:](#)

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agreed! how about till rosh hashona?!

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by ZemirosShabbos - 08 Aug 2011 16:17

[Helpfyi wrote on 08 Aug 2011 03:00:](#)

[Blind Beggar wrote on 07 Aug 2011 21:20:](#)

The Garden of Peace by Rabbi Shalom Arush.

where do you get that book from and who is r shalom arush?

most seforim stores have it

you can also ordrer at feldheim.com or eichlers.com or amazon.com

R' Shalom Arush is the head of the Chut Shel Chesed Yeshiva in Yerushalayim, a Breslover, a talmid of R' Levi Yitzchok Bender, among others, and author of many sefarim that have been translated into english (and other languages), some of them becoming best-sellers (Garden of Emuna and Garden of Peace)

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfyi - 08 Aug 2011 17:13

[ZemirosShabbos wrote on 08 Aug 2011 16:17:](#)

[Helpfyi wrote on 08 Aug 2011 03:00:](#)

[Blind Beggar wrote on 07 Aug 2011 21:20:](#)

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translated into english (and other languages), some of them becoming best-sellers (Garden of Emuna and Garden of Peace)

thanks! i will get it!

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Re: Join me in guarding our eyes during the 3 weeks!!!

Posted by helpfyi - 08 Jul 2012 21:52

I just saw that the daily emailed asked people to join my thread from last year. It hit me that maybe i should keep my own thread! Come on guys its the 3 weeks its hot, we have all been struggling with this lets be mecazik to bring the geualh! I'm in for this come all lets join!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: Join me in guarding our eyes during the 3 weeks!!!

Posted by Dov - 08 Jul 2012 22:04

So....did you get that garden of peace book?

Oh....and how are **u** doing, chabibi?

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