

### Some tips on Guarding the Eyes

Posted by anonymous\_14 - 21 Sep 2015 16:15

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### Some points on Guarding the Eyes from Holy Nation and Windows of the Soul

- 1 The main instigator of sexual temptation is the eyes .
2. Sexual lust can only be kept away by avoiding provocative sights and thoughts
3. Even if you have reached a high spiritual level can stumble suddenly from not guarding the eyes .
4. Guarding the eyes is necessary to master one's sexuality and to be able to cope with all the immorality is one exposed to.
- 5 If you talk with yourself sincerely you will have to agree it is an important thing to do.
- 6 Don't think you can do whatever you want, that it will have no repercussions, and no one will ever find out.
- 7 Practice walking with lowered eyes, looking a few yards ahead of you. Look slightly downwards without appearing strange.
8. **It is helpful to keep a log of how one is doing and fill it out it daily.** This way you have a control over your weak points and you can strengthen them. For example Guarding eyes while walking-7. 5, Speech-8.1, Guarding eyes at work-7.2, Internet-6.7
9. Be careful and plan ahead when you expect challenges.
10. Guarding your eyes enables you to treat women with respect.
11. Enjoy looking at what is permissible, healthy, and inspiring . Gaze at things like flowers, sunsets, mountains, lakes.
12. Don't rationalize or excuse this behavior, it never leads to any good.
13. G-d thinks highly of people who fight this difficult war.
14. The mitzvah of tzitzit is a protection for the eyes . Wear tzitzit and join thousands who have this awareness .
15. Guard your eyes with with joy and gladness in your heart. Enjoy it and embrace it. Make this habit the new you and you will never regret it.
16. Study Torah daily, particularly about this subject . This keeps the mind focused and above

things.

L'shana tova tikatevu

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Re: Some tips on Guarding the Eyes  
Posted by newbeginning - 21 Sep 2015 16:26

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Some good tips! Thanks

If you are short sighted than it can sometimes help just to take off your glasses whilst your walking as this will ensure that you only focus your eyes nearby as you cannot see far away!

What I may start to do is draw many lines on a piece of paper to create 100s of little squares, and then make a note of each time I guard my eyes and each time I don't.

For every time you guard your eyes, colour a square green and if you don't colour it red.

It's a huge confidence booster when you see a majority green piece of paper and you can also reward yourself if for example 3/4 of the sheet is green. It seems like a great way to mark and follow your progress.

Eli

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Re: Some tips on Guarding the Eyes  
Posted by waydown - 21 Sep 2015 16:42

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Thanks great tips.

I am not sure that they all work so well with an addict though.

**GYE - Guard Your Eyes**

Generated: 11 April, 2025, 09:30

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Also I have found that going overboard and staring at the floor otr taking off ones glasses while walking may be counter intuitive. When I become too farchniuked I go the other extreme. I am skeptical about accepting extra chumras that main stream judiasm doesn't do.

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Re: Some tips on Guarding the Eyes  
Posted by cordnoy - 21 Sep 2015 18:10

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[waydown wrote:](#)

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farchniuked is the first word you actually spelled correctly!!

Love it.....and you!

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Re: Some tips on Guarding the Eyes  
Posted by markz - 01 Oct 2015 00:26

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[newbeginning wrote:](#)

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I'm thinking of joining. So 75% of the time that I see fat ladies I'll guard my eyes, and the few 25

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Re: Some tips on Guarding the Eyes  
Posted by markz - 01 Oct 2015 00:41

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[serenity wrote:](#)

times I see something I really wanna look at i can. Who cares? Most of the sheet is green. Many of us have discovered the main problem is with us and not the women in the street or other external influences. Click on the links and follow the suggestions. Hatzlacha!

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Re: Some tips on Guarding the Eyes  
Posted by livingagain - 30 Dec 2024 14:57

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[anonymous 14 wrote on 21 Sep 2015 16:15:](#)

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Wonderful tips. Thank you

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