

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 Kevin Pond - 08 Jul 2012 23:51

hey helpfyi!

i wasn't here last year (oh boy , was i stuck then.... it's a differnet world now for me, after joining GYE)

so here i am, all ready for the 3 weeks strrruggle!

i am already on the 90 days plan, but will make an extra effort bli neder during the 3 weeks-

thanks for the initiative!

kevin

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by obormottel - 09 Jul 2012 03:31

I'm in. If I last three weeks, I'll have a year clean. Any additional incentive is welcome, the streets of my city are sooooo difficult to navigate.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by bzyzgye - 09 Jul 2012 06:57

I'm in,

I hope I can make it thru the 3 weeks and not spoil this for others.

will keep y'all posted on the progress. I'll look away 1 woman at a time.

please daven for me, I'll need plenty of siyata dishmaya

KC

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by inspiredandhopeful - 09 Jul 2012 08:41

Me too bl"N i hope that the koach horabim will help us all.

very good idea

10 people together can carry more than all of them separately.

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

Posted by YesodHayesodos - 09 Jul 2012 09:31

Shulem,

I am surely with you, today is day twenty-four that makes three weeks and three days of being clean.

The heilige Zoihar links hz"l to the churban of beis rishoin and beis sheini. I'll add the source later, iyH.

Just one more idea: Bilom der roshe knew the second when HKB"H gets angry every day. Toisfes (again I do not remember the source) explains that he would try to curse klal Yisroel using the word "kalem", destroy.

The soul has three parts see nefesh hachaim (or more precisely five) neshomo, ruach and nefesh. Neshomo corresponds to **moach**, ruach to **leiv** and nefesh to **kaved**. Which read **melech**. The neshome is mashpia on the ruach and the on the nefesh. Bilom wanted us to be controlled by our instincts. Ruach -> nefesh -> neshomo which corresponds to **kalem**. So as to achieve this end, r"l he used the benois moiav. I think the connection to the present matzev is quite obvious.

May we be zoiche to real malchus und in dem zchus of us upholding the holy covenant of Avrohom may we see speedy geulo shleimo.

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

Posted by refoel - 09 Jul 2012 12:03

Wow! What a great idea!

I am in this for sure, with Hashem's help and loving kindness, one day at a time!

I heard on a shiur from Rabbi Zecharia Wallerstein:

www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia_Wallerstein/2012-01-25/Parasha_Bo_TESHUVA_ON_SHOVEVIM_shmiras_einayim_5772/Rabbi_Zecharia_Wallerstei

[n_Parasha_Bo_TESHUVA_ON_SHOVEVIM_shmiras_einayim_5772_2012-01-25.mp3in which he reads from the holy Sefer the Kav Hayoshor \(if I am not mistaken\), which says, when a person gazes at a woman for lustful purposes, like it says Velo Sasuru Acharei Levavechem Ve'Acharei Einychem, it is referring to the second look that a person takes, for example if a person is walking down the street and he sees a woman by mistake, he can choose to C"V look again, to lust, however if instead he quickly looks away and tells himself "No! I will not look!" then it is the biggest time of Rachamim and he should ask a Bakosho of Hashem and he has a much greater power for Hashem to answer him.](#)

[In fact it was through this Shiur, with Hashem's loving grace, and with unbelievable Hashgocha Protis that I found GYE!!](#)

[At the end of the Shiur someone mentioned GYE. That is how I found my way home!!](#)

[Thank You Hashem for the helping hand always watching over me and guiding in the right direction!!](#)

[We can see from this how it is so true, like many people on GYE have said in the past, all Hashem wants from us is to try our very best to be closer to Him and to show that we truly do want to be clean and free people.](#)

[When we do all we possibly can, getting Chizuk everyday, begging Hashem to help us and trying our best to be Shmiras Einayim then He will pull us through and take us the rest of the way!](#)

[Let go, and let Hashem!](#)

[Give over all your lustful desires and struggles to Hashem.](#)

[Afterall, we do not want them!!](#)

[We hate them!!](#)

[\(As it says in Tehillim 55:23, 6-37:5\)](#)

[Hashleich Al Hashem Yihavcha - Cast your burden unto Hashem!](#)

[May we all have much Hatzlocha and get closer to Hashem every day!](#)

[Keep Smiling Everyone! ;D](#)

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

Posted by Kevin Pond - 09 Jul 2012 12:45

thanks, Refoel!

this was really inspiring!

