

The Mark of Torah - Lust Chizuk

Posted by Markz - 02 Dec 2015 03:57

1. **TORAH TAVLIN:** a) Torah is not a blanket protection and can actually do the opposite [if not approached correctly](#). b) May not work for all forms of [Yetzer Hara](#)
 2. Gd wants our small [sacrifice](#) and [effort](#)
 3. **ODAAT:** [One Day at a Time](#). And a nice [source](#) for ODAAT.
 4. **DO SOMETHING:** When facing a personal challenge, We can't say "I tried, I cried, I prayed", No no no! [Do something positive!](#)
 5. **BECHIRA:** The "main" bechira we have is to [avoid triggering situations in the first place](#)
 6. **THE 3 SECOND RULE:** [The pasuk is telling us - do not follow your heart to take that second look](#)
 7. **THE REAL PROBLEM:** To me it seems poshut that the problem is lusting [not shmiras eynayim](#)
 8. **WHITE KNUCLING:** Is not [the Torah way](#) so cut the [Confrontations](#). Which according to the Torah way [will not succeed](#)
 9. Is everyone in the world an [addict?](#)
 10. **WIFE:** Is she your [Pas Besalo?](#)
- Warning: Spoiler!**

- 11. **INTENT:** I'm a lustaholic and I want [Intimacy](#) leshem shamayim. Honest?
- 12. **TESHUVA:** Teshuva (the way we understand it) is [NOT recovery](#) but a ploy
- 13. in the Zohar, it is said the sin of wasted seed is the worst sin for which no recovery is possible. And that relations with non-Jews attaches to us even in Olam Haba. What are the [defenses against these charges?](#)

SCOURCES:

- 1. The prohibition of [V'NISHMARTA and V'LO SASURU](#)
- 2. including undressed unmarried [gentile women](#)
- 3. A wife is [like bread?](#)

HOLIDAYS

- 1. Chanuka - [ODAAT](#)
- 2. Thank Gd - [Al Hanissim](#)
- 3. The 3 Weeks - We are building the [Beis Hamikdash](#) with GYE

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The Mark of Torah - Lust Chizuk
Posted by thanks613 - 21 Apr 2016 16:11

[Gevura Shebyesod wrote on 21 Apr 2016 16:03:](#)

BTW Mark, what's that M in a circle I see on some of your posts? It looks like a Halal logo. Are You Tachas Hashgachas Halmam HaMufti Abbas?

No, not the Mufti. Mark'z posts are certified by the PA.

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The Mark of Torah - Lust Chizuk
Posted by unanumun - 21 Apr 2016 22:38

[Gevura Shebyesod wrote on 21 Apr 2016 15:37:](#)

There's actually something along those lines in the Gemara, I can't remember the source. That you can fall out the bottom into Gehinnom but you can also climb back in through the side.

<https://guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/239576-Re-Chazak-Chazak-Venischazek%21%21#239576>

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The Mark of Torah - Lust Chizuk
Posted by eslaasos - 28 Apr 2016 18:38

I heard a fascinating idea b'shem the Noam Megadim. If anyone can provide the source so I can see the original, I would really appreciate it.

If a temptation entices you, and you overcome it, it is not vanquished; it will come back and tempt you again. This I had heard many times before. The chiddush I now heard is that after overcoming it 5 times, it will keep coming back but when you overcome it again, it will be converted into a cheshek for kedusha.

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The Mark of Torah - Lust Chizuk
Posted by Markz - 08 May 2016 01:44

[Dov wrote on 14 Sep 2011 23:00:](#)

Who says that shmiras eynayim is the key? Ok, it's necessary, yeah, and it is one of the only ways to actually walk the walk and not just talk the talk....and there are many ways to do that, as well.

But to me it seems poshut that the problem is lusting, not shmiras eynayim.

I know what it is like to go nuts over a perfect-looking woman that walks by. I know what seeing porn does to me and how it makes my entire mind change into a sick one, where porn and sex seem truly to be in my very best, best interest - and Hashem seems awfully crazy to suggest (demand) otherwise.

I know all that from the inside, like you.

And yet it still boils down to *lust*. If I am wanting it, wishing for it, and often ready to fantasize over it, then I am going to flop practically whenever I see a triggering thing, as you describe. If I am still lusting, then I do not truly believe that orgasm (and sex) is *optional*. I believe I deserve it, that it is natural, and that I must do it. That it is ultimately my *right*, as a man with hormones and the right body parts.

If there is not a backdrop of readiness produced by lust, then what else praytell is the answer to your riddle?

So shmiras einayim is a great tool - to help us live without lusting. We are dry drunks if we are still lusting. And what you describe sounds to me just like that. Lust and fantasy alive and well, behind a scenery filled with shmiras einayim and sincerely good, decent behavior. In the end, it will not work.

The tachlis of *my shiras einayim* **needs** to be only to *help* me live real life today and that means free of the tyranny of lust today, and not chas veshilom as an end in and of itself: "I am shomer my eyes!" Big deal. Between the lines: "But I still see many women as sweet (withheld) sex candy; that their greatest value is in being 'hot'; that their body parts are above all, pleasure sources; and the temptations are crawling all over me, nebach." No. This is not going to work, and will not allow simcha even when it does work for a while. Many here and elsewhere seem to feel like "guarding your eyes" is what it is all about. Gevalt, gevalt. Lo sereid b'ni imochem.

