

## GYE - Guard Your Eyes

Generated: 11 April, 2025, 15:25

---

Hello from Blind Beggar

Posted by Blind Beggar - 28 Aug 2010 21:19

---

Hello Tzaddikim! I just found this site last week. I think it is going to make my Rosh Hashono and Yom Kippur. I think the newness of the 90 day chart will get me 40 clean days to Shemini Atzeres but I am afraid of what will happen next. Does anyone have any suggestions?

I have read enough of the forum to see that you are all tzaddikim and all serving Hashem every day clean and again after every fall.

The holy Baal Shem Tov taught that the yetzer horo is more interested in the post-sin depression than in the sin itself.

Blind Beggar who wants to have eyes only for Hashem.

=====  
=====

Re: Hello from Blind Beggar

Posted by Blind Beggar - 05 Apr 2011 15:25

---

There are *hundreds* of GYE men in Eretz Yisroel. Count me in for any party with plenty of food and no women. I live in Kever Rashbi in Meron. Rent is free but there's no privacy for GYE events.

=====  
=====

Re: Hello from Blind Beggar

Posted by Eye.nonymous - 05 Apr 2011 20:24

---

[Blind Beggar wrote on 05 Apr 2011 15:25:](#)

There are *hundreds* of GYE men in Eretz Yisroel. Count me in for any party with plenty of food and no women. I live in Kever Rashbi in Meron.

Then... what do you do for Lag B'Omer?

=====  
=====

Re: Hello from Blind Beggar  
Posted by Blind Beggar - 05 Apr 2011 21:22

---

I stay on the men's side of the mechitza and dance and daven like everyone else.

=====  
=====

Re: Hello from Blind Beggar  
Posted by Blind Beggar - 06 Apr 2011 07:22

---

12 days ago I fell from using Facebook, and the next morning I was learning Tomer Devorah which inspired me to get K9 to block both Facebook and Flickr. The Remak explains one of Hashem's *middos* using a gemora which is the daily *daf* this week, so I have posted it in the Bais Medrash here:

[www.guardyoureyes.org/forum/index.php?topic=3104.msg103308#msg103308](http://www.guardyoureyes.org/forum/index.php?topic=3104.msg103308#msg103308)

=====  
=====

Re: Hello from Blind Beggar  
Posted by Eye.nonymous - 06 Apr 2011 09:08

---

Does that mean you blocked facebook?

That's great!

--Eye.

=====  
=====

Re: Hello from Blind Beggar  
Posted by pinokio - 06 Apr 2011 09:11

---

i must relate an experience

the last three weeks i have only used gmail and gye, and i almost forgot there was something called internet

was the best feeling of my life when i realized

its like when u wake up, feel good, and then go back to sleep and do it again

so im gonna forget about this experiencs and try to remember it again in a couple weeks

=====  
=====

Re: Hello from Blind Beggar  
Posted by Dov - 06 Apr 2011 16:07

---

Beautiful post!!

It's nice to be free, no? Actually, once we are free for a bit, it becomes hard to believe that we'd ever want to go back to slavery....but we will, nebach. No matter how smart we are. When it comes to lust we are stupid. I believe that total relapse is guaranteed, if not for staying with Hashem - even very, very imperfectly. Actually, especially imperfectly! *Karov Hashem l'chol kor'av...b'Emess.* (In my siddur it is written on the side of that possuk: *even me.* Cuz I never really believed he was **for me.** Dodi li!)

Till I was ready to give up "the lusting fun and adventure," I called to Him but not at all b'Emess. Whining is not tefillah, at all - even whining to Him!

Ole'!!!

=====  
=====

Re: Hello from Blind Beggar

Posted by Blind Beggar - 10 Apr 2011 17:45

---

It's time to explain my new signature.

1) If I see a woman I am powerless over lust, but I don't have to look.

2) I can guard my eyes.

3) I want to guard my eyes.

4) I do guard my eyes.

1) Is the first step of SA. I am powerless over lust, once I start, I cannot stop.

2) My reaction is not to look, like an alcoholic who cannot have only one drink. He can have none or he can go on a drunken binge. Elya explained 1) and 2) in Chizuk Email 998.

I asked him:

*Hello Reb Elya, I have a question with the First Step, which is where I am holding in SA: I feel well armed to fight the lust battle, with:*

- TaPhSiC method and
- *the Three Second Rule* and
- *I can take off my glasses and*
- *post on the Forum and*
- *call chaverim 24/6 and*
- *I read the chizuk emails and*
- *I have the K9 filter* and
- WebChaver and more...

*But then the First Step tells me I am powerless. I should lie down on the floor and cry in surrender, let go and let God, give up the fight, throw down my weapons and wave a white flag. How do these two ideas fit together?*

And he answered me:

You are powerless THEREFORE you must use these methods, the 3 second rule, glasses, keep in touch with others who can guide you, filters to guard you, etc. Powerless means you cannot do this on your own, you (we) need help from others and a Higher Power. Since you've put all of these things in place it's as if you have waved a white flag and pronounced you are powerless and ask G-d to help. Once you're away from lustful thoughts and pictures and lust itself, it becomes easier. This is G-d helping you.

After talking with aa1977 we realized two more important points:

3) Rebbe Nachman z"l said we need to have a yearning to to Hashem's will and we need to verbalize it. "I want to guard my eyes".

4) Rebbe Nachman z"l said to search for the good points in all people, including ourselves. This is the "affirm" stage of the 3 second rule. "I do guard my eyes"

=====  
=====

Re: Hello from Blind Beggar  
Posted by Blind Beggar - 12 Apr 2011 20:56

---

Finally, the avatar that I have been waiting for.

It is still Meron, but if you look closely you can see the two pesukim that are painted over the archway. If you want to know the origin, meaning and significance of the pesukim, look in Lekutei Moharan on the page before Torah 1.

=====  
=====

Re: Hello from Blind Beggar  
Posted by ZemirosShabbos - 12 Apr 2011 21:53

---

use it in good health, sobriety and simcha!

=====  
=====

Re: Hello from Blind Beggar  
Posted by Blind Beggar - 14 Apr 2011 05:34

---

### IMPORTANT MESSAGE FOR FIRSTBORNS

If you find yourself listening to a siyum on Maseches Avoda Zora (Talmud Bavli), about sticking knives into the ground, as soon as you hear the end of the Gemora, walk away before you hear the Rashi. The last Rashi is very triggering.

And have a great Pesach!

=====  
=====

Re: Hello from Blind Beggar  
Posted by Dov - 14 Apr 2011 16:54

---

Everybody! Make sure to check that Rashi out now!

=====  
=====

Re: Hello from Blind Beggar  
Posted by laagvokeles - 14 Apr 2011 17:59

---

toiro is never triggering

=====  
=====

Re: Hello from Blind Beggar  
Posted by Blind Beggar - 14 Apr 2011 21:20

---

Aderaba; toiro, Tora, Torah, and ???? are often very triggering because it is written for normal Yidden. I have fallen from hearing siyumim on that masechta and from other sugios in the Gemora. Some/many/most/all Chassidishe yeshivos don't teach Seder Noshim to bochurim. I used to have taaynos against Litvishe yeshivos for teaching Kiddushin and Kesuvos until I realized that I am the sick one and they are dealing with normal bochurim. Even litvishe yeshivos don't teach maseches Niddah to bochrim (although it is a lot less triggering to me than much of Seder Noshim).

=====  
=====