

Caution! Summer is coming!

Posted by ???? ???? - 07 May 2013 19:36

And at this time of the year all the "bottles" are in the street!

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Re: Caution! Summer is coming!

Posted by zvi - 08 May 2013 00:17

2 pieces of advice: Walk with your eyes down, at the ground. Obviously, you need to make sure you don't bump into anything, but that's easy enough to do.

Secondly, if you wear glasses, don't wear them in the street. It really really helps- I started doing it about a week ago, and it's worked.

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Re: Caution! Summer is coming!

Posted by Machshovo Tova - 08 May 2013 01:28

For those who find it too difficult to remove their glasses, here's what works for me: Keep your eyes downward, and move your glasses downward on your nose. So you will see the pavement clearly, but you will not clearly see those in front and around you - and you will not attract undue attention.

Hatzlacha,

MT

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Re: Caution! Summer is coming!

Posted by israel613120 - 08 May 2013 04:40

what about driving, I spend a bit of time driving back and forth to work.

My driving instructor told me to be aware of all that is around you to be safe?

I've tried keeping my eyes glued to the number plate in front, but there is ALWAYS some women around!

What works for you, while driving?

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Re: Caution! Summer is coming!

Posted by skeptical - 08 May 2013 05:01

It's not a good idea to keep your eyes fixated on the car in front of you. When driving, it's important to be aware and look as far ahead as possible (at least from time to time) so that you can react sooner. Don't play games when driving. Focus on driving.

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Re: Caution! Summer is coming!

Posted by Machshovo Tova - 08 May 2013 18:52

That's right. When driving, you need to "Get the big picture", as they say in driving school. What works for me is the following: One must come to the realization that all "lust" is poison. Although we cannot choose which sights we encounter unwillingly, but we can choose how we react to those sights. Lusting means that we willingly react with lust, either by taking a second look or by chewing it over in our mind. Not lusting means that we look away as soon as possible, we avoid second looks, we try not to dwell on what we saw, and we ask Hashem to keep our hearts pure (e.g. vetaher libeinu..., lev tahor brah li Elokim..., or in your own words). When we practice this approach well enough, we will discover that every trigger is actually an exercise in sobriety. And keep in mind: just as lust is habit-forming, so is sobriety (& merubah middah tova...).

Hatzlacha

MT

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Re: Caution! Summer is coming!
Posted by ???? ???? - 08 May 2013 21:51

Thank you all.

I came to the understanding, (thru this program, of course) that lust is NOT in the street (or computer, etc.) but it's within me. & if I stop lusting inside me & connect to my HP (like MT
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I can go past all this summer months & just become stronger than ever!

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Re: Caution! Summer is coming!
Posted by Machshovo Tova - 08 May 2013 22:13

[???? ???? wrote:](#)

Thank you all.

writes, "tahev libeinu" "zakeini le-Machshava Tova"
I came to the understanding, (thru this program, of course) that lust is NOT in the street (or computer, etc.) but it's within me. & if I stop lusting inside me & connect to my HP (like MT
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I can go past all this summer months & just become stronger than ever!

Gevaldig! You're on the ball!

Hatzlacha

MT

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