## **GYE - Guard Your Eyes**

Generated: 27 July, 2025, 15:36 Fantastic News! Posted by Kedusha - 03 Sep 2009 19:57 Dear Chevra, Please excuse me if you read this already, but I felt that it deserved its own topic and headline. I am delighted to share several pieces of very good news! As you know from my previous posts, I have sent out anonymous letters and e-mails to a number of Rabbonim in my city. I previously reported that one Rav published the letter (version #1) in his Shul bulletin, and a second Rav e-mailed the letter (also version #1) to his membership. A third Rav just informed me by e-mail that he is sending the letter (version #2) to his entire membership list (hundreds of members). But, it gets even better. Drumroll . . . The President of the Vaad HaRabbonim of my city has approved for both letters to be sent to the entire Vaad HaRabbonim list - approximately two dozen Rabbonim!

I am humbled to have a part in this incredible Zikui HaRabbim. Perhaps this is the beginning of

a new era in both Shmiras Einayim and in GYE (which are, in fact, one and the same!).

1/12

Generated: 27 July, 2025, 15:36	Generated:	27	Julv.	2025.	15:36
---------------------------------	------------	----	-------	-------	-------

Both letters are duplicated below:	
First Letter:	
Dear Rav ******, Shlita [copies also being sent to Rav ******, Rav ****	****, and Rav *******]

As the Rav is surely aware, addiction to the Internet, especially (but not limited to) Internet pornography, is a very serious problem in the Frum world today. It affects the full spectrum of Achainu B'nai Yisroel, regardless of background or synagogue affiliation. It is unknown how many Frum people are leading double lives and crying out for help, with nowhere to turn. Imagine the pain of a Frum, Heimishe father, attending his child's Siddur party or Chumash Siyum. It should be a moment of great Nachas. Instead, the father is ridden with guilt because of where he was on the Internet the previous night. And the night before.

For some people, the answer is to have no Internet in the home (however, as the Internet becomes more and more essential, it is becoming increasingly difficult to suggest this as a long-term solution for Klal Yisrael). For those who need it, however, there must be another solution. My solution, in part, has been to install an Internet filter to which only my wife knows the password (furthermore, in case the password is lost, it will be sent to my wife's e-mail account, to which I have no access). While not a total solution, having an Internet filter has been very helpful. My thanks goes to Rav \*\*\*\*\*\*\*\*\*, whose Shabbos Shuva Drasha I attended last year. At his Drasha, Rav \*\*\*\*\*\*\*\*\* strongly urged every member of his Shul, if they must have Internet access in the home, to install an Internet filter. He went a step further, providing every member with information on how to obtain a free Internet filter ("K9" - see <a href="www1.k9webprotection.com/">www1.k9webprotection.com/</a>), and how to set it up. Another Rav went still further, prohibiting his members from having Internet access without a filter.

As president of the Vaad HaRabbonim of \*\*\*\*\*\*\*\*\*, I strongly urge you to share my message with all of [our city's] Rabbonim. If every Rav in [our city] strongly encourages the members of his Shul to install an Internet filter, and gives them guidelines how to set

Generated: 27 July, 2025, 15:36

it up, who knows how many members of our community will be helped in a major way?

However, Internet filters do not completely solve the problem. Therefore, it is important for all Rabbonim and their Mispallelim to be aware of an essential resource for those trying to break away from pornography: the website <a href="www.guardyoureyes.org">www.guardyoureyes.org</a> [1]. This site is a life preserver for those who are drowning in a sea of Tumah (I know this from personal experience – it has kept me clean, and gives me the opportunity to encourage others). In conjunction with Rabbonim urging their Mispallelim to install filters, I urge them to mention the Guard Your Eyes website, which can literally save entire families from the destruction that Internet pornography often leaves in its wake.[2]

Rav \*\*\*\*\*\*, please share my message with all the Rabbonim in [our city] as soon as possible, and urge them to share the message with their Mispallelim, especially in these days of preparation for the Yamim Noraim.

In this Zechus, may the Ribbono Shel Olam grant our Kehila and Klal Yisrael Bracha v'Hatzlacha in all areas, and a Kesiva v'Chasima Tova.