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The Mark of Torah - Lust Chizuk
Posted by eslaasos - 08 May 2016 04:43

Mark, thanks for the quote.

I had a similar thought last week, when I was experimenting with shmiras eynayim when shopping. I came to the conclusion that shmiras eynayim does not take place in your eyes. The eyes are not that easily controlled; if they are pointed at an object, they will robotically relay the visual to your brain. The real shmiras eynayim seems to take place in your mind, where you choose what to focus on, although I need to think about it (or practice it) some more to understand it better.

Do you think we should change the name from GYE to GYM?

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The Mark of Torah - Lust Chizuk
Posted by peloni almoni - 08 May 2016 04:56

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The Mark of Torah - Lust Chizuk
Posted by peloni almoni - 08 May 2016 05:01

[peloni almoni wrote on 08 May 2016 04:56:](#)

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The Mark of Torah - Lust Chizuk
Posted by markz - 08 May 2016 05:15

It's not only ?????? ???

Its on [this thread](#)

I found [this](#) other post for me to be the most conclusive

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The Mark of Torah - Lust Chizuk
Posted by thanks613 - 08 May 2016 06:20

A moment for theoretical Torah..

I heard a medresh once (either the medresh actually says this or this was the p'shat I heard, not sure which) about how Avraham had reached a level where he had complete control over his eyes and ears - the senses that are beyond our control, because we see whatever is in view and hear whatever is within earshot, whether we want to or not. Meaning that he was able to "not see (or hear)" things that were in front of him if they were inappropriate for him. I found this fascinating

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The Mark of Torah - Lust Chizuk

Posted by markz - 08 May 2016 14:04

To fight or Not to fight - That is the question:

Parshas Achrei - [GYE Wrote](#):

Dear MosheF,

Please read the *Ohr Hachayim Hakadosh* on [this page](#). It sure sounds to me like he's talking about lust addiction! He directly addresses the **complete powerlessness** that a person who is caught up in lust will experience. He suggests that the only way to succeed in this area is by **completely avoiding** visual and mental stimulation. (If the *Ohr Hachayim* had lived today where this solution is close to impossible - and where the entire world's sewage is available with the click of a mouse, who knows - he may have come up with a 12-Step program! :-).

But listen to this: The *Ohr Hachayim* also touches upon **the core of the 12-Steps** in this very piece. He writes that for those who are already caught up in lust (read: addicts) they **cannot do it on their own**, and that **ONLY Hashem** can ultimately save them from this powerful Yetzer Hara.

TRANSLATION IS INCLUDED HERE

Warning: Spoiler!

Rabbi Avraham J. Twerski [wrote](#): If one can, it is a segula to read this section at the kever and ask that in his zechus Hashem should help.

DafYomi will be here soon

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The Mark of Torah - Lust Chizuk
Posted by markz - 08 May 2016 14:30

To fight or Not to fight - That is the question:

Some captive women were redeemed and brought to Neharda'a. They were kept in the attic of Rav Amram the Chasid; the ladder was removed.

A beam of light reflected from one of the women. Rav Amram was seized with lust. He moved the ladder to ascend (normally, 10 people are needed to move it). As he was halfway up, he screamed 'there is a fire in Rav Amram's house!' (Kiddushin 81)

Rav Amram intended to teach his students with this, that debates and confrontation against the YH are not recommended in times of need, rather other tools should be used (Rada'l), e.g. calling a fellow GYE or Group call

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Posted by eslaasos - 16 May 2016 16:37

The Ohr Hachaim Hakodosh on the posuk of Kedoshim Tihyu writes that the nature of lust (for every joe shmoe, not just an addict) is that it is impossible to fight. The only possibility (and achrayos) you have is to prevent it from entering your mind in the first place.

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The Mark of Torah - Lust Chizuk
Posted by Yosef Hatzadik - 31 May 2016 15:09

[thanks613 wrote on 08 May 2016 06:20:](#)

A moment for theoretical Torah..

I heard a medresh once (either the medresh actually says this or this was the p'shat I heard, not sure which) about how Avraham had reached a level where he had complete control over his eyes and ears - the senses that are beyond our control, because we see whatever is in view and hear whatever is within earshot, whether we want to or not. Meaning that he was able to "not see (or hear)" things that were in front of him if they were inappropriate for him. I found this fascinating

Isn't that what Rashi says in ***Parshas Lech Lecha*** on the words *V'agadla shemecha*?

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The Mark of Torah - Lust Chizuk

Posted by Yosef Hatzadik - 31 May 2016 15:55

[eslaasos wrote on 28 Apr 2016 18:38:](#)

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If a temptation entices you, and you overcome it, it is not vanquished; it will come back and tempt you again. This I had heard many times before. The chiddush I now heard is that after overcoming it 5 times, it will keep coming back but when you overcome it again, it will be converted into a cheshek for kedusha.

Gemara Meseches Sukkah:

Yitzro shel adam misgabar alav b'chol yom.....

.....V'Hashem yeshalmenu lach.

Rashi explains: *Sheyehei shaleim yitzrach imach, v'lo yaasiacha lachto vl'aavod min haolam.*

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