

Shmiras Einayim - Daily Boost

Posted by true_self - 31 May 2023 14:02

Hi everyone!

?As we are now heading into the summer season, and the shmiras einayim on the streets becomes significantly more challenging and tougher, as we all know.

I came up with an idea to open a thread where everyone is welcome and encouraged to share insights, inspiration, motivation...

And first and foremost personal day to day victories, so that we can all learn and be inspired by others victories.

Here are some guidelines for the thread:

- The primary purpose of the thread is to keep us alerted against the enemy (Yetzer Hara).
- Please keep your posts as short as possible, so that people will take the time to read it.
- Applause are encouraged, but please keep them concise, to ensure it doesn't carry us away from the primary focus (you can applaud privately as well).
- I encourage debates but not here please.
- Everyone should feel free to post.
- It can be used as somewhat of accountability, by telling yourself before before possible challenges that you will post afterwards how you reacted to them.

Suggestions are welcome, feel free to PM me.

My hopes are that this should be for the benefit of all of us, and it should make a ??? ??? for Hashem.

Let's do this together! Let's defeat our greatest enemy! Let's show our strength to Hashem!

May we be zoche to see the light of Mashiach together very soon!

Looking forward to hear from everyone.

True self.

Warning: Spoiler!

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by DavidT - 31 May 2023 16:58

Although shmiras einayim is relevant all year, it is even more so in the summer months. Perhaps that's why Parshas Behaloscha and Shelach, where we learn out the aforementioned things, are at the beginning of the summer months.

In Parshas Shelach (13, 20) it says ??????????-????? ?????????? ?????????? the time was of the first-ripe grapes. This is referring to the time when the meraglim (spies) went on their mission. The Chida says in the name of Reb Shimshon Ostropolier that if you take the letter before each letter of ??????, it spells ????, the satan. (We take each letter before because ?????????? ?????????? can be interpreted as "before ??????????". The Chida explains why the "yud" isn't used here. ?????????? is written many times without a "yud".) The samech mem is stronger than usual in the months of Tamuz and Av, as these months are Esav's months; that's why the incident of the meraglim happened then. (Pnei Dovid)

To add to this, Rashi on the posuk ?????-????????? ?????????? ?????????? ?????????? ?????????? says that the eyes are called meraglim. This fits in well, since we know that shmiras einayim is more difficult in the summer. Just like satan was able to bring about the incident of the meraglim, as written before, so too, he causes the other meraglim, the eyes, to sin, in the summer.

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by true_self - 18 Jun 2023 18:45

<https://new.torahanytime.com/lectures/243081>

Sooo powerful & true!!! Enjoy.

=====

Re: Shmiras Einayim - Daily Boost
Posted by BennyH - 18 Jun 2023 20:55

Great idea, True Self. Thank you!

I'm a tremendous ??? ???? when I'm on the street. Like major. But I'll admit my ???? is a bit unique.

You see, my ???? is not to feel like a piece of garbage. Looking around at other women makes me feel bitter, resentful and unhappy. Upset that my wife doesn't look like that, jealous of that woman's husband etc.

I'm a major ??? ???? NOT to feel that way.

So I don't look.

=====

Re: Shmiras Einayim - Daily Boost
Posted by Heeling - 21 Jun 2023 15:38

Sometimes when I'm running low on energy, I just simply don't have the strength to hold back from looking. Even though I don't like feeling like a piece of garbage, at times I just don't have space to think about it so I'll peek. Usually when that happens my energy is pretty low, so I don't even bother feeling like a piece of garbage.

BH right now energy is high. Praying that it stays that way.

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by chaimoigen - 11 Jul 2023 16:41

A method for Chizzuk that works for me (a lot of the time) is a follows.

No self respecting person could feel comfortable peering into someone else's window.

Lo Sasuru means that looking at a different woman is looking out of "my window" and into someone else's place. In that sense it's Znus- turning to someone else, a person I don't know, and looking into her window.

Yuch!!

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by Heeling - 11 Jul 2023 16:49

Yuch is right! Very well said. I like this way of thinking....

I guess I dont have self respect.....

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by Heeling - 18 Jul 2023 14:58

Sometimes when seeing a half (un)dressed person I take a second look because after all I've seen people completely undressed.

Only a few seconds later do I realizes that I actually just saw a half-undressed person...

Oh well maybe next time I'll be stronger. Until then I still got to live with myself.

=====

=====

Re: Shmiras Einayim - Daily Boost

Posted by Trying The Best - 19 Jul 2023 16:54

?Hello my dear GYE brothers!

so i was going last night to the local chain store to buy some fruits and vegetables etc. arriving to parking lot i saw through the windows of the store that one of the cashiers are (un)dressed very inappropriately and extremely attractive.

I thought to myself "let me not ruin it, i hope my guard is strong enough and I'll win the battle, when I finish collecting all my items I will not go to that cashier, I'll go to a different one (???? ??????...)?"

I finished and I'm heading to checkout, but the YH in very experienced in his job so he made sure that all registers should be closed and 'only' this sexy looking, attractive, (un)dressed women cashier should be open.

So I turned on my guard on 'high alert

=====

=====

Re: Shmiras Einayim - Daily Boost

Posted by Trying The Best - 19 Jul 2023 16:56

Hello my dear GYE brothers!

So I was going last night to the local chain store to buy some fruits and vegetables etc. arriving at the parking lot. I saw through the windows of the store that one of the cashiers was

(un)dressed very inappropriately and extremely sexy and attractive.

I thought to myself “let me not ruin it, i hope my guard is strong enough and I’ll win the battle, when I finish collecting all my items I will not go to that cashier, I’ll go to a different one (???? ??????...)”

I finished and I’m heading to checkout, but the YH is very experienced in his job so he made sure that all registers should be closed and ‘only’ this sexy-looking, attractive, (un)dressed women cashier should be open.

So I turned on my guard on ‘high alert’ and I started unpacking my cart on the counter with my back to her and my eyes towards the line (BH no-one was there so I didn't have another nisoyon), I paid and left the store being the WINNER!!

Thank you Hashem for giving me the strength in this battle!

Guys let me tell you, while writing this post I am breathing heavily since it wasn't easy AT ALL....! but the harder it is the better you feel afterwards!

Thanks for listening!

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by Trying The Best - 19 Jul 2023 16:57

a

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by Trying The Best - 19 Jul 2023 16:59

Still not working properly....lets try again

Hello my dear GYE brothers!

so i was going last night to the local chain store to buy some fruits and vegetables etc. arriving to parking lot i saw through the windows of the store that one of the cashiers are (un)dressed very inappropriately and extremely attractive.

I thought to myself "let me not ruin it, i hope my guard is strong enough and I'll win the battle, when I finish collecting all my items I will not go to that cashier, I'll go to a different one (???? ????????)"

I finished and I'm heading to checkout, but the YH in very experienced in his job so he made sure that all registers should be closed and 'only' this sexy looking, attractive, (un)dressed women cashier should be open.

So I turned on my guard on 'high alert

=====

Re: Shmiras Einayim - Daily Boost
Posted by Heeling - 19 Jul 2023 17:02

WOW! What a win!

I got the full message via email notification. It sometimes happens when i copy past the post from lets say Word. but if type the whole thing on the site it will show correctly.

=====

Re: Shmiras Einayim - Daily Boost
Posted by true_self - 24 Jul 2023 12:09

SUPERHERO is not the word!!!!!!

=====

=====

Re: Shmiras Einayim - Daily Boost
Posted by true_self - 09 Aug 2023 19:26

[Discovering your true self](#)

Enjoy!!!

=====

=====