Respectfully,

\*\*\*\*\*

- [1] The previous web address for this site was <a href="www.guardureyes.com">www.guardureyes.com</a>. Although that website is still functional, it contains much less content than does <a href="www.guardyoureyes.org">www.guardyoureyes.org</a>.
- [2] Please also consider posting the linked flyer in your Shul, if it is not already posted. www.quardureyes.com/GUE/Images/AD15X10.jpg

Dear Rav \*\*\*\*\*\*, Shlita,

Second Letter:

As you are certainly aware, addiction to Internet pornography is a very serious problem in the Orthodox world today. It affects all spectrums of Orthodoxy, from Modern Orthodox to Chassidish. It is unknown how many Orthodox Jews (men especially) feel that they are leading double lives, and are crying out for help, with nowhere to turn. Imagine the pain of a father attending his child's Siddur party or Chumash Siyum. It should be a moment of great Nachas. Instead, the father is ridden with guilt because of where he was on the Internet the previous night. And the night before.

I was in this unfortunate position until recently. Then, two things happened that have changed my life immeasurably. First, Rav \*\*\*\*\*\*\*\*\*\*\*\*\* urged all of his congregants at last year's Shabbos Shuva Drasha to install an Internet filter, and to entrust the password to someone else. He went a step further, providing every member with information on how to obtain a free Internet filter for home use ("K9" - see below), and how to set it up. I had reached the point where pornography had caused me untold pain and frustration, and I was more than ready to listen. I installed the filter, and had my wife choose the password (in case the password is lost, it will be sent to my wife's e-mail account, to which I have no access). While not a total solution, having an Internet filter has been extremely helpful.

Second, I discovered a remarkable website that has numerous resources to give Chizuk to those struggling in this area - <a href="www.guardyoureyes.org">www.guardyoureyes.org</a>. This site is a life preserver for those who are drowning in a sea of Tumah (I know this from personal experience – it has kept me clean, and gives me the opportunity to both receive encouragement and to encourage others).

Please urge your members to protect, not only their children, but themselves, by installing K9 (<a href="www1.k9webprotection.com/">www1.k9webprotection.com/</a>) or another Internet filter, and by entrusting someone else to choose the password. Please also inform your members of the Guard Your Eyes website, and encourage them to make use of it.

The main concern, of course, is whether people will listen. "Kesheim Shemitzvah Lomar Davar Hanishma, Kach Mitzvah Shelo Lomar Davar She'eino Nishma." I submit, however, based on my personal experience, that there are at least two groups of people that will take your words seriously. First, those who have hit (or are rapidly approaching) "rock bottom," whose college grades, marriages, livelihoods and, indeed, entire lives are becoming unmanageable. Second, those who are doing better than the first group, but have the foresight to recognize that they are on a very slippery slope, which is likely to cause them a great deal of trouble in the foreseeable future. Such people may be inspired to take action, even though they have not yet hit "rock bottom." This is what the Guard Your Eyes website calls "hitting bottom while still on top."

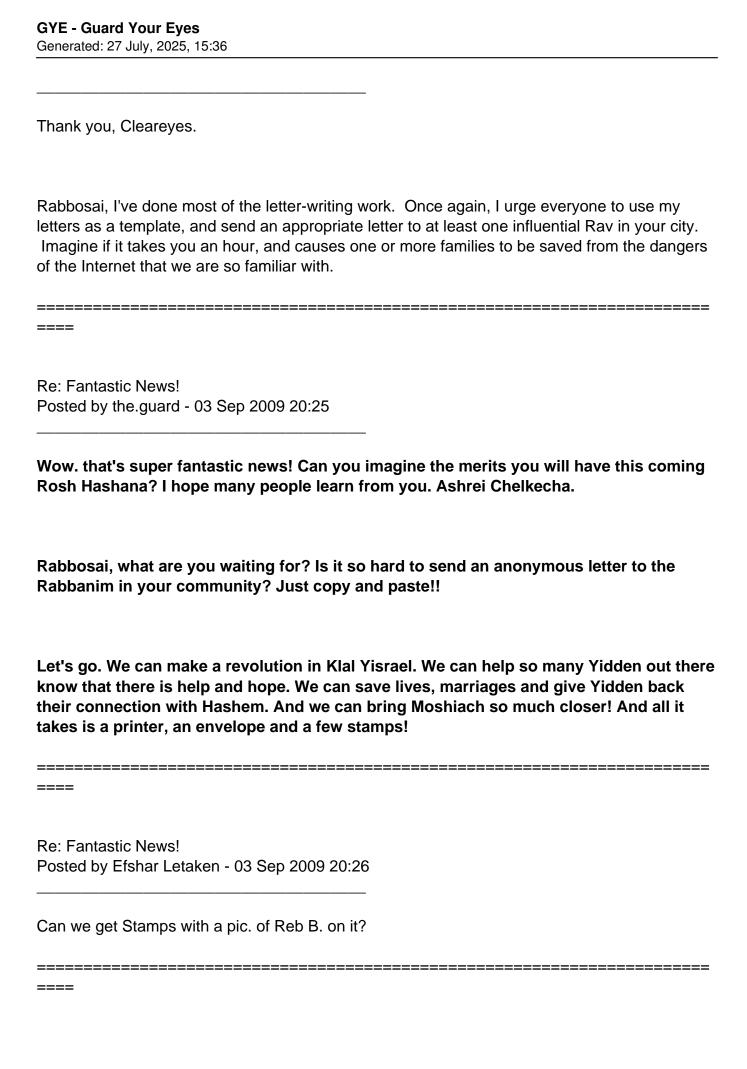
Please consider sharing my message with your Kehilah. If you do so, who knows how many people (and their families) will be helped in a major way?
Thank you very much. Kesiva v'Chasima Tova.
Sincerely,
******
=======================================
Re: Fantastic News! Posted by Kedusha - 03 Sep 2009 20:12
habib613 wrote on 03 Sep 2009 18:34:
*clapping*

