

**GUARD YOUR ... HEAD (???)**

Posted by peloni almoni - 22 Jul 2015 04:40

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the more i stick with the program, the more i realize certain truths first hand. among them - the corner stone for staying clean is guarding the eyes. but what about guarding the brain and imagination from inappropriate thoughts? i am sure i am not the only one out there with a vivid and overactive imagination. thankfully, true to its name, guardyoureyes has many resources for shemiras einayim. but hirhurim are just as damaging. but what tools can there be? how are success and a "fall" defined and measured? by the time you dwell on a thought? By the inappropriateness of the thought? By the amount of effort you put into fighting the thought? what taphsic method or 90 day chart can there be for the mind?

bad images and sights are things we can turn away and/or run away from and really for the most part usually avoid bearing the brunt of. But how can a person run away from his thoughts? Your head is with you wherever you go. The only thing that works somewhat is to tell myself that if I don't stop I'm getting out of bed nomatter the hour ( that's when it usually strikes) and going to shul. in shul, its easier, although really no where and no time are we really immune, are we?

ps - plz do not answer that the eitzah is to learn torah. thankfully, i do plenty of that, and i give several weekly shiurim, and yet i have time for these extracurriculars. even a compelling sugia never is quite enough. and if it really was that simple, there would be no need for any of this, anyway.

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