

Great Shiruim To Help in These Struggles

Posted by the.guard - 25 Feb 2009 10:56

Right click the links and choose "Save Link/Target As"

[R' Yisrael Reisman Shlit"a](#): A MUST for anyone struggling with these issues.

[This Shiur](#), given recently by Rabbi Yisroel Reisman, discusses the little-known Middah of "Netzach." We believe that the GYE community will find this Shiur very inspiring and insightful, both for its general theme and for the specific discussion of the Nisyonos of the Internet. (The Shiur is being shared in its entirety with the generous permission of the copyright holder. Please note that permission is granted to download only for your personal use. This Shiur, and hundreds of other Shiurim by Rabbi Reisman, can be purchased and downloaded [here](#), or contact navitapes@gmail.com.)

A **[Great Video Shiur](#)** on Shmiras Ainayim called "Eyes of Holiness" by R' Lazer Brody.

[A great Shiur by Rabbi Shafier](#) (www.theshmuz.com). If you don't have time to listen to the whole thing, you MUST listen at least to this **[5 minute clip](#)**.

Other Shiurim by Rabbi Shafier that are also great for this topic.

- **[Soton Out of the Box](#)**
- **[Tricks of the Soton](#)**
- **[Stage 1 of Change: Denial](#)**
- **[Stage 2 of Change: Support Groups](#)**
- **[Stage 3 of Change: Taking Action](#)**

[Download](#) Rabbi Miller's "eye-opening" Shmiras Einayim Shiur.

[Maintaining Kedusha in an Overexposed Society](#) - Rabbi Mayer Twersky and Dr. David Pelcovitz

[Rabbi Tatz on Marriage](#) - powerful (scroll down to Marriage part 1 and Marriage part 2)

Rabbi Zechariah wallerstein has a video shiur about shmiras einayim called "challenges of summer". [Click here](#) and then click on the picture on the screen to start the download.

If you heard a Shiur somewhere on-line that helped you in these struggles - PLEASE SEND US THE LINK

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Re: Great Shiruim To Help in These Struggles
Posted by Ano Nymous - 24 Dec 2009 19:29

Sorry about that KG. I fixed the link.

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Re: Great Shiruim To Help in These Struggles
Posted by bardichev - 24 Dec 2009 20:47

[Kollel Guy wrote on 24 Dec 2009 11:38:](#)

Ur right, correction made

Too many similar names on this forum. Maybe we should take up the Native American thing.

"Trying Dragon"

"Truck'n Horse"

"Standing Guard"

"Flowing 7up"

"Sitting Momo"

"Crouching Rage"

"drinking woodford"

"keep on truckin"

"geval digggg"

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Re: Great Shiruim To Help in These Struggles
Posted by imtrying25 - 24 Dec 2009 22:56

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"geval digggg"

"krazy bardy"

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Re: Great Shiruim To Help in These Struggles
Posted by stevec613 - 04 Jan 2010 17:49

Two great Shiurim from Rabbi Viener

www.torahanytime.com/scripts/media.php?file=media/Rabbi/Yossi_Viener/2009-07-30/Tisha_BAv_Our_Responsibility_Toward_Others/Rabbi_Yosef_Veiner_Tisha_BAv_Our_Responsibility_Toward_Others_2009-07-30.wmv

www.torahanytime.com/scripts/media.php?file=media/Rabbi/Yossi_Viener/2009-02-24/Parenting_in_Challenging_Times/Rabbi_Yosef_Veiner_Parenting_in_Challenging_Times_2009-02-24.wmv

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Re: Great Shiruim To Help in These Struggles
Posted by ovadia - 20 Jan 2010 14:46

www.simpletoremember.com/media/a/greatness-and-despair-danger-of-a-fall/

An absolute MUST. (In my humble opinion it should be recommended in the handbook together with R Reisman's Shiur).

I quote from the Shiur: "When you panic, when you think you have failed, when you are emotionally unstable, when you have a crisis of emotions or identity, you can do anything and fall to anything instantaneously, and that is the moment to watch.

In the Shiur R Tatz discusses three great people whom as a result of a fall fell to the lowest depths – and one very great person who lost everything and yet did not despair.

