

## 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

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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 Dov - 17 Jul 2012 02:18

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If by I just watched it you mean you were watching your penis (yup I wrote that, and would say it, too if I were speaking to you), then I have a suggestion that I have found helps me a good deal, as 'part of a healthy recovery diet': Don't look at your privates at all. Staring at our privates is such a tremendous part of the masturbation experience that It is quite toxic, actually. Incredibly toxic. We become part of the porn when we look at ourselves.

I guess you know what I mean.

If on the other hand, by "watched it" you mean porn....well, then what did u expect? To *watch* the schmutz and then **not** have sex with yourself (masturbate)? It doesn't work that way. There is no feeding of our lust that is a freebie. There is always a price for every schmutz we 'steal' a look at. There is no escape from payment. Every deposit remains for a while. Either we will hurt from acting it out or hurt from *not* acting it out. Either way it hurts so badly when we partake.

Ouch!

So we are the lucky ones who do not look at it, don't use it. **Not** because we are *good*. But simply because we cannot *afford* to look and use it.

One more thing about this entire thread:

Gira b'eyna d'yitzra was not a very good idea. It guaranteed that some tana'aim would actually lose the battle against the yetzer hora. Hmmm.

Perhaps this 'just lets be clean for this period of time!' idea is a throwing down of the gauntlet to our yetzer horas. In which case it will cause us to lose by simply putting the yetzer hora on our minds more than ever - guaranteed. "I just have to fight till the three weeks is over!" Is a sure-fire way to get any guy who deep inside is plotting to enjoy schmutz when he can get away with it, to simply try and hold his breath...till the time is up. And all along, all he is thinking about is: schmutz!

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

Posted by Newbi - 17 Jul 2012 03:11

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Dov,

Very well said. And the proof for that is because I got agitated when I was reading your words it really hit me and you are very right we cannot take even one peak even that is too much. Dov what amazes me is that your words are always true and straight to the point the truth hurts and you know what and this battle I think I need to get hurt a little. I should say really my ego needs to get hurt. But yet somehow at the end of every post you always make me laugh I love it thank you very very very much you have no idea how much influence you are having on me positively that is.

May Hashem bless U with continued Koach to proceed with the holy work u do.

Thank you

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by Dov - 18 Jul 2012 00:10

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Amen, thanks.

And just to clarify, I never wrote that we cannot afford to look at and enjoy porn. All I wrote was that there is always, always a real price to pay in some way and that it is inescapable. I do not mean gehinom, or an angry, nasty god who will beat and burn me in retaliation for my sins.

No.

I mean in my very *life right here* - my own mind and relationships will be damaged. For I am sick and allergic to it, unlike the common man who can apparently keep looking and partaking of it 'ad yom moso'....

If *you* really feel that way, too, then I relate fully to what you wrote: "I cannot afford to look at any porn at all." Me too. Nu. It hurts sometimes...poor me. But it is the truth.

Hatzlocha and thanks for the chizzuk!!

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by Newbi - 18 Jul 2012 02:01

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Reb Dov,

Yes I meant the latter. Why I can't take a peak is because of what u said.

Thx for clearly saying it,

Hatzlacha

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by inspiredandhopeful - 19 Jul 2012 09:34

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I fell again yesterday with MZ"L any chizuk out ther?

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by refoel - 19 Jul 2012 16:54

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Baruch Hashem, I am still being careful and guarding myself with Hashem's help and loving kindness!

We must all realize that it is Hashem who is guiding us and protecting us every second that we are not giving in to our desires.

Its not us.

We could not possibly live without Hashem.

It is Hashem who created us and put us in this world and for a reason.

With a Tachlis.

I once heard that if we are struggling in certain places, for example being Shmiras Einayim/Shmiras Habris, then it means that our main purpose of this earth is to overcome these Nisyonos and fight these specific Yetzer Hora's every day, one day at a time!

Hashem in His loving Kindness sent us to this world, with a 120 year incessant battle with the evil inclination.

Now, the Yetzer can't do a thing to a person who is happy.

When a person is happy, all the weapons that the Yetzer Hora tries to use against a person, they neutralize.

The Yetzer has no power whatsoever over a person who is constantly happy.

So how do we truly be happy?

By thanking Hashem for everything that He does for us every single day.

By just looking at how kind and loving He is to us.

Hashem is our loving Father in heaven, the Master and Creator of the entire universe, the King of Kings!

Just stop and think how much Hashem has always done for us in the past. Throughout the ages, how much Hashem does for us every single day.

Thank Hashem for all His loving Kindness,  
for our lives!

Yes we are all living!!

Everyone here on GYE, you are alive and living!!

If you have managed to find your way, through all the crazy lies and rubbish, and finally reached your destination, GYE, then you have life!

