

shemiras einayim -non internet

Posted by bardichev - 22 Jun 2010 22:42

hello all

i used to start topics left and right

lately i am trying to keep it simple

but here goes

i want to make a little "vinkle" (corner) of the holy forum

this is going to be dedicated to discussing the trials and difficulties

of shemiras einayim

please feel free to comment and to give ideas and suggestions

this corner is not about internet or po*n

it is also not about addiction per se

I dont know if this will be the most popular thread in the forum

but i am sure it has its benefits

keep on truckin

bards

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Re: shemiras einayim -non internet
Posted by Yosef Hatzadik - 26 Jul 2010 18:45

[bardichev wrote on 08 Jul 2010 15:07:](#)

#3 LSTEN TO A SHIUR WHILE U DRIVE OR JEWISH MUSIC

But **The Big Bad Yetzer** tries to stop us from inserting that Jewish CD in the first place!

In the past I have put the CD into the drive right before exiting the car. Tis way, when I start up the engine on my next journey the CD starts playing automatically.

This method beats one of HIS favorite strategies. HE always tries to convince us to put off the good stuff "for just a bit", "Look away after five seconds; Turn off the radio & start a Torah Tape after the next newscast/traffic/weather report..."

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Re: shemiras einayim -non internet

Posted by Stuart - 26 Jul 2010 19:28

Personally I find that being careful with shemiras einayim has a direct correlation of acting out later. I would always justify to myself that its not that bad of a deal to look at someone in the street, afterall its not my fault. Yet, I think this image of that person is "stored" in my head until I have the opportunity later on to act out in front of a computer. One of the keys to my success I believe is to just not take the second look. Sounds simple, right? Not looking should even apply to frum women as they can be trigering as well.

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Re: shemiras einayim -non internet
Posted by an honest mouse - 26 Jul 2010 21:42

[Stuart wrote on 26 Jul 2010 19:28:](#)

Not looking should even apply to frum women as they can be trigering as well.

I personally find the frum women to be the most triggering, like "toadd" wrote a while back. For a few reasons. Firstly, they're more shayach to us, we dont have to stretch the imagination as much to set ourselves off. Secondly, the mysterious and subtle is often more alluring than something which is blatantly obvious. My curiosity also often tricks me into looking, how do the way these women dress compared with my wife, what would be if i had married her etc... or even (the worst) the yetser horah with a talis on, 'i cant believe she dresses like that, that is so not tzanuah!' (said whilst staring at her and then proceeding to fantasise about her...).

Does anyone have any frum-women-specific eitsahs?

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Re: shemiras einayim -non internet
Posted by kosher - 26 Jul 2010 23:27

I can certainly relate to these issues with frum women.

I think knowing the problem is the first big step in the solution (as they say, forewarned is forarmed).

Once we realize that looking at frum women is NOT innocent, we are on the way.

It still takes a lot of practice to break old habits...

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Re: shemiras einayim -non internet
Posted by aish kodesh - 27 Jul 2010 03:29

what helps me some times re frum ladies ,is trying to be on the attack mode ,im in a war and they are shooting from all sides you duck and do what ever you can not to get killed ,so when you see your enemy [yh] remember hes out to trap you and put you away for life ,eg. some one is drowning in a lake and a pretty lady saves him i dont think he will be thinking how pretty she is he just trying to survive

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Re: shemiras einayim -non internet
Posted by bardichev - 27 Jul 2010 05:32

Start to teach yourself

Not to be G-ds Police Force

She. Is not your wife

She has NOTHING to do with you

She aint your problem

Move on

Keep on trucking

B

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Re: shemiras einayim -non internet
Posted by Holy Yid - 27 Jul 2010 05:43

I don't understand????????????????????

If we know frum women are triggering for us, and maybe even more triggering than shiktzas, so any excuse we find in our mind is 100% (not 99.9999999999999999) from the Yetzer Hara. End of discustion.

All this talk of etzias is truly a wonderful, holy and helpful thing but we need to have our facts straight. We have two voices in our head one that tells us to do what is good for us and another, who is very wise and very eivl, who tells us to do things that will hurt us.

Now the eivl voice knows if he tells us to jump off a bridge we wont listen so he tells there is a frum woman who might be dressed very nicely, or maybe just a tad too trendy, or maybe she is wearing what that girl I saw this morning was wearing, or maybe a little different, or maybe I neeeeeeeeeeeeed to know what is in style now, and the list goes on. And we as we get closer to look we don't realized we just walked off the cliff. Woops.

So basicly any woman we want to look at regardless of her level of religios observance the voice of lust/YH/addiction etc is telling us to do that.

End of discusion.

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Re: shemiras einayim -non internet
Posted by bardichev - 27 Jul 2010 15:20

Yes HY u are 100 pecent correct

That's why I developed my "mehalich" of being non interested.

I am not a rav these women are their own achrayus

And ess ken zayn they out do me in mitzvos and massim tovim

I am not to judge

I am not to criticize

Or to look and compliment

KOT

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Re: shemiras einayim -non internet
Posted by Holy Yid - 27 Jul 2010 16:58

Truth is there is great wisdom in ur post Rebbe.

The Medrash says that Avraham on his way to the akeida met the the YH who appread to him as an old man and ask Avraham "were are you going?" Avraham answered going to bring a karban with my son.

Why did he lie??

Rav Desler says that sometimes the best approach with YH is to lie to him. Tell him you will worry about 'her' later or as Bards says I am not her Rav.

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Re: shemiras einayim -non internet
Posted by 1daat - 01 Aug 2010 06:48

How would one say it, "shmiras ha kaff"? I'm walking down the hall, eyes where they should be, lady walks by, I get a whiff of the perfume, a little too long. Oy.

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Re: shemiras einayim -non internet
Posted by Holy Yid - 01 Aug 2010 07:48

The only thing I would say is don't dwell on it, she might be a problem but she is not your problem

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Re: shemiras einayim -non internet
Posted by kosher - 06 Aug 2010 16:27

Something I have found important recently is that after coming across something not to look at, I look away. The next step is important - instead of mentally "fighting" with the desire to look, I need to hit the "mental reset button" and then think about what do I want to be doing right now (not what I *shouldn't* be doing) and then focus on what I want to and should be doing...

Good Shabbos,

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Re: shemiras einayim -non internet
Posted by bardichev - 06 Aug 2010 17:35

Holy yid

Your a good talmid

It takes a little gaava to say it

But it works

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Re: shemiras einayim -non internet
Posted by Holy Yid - 08 Aug 2010 03:39

[bardichev wrote on 06 Aug 2010 17:35:](#)

Holy yid

Your a good talmid

It takes a little gaava to say it

But it works

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This is the highest complement.

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