

Why does looking at girls make you lose your energy?

Posted by DesertLion - 23 Feb 2012 23:31

Hi Guys,

In today's e-mail I read that when you look at a girl she robs you of your energy. How is this possible? I mean you haven't had intercourse with her so how can you have lost any energy?

Besides, isn't it perfectly natural to glance at passers by anyway, or will that make you lose your energy too? Surely not right?

Thanks and BW,

DL

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Re: Why does looking at girls make you lose your energy?

Posted by mifatfait - 26 Feb 2012 23:13

it pulls you away from the real life, when you want to get back you don't have all the stamina is gone.

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Re: Why does looking at girls make you lose your energy?

Posted by Me3 - 27 Feb 2012 16:51

I don't see this idea in any of the emails of the past few days. Where did you see this?

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Re: Why does looking at girls make you lose your energy?

Posted by ontheedgeman - 27 Feb 2012 18:23

I guess it depends how you look. If you see her so you don't collide with her, that's one thing. If you look at her and allow your thoughts to go into deep chambers of the forbidden, that can be draining for many people. Precisely why is a complex question. One reason is that to sustain one's power of imagination in this area, requires great sacrifice from other tasks that require our attention.

for instance, I once glanced for one second too long while driving. My wife said, why did the car swerve. I lied and said I was looking at a restaurant. She said which restaurant. I made up another lie. Then she said, you weren't looking at a restaurant were you. By this point, I was exhausted from lying. Hey, how did I get so tired!! I was sitting in the car the entire time!!

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Re: Why does looking at girls make you lose your energy?

Posted by DesertLion - 27 Feb 2012 18:44

Hello Me3,

This is the extract:

- Thinking of what the "kav hayashar" that says, that when you look at a girl, she robs you of your kochos; I need my kochos for learning and davening; I'm tired enough as it is in shiur, I can't afford to give up any more kochos!

It's in The Shmiras Ainayim Chizuk List - #278?.

To ontheedgeman and Mefatfait: Thanks, now we know what they mean about car-crash curves lol! I think it's clear to us that fantasising about an attractive girl we see is definitely dangerous

and wrong. I suppose as long as we just glance and don't stare that's natural and fine.

BW,

DL

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Re: Why does looking at girls make you lose your energy?

Posted by ontheedgeman - 27 Feb 2012 20:02

the only way to know we have to look away is to "glance", but not glance-glance, just like, whoa, look away.

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Re: Why does looking at girls make you lose your energy?

Posted by DesertLion - 27 Feb 2012 20:12

like first time's on God, second time it's on us

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