

GYE - Guard Your Eyes

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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 bzyzgye - 12 Jul 2012 05:10

Sorry to report, the past 2 days I wasn't as careful with my shemiras einayim as I should have been. Today I even watched a movie, no p**n just a funny love story, but it's bad enough.

B"H it didn't go along with a real fall of m*trb**n, but it was a fall in shmiras einayim.

I hope you wont kick me out of the group who is working on shmiras einayim.

I daven that hashem help me thru the day today, and hope to report back with success.

Thanks for listening.

KC

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by inspiredandhopeful - 13 Jul 2012 12:35

To keep my promise i am posting that I fell with MZ"L this morning.

Does anyone know if there is a heter to spill seed in order to relax the urge and and will save me looking at porn or going to a Pr*****e?

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by Newbi - 13 Jul 2012 16:58

Shalom chevra,

I am in. With Hashem help. For I know I can't master this on my own. I've been trying that for to long. Baruch Hashem I am clean for 4 days. No lusting and the package that comes along with it,

Let's all pray for each other, that as we all know a test isn't given to a person unless he has potential to pass, as I heard just last night from Rabbi nisseem Yagen, of blessed memory.

He asked someone in the group that he was speaking to, "why don't ur father ask you to carry a Cadillac on you head from brooklyn to deal? The answer is because it's not possible"

Same thing with a Nisayon, we're only given them if we can pass, AND WE CAN,as long as we follow g-ds instruction book.(looking away,reaching out to g-d.....)

So our prayer to god should be, that we all tap into the "Siyata Dishmaia" that's given along with each test, and to actually pass and become better ppl.

If we pray for others especially for a group, gd listens!!!!!!!!!!

Have a wonderful shabbos,

Chaim

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

Posted by bzyzgye - 13 Jul 2012 20:54

As it says "*hanosen sheleg kazomer*. Hashem only gives snow in proportion to the wool that's available to man, so that he may warm himself.

There is no such thing as it being impossible to pass the nisayon, you just gotta keep on pushing, going, climbing, trucking, anymore?

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

Posted by Giborei Koach - 15 Jul 2012 17:35

I've had a couple slips, but no major falls. I wish I could say I'm avoiding anything, but at least I'm doing better than I was.

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

Posted by Gevura Shebyesod - 15 Jul 2012 20:28

KC, great pshat! If I may add, the second half of the Posuk could be understood in the same vein. *Kfoir KoEifer Yefazeir*. He scatters ice, slippery patches, but also sand to give us traction.

KOMPGCT!!!

Gevura!

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

Posted by bzyzgye - 16 Jul 2012 00:16

Thanks Gevura, I never concentrated on that part of the passuk. I'll add it on to mine.

Also thanks for modifying your signature to accommodate us all. ;D

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

Posted by Newbi - 16 Jul 2012 13:17

Ok so here goes. Well for the past week Baruch Hashem I have been doing really well, thanks to HAsheems helping me. Anyway sun night I got an email from neiman Marcus usually I delete even b4 I open them but for some stupid reason I did open it. But after 2 seconds deleted it. Then in middle of sleeping I had Keri. It's not a good feeling. Hasn't happened to me in years. (prob bc I mass***) any way I washed my hands and tried going back to sleep it wasn't so easy. I was upset at myself. I showered when I woke up b4 daveneing. Still I would've ratherd it didn't happen at all. I should mention,that as much as I can remember wasn't a vivid dream..... Just felt like I needed bathroom and then... To late.
May continue to help us.

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

Posted by Gevura Shebyesod - 16 Jul 2012 13:50

It's a normal thing that when you stop acting out, the body has gotten used to releasing and producing, and it builds up and needs to come out. After a while your body will get accustomed

to the new "matzav" and stop over-producing. It's a rather common thing that people report here. Don't let it get you down, it's not your fault.

KOM!!!!!! ;D

Gevura!

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by Newbi - 16 Jul 2012 14:46

Ok. Thx.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by helpfi - 16 Jul 2012 18:31

hey guys, checking in here (after all it is my thread) i had a hard time over the weekend looking where i shouldn't. There was a certain person where is was staying who dressed inappropriately and i had a rough time. That a fall on my level, but didn't get down, she's gone now bank on track....

my test is to stop there after not being able to hold back from such a thing. I have in the past fell all the way bec it started with just a peek, then once i felt i am low it went all the way to porn. I'm going to stop here not thing about it move fwd.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by Machshovo Tova - 16 Jul 2012 21:02

Dear Helpfyi,

Sorry to hear about your slip/fall. Kol hakavod that you are standing up to the test, to break the downward momentum and keep moving forward.

As I shared today with a GYE friend, this week is Matos Masei. Matos can mean slips/falls (????? ??????), and Masei means moving forward. So we need to live up to the lesson of the Parsha - that a slip/fall must be followed immediately by a moving forward.

Hatzlacha

MT

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by Newbi - 16 Jul 2012 21:21

Mt,

Now I see why u chose ur name. That was a good machshava.

Thx.

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Re: Join me in guarding our eyes during the 3 weeks!!!
Posted by Newbi - 16 Jul 2012 22:25

Robosi,

I'm so embarrassed. I just fell, I watched and did it, ugh!!! I feel so dirty. I will try to move on

positively, I took some steps to prevent another fall.

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