GYE - Guard Your Eyes Generated: 27 July, 2025, 15:36
woohoo! that's HUGE! kol hakavod!!!!!!!
Efshar Letaken wrote on 03 Sep 2009 18:48:
Reb Guard,
You better get some more chairs & benches (Powerful Server) because this place is going to get crowded now that we got Kedusha doing Sales & PR.
Above are comments by Habib613 and Efshar Letaken to the previous version of my post.
====
Re: Fantastic News! Posted by cleareyes613@gmail.com - 03 Sep 2009 20:14

Groisa yashercoach

Re: Fantastic News!

Posted by Kedusha - 03 Sep 2009 20:23



Posted by Kedusha - 03 Sep 2009 22:22

I would like to share part of a PM that I just sent to one of the Chevra:

At the very least, if a Rav receives this type of letter, it will put the issue (and one of the solutions - GYE) on the radar screen.

In my community, I feel like a revolution is coming. For years Rabbonim have made occasional pleas for being careful with the Internet. But it is possible, as lay people, that
we can make the case far better.
Re: Fantastic News! Posted by Kedusha - 04 Sep 2009 14:38
guardureyes wrote on 03 Sep 2009 20:25:
[color=red][b]Wow. that's super fantastic news! Can you imagine the merits you will have this coming Rosh Hashana?
You have to marvel at R. Guard's humility. Imagine the merits he will have on Rosh Hashana!
To paraphrase Rebbi Akiva: Sheli v'Shelachem Shelo!
====
Re: Fantastic News! Posted by bardichev - 04 Sep 2009 14:40

**GYE - Guard Your Eyes** 

Finally I'm getting some recognition for my humility! I keep telling everyone that	t I'm an anav, bu
no one seems to realize just HOW big of one I am.	
====	
Re: Fantastic News! Posted by Kedusha - 06 Sep 2009 01:40	
guardureyes wrote on 05 Sep 2009 18:06:	
You have to marvel at R. Guard's humility.	
Finally I'm getting some recognition for my humility! I keep telling everyone that no one seems to realize just HOW big of one I am.	t I'm an anav, bu
	:D ;D
=======================================	
Re: Fantastic News! Posted by Kedusha - 06 Sep 2009 16:10	
FYI, R. Guard forwarded my second letter to the Yated. I sent it to the Hamodi Mishpacha. I began with the following introduction:	a and

Generated: 27 July, 2025, 15:36
To the Editor:
I recently wrote the following letter, which the Vaad HaRabbonim of ****** has approved to be sent to all its member Rabbonim. Please share the letter with your readership - doing so would be a tremendous Zikui HaRabbim, especially as we approach the Yomim Noraim.
Thank you very much - Kesiva v'Chasima Tova.
====
Re: Fantastic News! Posted by Kedusha - 06 Sep 2009 17:25
I sent a letter to the Jewish Press as well.

Chevra: Please help me out. If you see my letter appear in any publication, including Hamodia, Jewish Press, Mishpacha, or Yated Ne'eman, please post the information here (including, if possible, the date and page number). If possible, please send me a PM as well.

Thank you very much!	
===	