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Re: Great Shiruim To Help in These Struggles
Posted by Ineedhelp!! - 20 Jan 2010 14:55

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YES great shiur. I have listened to it before RIGHT AFTER A FALL and it really helped me get right back up! Thanks Ovadia.

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Re: Great Shiruim To Help in These Struggles
Posted by the.guard - 21 Feb 2010 16:28

In the summer of 2009, Rav Veiner gave a talk called "Family Security" on the dangers of today's technology, with practical advice on how to protect ourselves and our children. After the talk, a man came over to Rav Veiner and told him that he would give any amount of money that Rav Veiner asked for, to make copies of that talk and distribute it. On the spot, he wrote out a \$5,000 check and Rav Veiner proceeded to make 4,000 copies of the talk on CDs, which he distributed at later events that he attended. It's a very powerful talk, and well worth listening to!

To listen to the "Family Security" talk (MP3 Audio), [click here](#).

(To download it, right click and press "Save Target/Link As")

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Re: Great Shiruim To Help in These Struggles
Posted by happygrowth - 07 Mar 2010 19:53

This shuir <http://www.simpletoremember.com/media/a/psychologicalneeds/> highlights 2 very important points:

1)When it comes to serving Hashem it is NEVER all or nothing

We must never feel hypocritical or "off the derech" if we need to grow slowly.

I personally used to think "I can't break free from one avaira, this means I'm evil and Hashem hates me, therefore I may as well do even worse aveiras"

2)Hashem loves each of us more then we love ourselves, he understands our limitations and does not demand the impossible.

I am not G-d forbid saying that we don't have to strive for perfection

I am saying that to achieve real solid growth one has to be reasonable

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Re: Great Shiruim To Help in These Struggles
Posted by allaloneontop - 23 May 2010 16:12

THE REISMAN shiur is A MUST!

For all b'nei Torah, you must listen to this shiur.

www.guardureyes.com/GUE/Music/mus/ShiurYesodos.mp3

Tremendous chizuk.

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Re: Great Shiruim To Help in These Struggles
Posted by Elya K - 23 Aug 2010 21:00

Here's a great lecture on Teshuva which indirectly can be applied to our struggles.

www.yutorah.org/lectures/lecture.cfm/747994/Rabbi_Aaron_Feigenbaum/Teshuva:_Not_So_Simple_After_All

Elya

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Re: Great Shiruim To Help in These Struggles
Posted by morshax - 13 Sep 2010 16:22

I think this is what GYE is all about. It's THE attitude that we all must keep coming back to.

www.aish.com/sp/pg/101461854.html

Gemar Chasima Tova Everyone!!

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Re: Great Shiruim To Help in These Struggles
Posted by im not alone - 02 Jan 2011 18:35

my beloved rabbi guard

i really think that you should post all of this great shiurim and put it in the tab of material on the home page (make a new tab for shiurim under it)

It could help and it will be more visible

how can i write anything to you without thanking you for what you do

I personally think (as if i'm...) that you made a tsunami up in shumaim

continue the great much needed site

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Re: Great Shiruim To Help in These Struggles

Posted by Kedusha - 07 Nov 2011 00:28

I highly recommend Rav Yisroel Reisman's Shiur on the little-known Middah of Netzach, mentioned (and available for download) near the beginning of Guard's first post on this thread (it's the second Shiur mentioned). The Shiur was given only two weeks ago, and can be a real game changer. It was featured in today's Chizuk e-mails and, thanks to Rabbi Reisman's generosity, the GYE community can benefit from this Shiur, in its entirety, free of charge.

Please don't miss out on this great opportunity.

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Re: Great Shiruim To Help in These Struggles

Posted by Hashem Yaasfeni - 03 Jan 2012 17:43

"Guarding the seed of life"

Parshas Vayechi given by Rabbi Yosef Yitzchak Jacobson SH"Y.

This is a great Shiur from the CHabad perspective, can be viewed as a video, or download the MP3 at the bottom. The haunting song at the end is also brilliant, taken from the words of the gemara.

theyeshiva.net/Video/View/61

Hatzlacha to all,

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