No matter how low you may feel, how far away you have been, you are home now, in the warm and loving compounds of GYE!!

But, then the Yetzer comes along and we all of a sudden feel, totally helpless.

HELP!!

NO!!

I CAN'T DO THIS!!

HASHEM!!

PLEASE, I NEED YOUR HELP NOW!

Hey! Wait a second. Just calm down.

You have just completed the first step: "We admitted we were powerless over lust--that our lives

had become unmanageable."

WOW!

That's unbelievable!

Just by us stopping and crying out for help to Hashem, for realizing that we cannot possibly do this on our own, we have completed the first step to overcoming our problems!

So next time you feel like acting out and giving in to the Yetzer's stupid tricks, stop, compose yourself, weigh up your choices, and admit your powerlessness to Hashem.

That's all, just ask Hashem.

All Hashem wants to see is that we really know that its He who runs the world and only He can help us.

So lets focus on fighting, ONE DAY AT A TIME, STEP BY STEP, and then we will be able to experience true joy!

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by Newbi - 20 Jul 2012 02:11

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I have to say, that Baruch Hashem in terms of me watching my eyes on the streets, as well as my thoughts have been doing a lot better, but sometimes when I am sitting by myself and playing around on comp, or my phone il somehow manage to dig up shmutz. And the. Il fall. That's what happened to me yesterday. But got back up. Made some more security's and moved on.

Thanks guys.

And thank you Hashem!!

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

Posted by JustKeepGoing - 20 Jul 2012 03:28

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Hew Newbie,

What about setting up some more activities? being busy?

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

Posted by Newbi - 20 Jul 2012 04:46

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That is a good idea.

Though I think for me the hardest time is between 4.30 and 7.00.

It just gets sooooo draggy no matter what I am doing then I should set thats usually when I am during 2nd Seder. Lol idk if u know that feeling.

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

Posted by inspiredandhopeful - 20 Jul 2012 13:51

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I really had a nasty fall, dont ask. Hashem wants me to just forget the past and start fresh and I'm going now iy"H to have a dip and start again. Please Hashem help me.

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

Posted by jack - 20 Jul 2012 14:06

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i am highly impressed at how you're getting up again.sheva yipol tzadik vkum.it's really more than seven - it could even be a thousand

jack

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by JustKeepGoing - 20 Jul 2012 15:32

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[Newbi wrote on 20 Jul 2012 04:46:](#)

That is a good idea.

Though I think for me the hardest time is between 4.30 and 7.00.

It just gets soooooo draggy no matter what I am doing then I should set thats usually when I am during 2nd Seder. Lol idk if u know that feeling.

I get it when I know im tired and havent been sleeping well. After that its too late to take a nap and ill somehow end up till like 12ish. Or if the learning isnt going good. But I dont understand? you were saying that this is a problem *now..* or in yeshiva?

i am highly impressed at how you're getting up again.sheva yipol tzadik vkum.it's really more than seven - it could even be a thousand

jack

And its **through** the falls that we learn how to beat the Yetzer. Meaning you fell so now you can see. What caused the fall? What was I doing and what will I be doing differently? Keep it up IAH! Its only a matter of time

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by Dov - 22 Jul 2012 07:04

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[inspiredandhopeful wrote on 20 Jul 2012 13:51:](#)

I really had a nasty fall, dont ask. Hashem wants me to just forget the past and start fresh and I'm going now iy"H to have a dip and start again. Please Hashem help me.

Don't ask?

I would wager that this "don't ask" thing is more your problem than your penis itself is. B'emess. Hiding and "don't ask"ing are neither 'privacy' nor 'tzniyus' - they are simply the way we protect our precious stash so we can keep using it with no changes whatsoever. Ah, the comfort zone...

By the same token, the entire use of the 'yetzer hora' is overblown, I think. And I bet that, if anything, the yetzer hora loves that! The reality is that until you really open up and get real with another caring and understanding person who is no angel himself but clean (and getting saner)) - your old habits are safe. Is that what you want? Only you can decide.

Hatzlocha!

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by bzyzgye - 22 Jul 2012 13:33

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[Newbi wrote on 20 Jul 2012 02:11:](#)

I have to say, that Baruch Hashem in terms of me watching my eyes on the streets, as well as my thoughts have been doing a lot better, but sometimes when I am sitting by myself and playing around on comp, or my phone il somehow manage to dig up shmutz. And the. Il fall. That's what happened to me yesterday. But got back up. Made some more security's and moved on.

Thanks guys.

Zw

And thank you Hashem!!

Hey Newbi, how about considering some stronger filtering or accountability on your phone and computer?

it works for me:

Hatzloche, KC

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