

Shmirat Habrit ????? ?????

Posted by anonymous_14 - 27 Aug 2015 22:10

Quote by Rabbi Nachman

?Our Sages called ????? the ???? the foundation. The foundation of a building is "underground" and no one sees it, yet it holds up the entire building.

?Shmirat Habrit is the hidden part of a Jew and it is the real you. If the foundation of a Jew is weak, his whole spiritual structure is fragile and is in grave danger of collapse. And if the foundation is strong one can build sky scrapers of holiness on top of it.

Everything in a man depends on the brit. It is as it says above the ???? is the foundation of the entire man. This is understandable since all of society and human life revolves around the sexual attraction between man and woman. If a man's brit is flimsy his entire body, personality, mental outlook... is shaky.

Since the brit is hidden like the foundation of a building and it serves to uphold the entire structure, when you look at immodest images are injuring yourself and causing trouble for yourself . I would say more grievous troubles than most people think. You are troubling your very foundation.

The world is full of these types of images. It is next to impossible to not be affected by what one sees during the course of a day.

But why add to it? It is possible that if you begin to take care, your luck will change for the better and you will have much less of a problem.

If you make an attempt to guard your eyes you may get divine assistance but if you do nothing you may sink more and more.

The Talmud states, "If a man comes to defile himself, the doors are opened to him, but if he comes to purify himself, he is helped." TALMUD YOMA 38B

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Re: Shmirat Habrit ????? ?????

Posted by waydown - 27 Aug 2015 22:22

You have lots of good pointers and I don't want to mach it avek. So firstly thanks for your post

RE, ?Through Shmirat Habrit one is saved from the forces of evil, which manifest themselves in the temptation for money, idol worship, sadness, depression, darkness and death.

?A Shomer Habrit is always happy

Especially that last pointer. I assume you mean a non shomer habit is always unhappy. I don't know that all those that are shomer habit are necessarily happy. I don't know if shomer habit is the deciding factor in why people are sad. Yes I undertsandone who is not shomer is generally depressed about himself. But I am not sure about the opposite. The same is true re temptations for money.

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Re: Shmirat Habrit ????? ?????

Posted by anonymous_14 - 28 Aug 2015 03:46

Thanks, you're right, I corrected it.

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