

### Guarding the eyes

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This thing I am going to say is very powerful, and it taught me a big lesson personally, since it comes from a potent part in tefillah. It is something that Hashem gave me the ability to understand, and without his help, I could have not figured it out.

I feel that one of the hardest character traits to overcome is jealousy. Well I would like to share with you 2 solutions that can hopefully help us overcome this negative trait.

I was once taking a walk on Shabbat up north of Jerusalem, and I saw a beautiful green mountain. Since I do not know the place because I was just visiting, I asked a boy from the Yeshiva I was staying with, if he can show me how to get there. He agreed and we headed off toward the beautiful mountain. After about 10 minutes of walking he stopped and said that we had arrived. So I looked down and saw that my feet were slipping in slimy mud. So I asked him again, can you please take me to that GREEN mountain that we saw? He answered that we were standing on that very mountain. I was puzzled. So he took me to a higher level and then I saw for real how right he was – this is the actual mountain that had I asked him to show me! He told me to wait there and ran to a spot on the mountain that looked fully green from where I was standing. He then motioned to me that I should come to where he was standing, and when I got there, once again it was the slimy mud again.

This taught me an enormous lesson. There is a saying, "the grass is greener on the other side", but I experienced that personally – it looks greener, but once you get there, you notice all that it's not all that green. We look at a person who owns a nice house or has a lot of money, and we start feeling jealous because they can get whatever they want; but in truth, if we would be in that very position, then it wouldn't be all that green, it would be slimy mud for us.

Wherever we stand, **that** is a beautiful green mountain, because Hashem knows exactly what we need to complete OUR mission in this world. As we recite the beracha every morning "He created us with ALL of our needs."

The main and dominant point I want to touch on is now. And I saw that this is not only with jealousy but many other negative character traits too.

I once saw a friend getting into a car to go somewhere, and jealousy all of a sudden aroused inside of me. So I stopped and asked myself, "Why are you feeling jealous of this person?" And this is where the lesson, that Be'ezrat Hashem can be spread all over the world. I was jealous because I SAW him get into the car. We get jealous because we SEE things. Let me be a little clearer; if you saw someone driving a Ferrari and now you want it for yourself, or you become jealous of him. But what happened 2 seconds **before** you saw his car, were you feeling jealous then? Not at all! This is because you did not SEE it.

I have seen on many occasion when the kids are bickering and the parents are in the other room. All of a sudden the parents walk in and see them fighting (the same fight), and start to

scream and let out all their anger. What happened 2 minutes ago when they were fighting and you didn't know about it, you were enjoying your family's company in the other room? Again, they SAW the fight and it made them see red.

We see things and then feel jealous. We hear things - our friend made a 30 million dollar deal, and our heart is telling us, "how come he got that money and not me?" It is all the Yetzer Hara eating away at our bones, with a big smile across his face, saying "I SNATCHED HIM!!" That can be one of the reasons why we say the pasuk in Shema "Do not stray after your hearts and your eyes, because you will want them.'

So next time an event like this occurs, Stop. Think. And Say. "This is a test from Hashem, who is giving me a chance to overcome my Yetzer Hara and feel happy for my friend." Or when you see a fight say, "I am going to try and break this up in a calm manner and not what my heart is saying to do, to BLOW UP.

Our eyes can drag us down to the dumps and valleys, but at the same time can also bring us to the top, to the peak of the mountain. The Baba Meir, the Baba Sali's grandson was able to rescue a boy from across the world and tell the FBI where he was hidden, and when asked how he had that power, he answered "Because I guard my eyes."

We can reach great levels with our eyes, we just have to, as the Baba Meir said, "GUARD THEM."

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