

## 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 Giborei Koach - 22 Jul 2012 17:59

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I fell on Friday, but it was shorter than usual, and for the first time I did my taphsik penalty - I said 30 kapitlach tehilim. Hopefully this will help prevent me from falling in the future!

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

Posted by helpfyi - 25 Jul 2012 19:05

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hey guys, had shtickel fall... was last week didn't post it till now... back on my feet but still have a

hard time with the local street women in my neighborhood, very hard they don't dress to well and they go walking in morning and..... hard... working on it.

You know what the crazy thing about this whole thing is, its the same dumb thing were looking at over and over again! why?? its all the same! kenatch here kenatch there all the same blubber and bag of bones as chazel explained it. So why do we look? bec HASHEM made it like that! for a test, so if he made it and it really is stupid lets all daven and ask him for help! Why do we watch porn? its all the same stupid thing we all know it, whats the difference between all of them NOTHING! so let all get hold of ourselves!

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Re: Join me in guarding our eyes during the 3 weeks!!!  
Posted by refoel - 25 Jul 2012 19:41

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Exactly!  
You are doing GREAT Helpfyi!  
Keep it up!

Like you say, we need to really beg Hashem every day to help us, we must show Hashem what we truly want, that is to be close to Him and get rid of all our lust.

Prayer is one of the most powerful weapons we have.

But it's not just about pleading for help, it's also about thanking Hashem and talking to Hashem in our own words constantly, throughout our day.

We must thank Hashem for all His tremendous loving kindness that He showers us with every single day.

We must also thank Hashem for our tests, trials and tribulations!  
This may seem crazy, but its not.  
Because, Hashem Loves Us!  
Everything comes from Hashem,  
He controls the world,  
He can see everything what is going on in every persons life.

He gives us these tests for our own benefit!  
Hashem would not give us a test we cannot pass.

So we should actually be thanking Hashem with all our heart and soul every day, instead of complaining.

Our tests are there, quite simply, to help us grow.  
Now, we will grow tremendously every time we pass a test,

But what about when we don't C"V?  
What if we fall/slip C"V?

Then we THANK HASHEM!

Yup, that's right!

Because this too, is for our best.

Hashem truly Loves Us, no matter what, however far we may be.  
He is always there, right by our side.  
He always has, He is right now and He always will be!

So next time the Yetzer comes along, he is going to try to tell us that we are terrible and hopeless and can't do a thing about our situation and that we have messed our lives up and we can't even stay clean for a few days and more and more total garbage!

Just stop and think to yourself, is this really true?  
NO!  
I managed a few times to pass the tests,  
I spoke to Hashem just this morning,  
I found my way to GYE!!  
I'm not totally lost, my situation is not hopeless!

I have HASHEM!

Hi Hashem, Thanks for always being there!!

Just talk to Hashem in every situation,

He is always available to take your call,  
He will always listen with full concentration,  
He will never answer another call or put you on hold.

SO WHAT ARE YOU WAITING FOR??!!

See what I mean?

HASHEM DOES TRULY LOVE US!!

We must focus on our good points rather than our bad ones, because they are NOT even bad!  
We only have GOOD POINTS!

So when you next feel the Yetzer pushing his way in:

- STOP

- LOOK THE YETZER RIGHT IN THE FACE
- TELL HIM THREE WORDS

These three words are a knockout punch to the Yetzer!  
This will make you feel great.  
You will feel happy and good about yourself.

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

- HASHEM LOVES ME!!

The Yetzer - Evil Inclination, can't do a thing to a person who is happy!! :D

Haha thats pretty cool! eh?

Try it out!

Not mine, from here: [lazerbrody.typepad.com/lazer\\_beams/2009/12/hashem-loves-me.html](http://lazerbrody.typepad.com/lazer_beams/2009/12/hashem-loves-me.html)

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(When I tried it, I burst out laughing and couldn't help but jump for joy! ;D) But thats just me

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

Posted by Newbi - 25 Jul 2012 19:54

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I fell last night I acted out but it wasn't with the same geshmak as it always was. I am happy for that at least but I got right back up I feel today as if it almost didn't happen and back in the battle with Hashem helping me

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

Posted by helpfyi - 30 Jul 2012 18:31

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signing off this thread till next year, hope we all gained from it, have a good summer and keep in mind ELUL is around the corner!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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

Posted by Kevin Pond - 30 Jul 2012 23:13

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thanks, helpfyi, for an amazing initiative!

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