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

Posted by refoel - 09 Jul 2012 13:36

It wasn't me.

It was all Hashem!

I asked Hashem to please put the right words into my head so that what I write should inspire people.

Nothing to do with me.

We have to realize that Hashem is the only One who controls the world and decides absolutely everything!

We have to love Hashem for everything that He does because it is all for the very best.

So even if something happens that does not seem to us good at all, we need to realize that this was the will of Hashem, the Master and King of the Universe! Everything, yes, everything, comes from Hashem.

Whether it is a slip or fall R"L it is for our best.

Once we surrender everything to Hashem, we have nothing more to worry about, just leave it up to Hashem!

But, we must be sincere, we must truly NEED to stop lusting, we do not WANT or NEED this anymore, it is wrecking my life! I hate it!!

Only then, will Hashem do the rest.

Thank You Hashem!

By the way, none of this is mine either, its all from Hashem, I learned a lot of it through Hashem's messengers.

I learnt this Basic Emuna from Rabbi Nachman of Breslov, through Harav Sholom Arush Shlita, www.breslev.co.il/html/rabbi_shalom_arush.aspx?id=66&language=english, and Rabbi Lazer Brody, lazerbrody.typepad.com/. Both of these websites are really amazing. They have so much Torah and Chizuk on every day!
[Hashem so lovingly and kindly directed me to these places to find my way home!](#)
[And I am so thankful to Him for it!](#)

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

Posted by LookingForwardToChange - 09 Jul 2012 20:57

Hi All!

I'M IN IT TO WIN IT!!!!

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by bzygye - 10 Jul 2012 00:44

So I promised to keep y'all posted on how it's going.

well for day 1 im proud to declare that I looked the other way from dangerous woman about a dozen times today, didn't take any second glances nor focus on them.

uh oh, stop bragging, its too risky. Well it's all for the sake of chizuk.

Keep climbing

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfyi - 10 Jul 2012 03:53

[dov wrote on 08 Jul 2012 22:04:](#)

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

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

Hi dov, i know i have been un active lately, and yes i have the book.

here is where i am holding.

I have been clean with masturbating, with porn in the past year have slipped maybe 4-5 times, but fell hard when i did. i came a huge way in my avodas hashem. And as far as looking at women in the street i have up and down. There are times i can go for 6 weeks without a peek at a women and there are times i struggle. Over all i kept pretty in check (besides for the 4-5

times) . I felt that after the fourm helped me get my head on straight it was time to go off and be regular and fight it like a sober man. I feel i have done alright with this. I came back bec R guard posted my thread from last year so i checked in to be mechazik the guys that we all can do it! the pleasure i have from not looking at a women is far more then looking. I say to hashem- Now i am being holy! she is acting discusing i feel for her. I daven to hashem when i don't look bec its a time of test and its a time when the gates are open. I do fall, it happens, and i do get into bad streaks, but i try to get out of it and make a new streak. I have been clean this week, looked away over 100 times in the past 2 days, feels good, i know i'm giving hashem pleasure. i feel like a million bucks when look away and feel like garbege when i look. My love for my wife is in check when i don't lust, and for that alone its worth it. Yes i have fallen and when i have i fell hard, hours of porn, but i didnt get down, stopped got up and moved foward.

this is where i stand today. Will hope to keep clean for the 3 weeks and many more bec ELUL is around the corner!!!!!!

I have seen clear yad hashem when i kept clean, my bussiness took off, was a happy person, people liked me and i liked them. I wasn't mad inside and i feel like i'm moving fwd in my like to forfill my mission.

Hazlocha to all!

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by obormottel - 10 Jul 2012 04:53

I think that counting times of NOT looking is almost counter-productive.

But what do I know, I had a very bad day with regards to shmiras aynayim.

Tip: avoid parts of town where triggering people gather round.

Brought to you by me and Capt'n [s]Obvious[/s] Kirk.

Mottel

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfyi - 10 Jul 2012 16:34

i'm not counting i just don't ever look.....

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

Posted by Dov - 10 Jul 2012 16:53

Semantics. You are both obviously right. Keep on Trucking with what works, amigos! And so will I.

Have a nice day,

Dov

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