

My eyes are out of control !

Posted by geshertzarmeod - 16 May 2012 13:40

My eyes are totally out of control !

Please give any suggestions for what you have done that works.

I know we've discussed this b4 but i think a chazara and any new chiddushim would be helpful for everyone.

Thank you and Tizku L'Mitzvos!

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I thought I was doing well and then summer came along.

Re: My eyes are out of control !

Posted by geshertzarmeod - 16 Jun 2012 21:51

Saw something nice on shabbos

thought i would share it with all of you guys

The Ozneyim L'Torah asks why the pasuk reads ??? ????? ????? ????? ?????

since the eyes see first and then the heart desires, the order should be flipped!

(he adds in parentheses: ??? ??" ???? ??? ??? ?????? ??????)

the answer he says is something emphasized here on the forum

when a person sees something its only with one eye

at that point it is relatively easier to get the improper thoughts out of your head

but if the heart desires (i.e. fantasizes *thats my take*)

then the person who is caught in the YH's trap

takes a second look...

with both eyes!

and then the body takes over and does the aveira.

so ????? ????? comes first because that's when the real trouble starts

or as said here on the forum

the first look is an accident and not your fault

its the second look thats the problem

(again my take the exact wording escapes me)

all the best

and let's keep our eyes in their sockets where they belong, ok?

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Re: My eyes are out of control !

Posted by obormottel - 17 Jun 2012 05:29

I saw this question answered a little differently in the name of the Belzer rebbe.

The reason that in posuk heart is mentioned first is because an eye only sees what the heart wants. If you don't have a desire in your heart your eyes won't see. For example, my little son doesn't notice a beer poster in the local grocery, because he doesn't care about a swimsuit model advertising alcohol. But I do, on both counts.

So we need to conquer the heart, I.e. the underlying issues, lust etc, and then shniras aynayim is going to be that much easier.

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Re: My eyes are out of control !

Posted by Dov - 17 Jun 2012 06:06

It seems poshut that ***the eyes notice what the heart desires***. For example, there were many times when I noticed an outrageously shmutzy thing while driving somewhere and commented to my wife, "Hey did you see *that?*" Invariably she'd answer, "Nope...what did I miss?" When I described it to her, she'd ask me how come I notice these things yet she never sees them! I got a funny kind of radar. (I have since stopped telling my wife about this stuff, after noticing that that discussing them kept them in my mind for longer, so now I only tell my wife about them if they remain tempting to me and I do not surrender them.)

At first, I thought she was perhaps just unobservant, dumb, whatever. Then it dawned on me that we notice - and see - the things that we desire and so, are on our minds (like 'milsa)

And on the other side of the coin, when I am sober and surrendered, seeing hookers, joggers, or dirty book stores and peep shows is not usually a 'trigger' for me. But If I **look at them intentionally** for any reason - they **become** triggers, and I sense the lust poison very clearly. It's terrible, so I do not typically look, b"H. Not because I am *good*, but because I am so *sick* that I cannot look at some of Hashem's people without having a lust problem. It's an allergy of mine.

When lust gets real estate in my head, life sucks. People - mostly my loved ones - become 'pains in the neck', my obligations - usually the most serious ones - become obstacles to 'my happiness', and the old insanity slowly, insidiously returns. (See the Chaza"l at the very end of this post! *That's* what they mean.)

So for me, an addict, if my heart is *not* right, it pre-programs my eyes for schmutz-alertness. Then when I see it, it has an effect.

Even if my heart *is* right, looking intentionally (due to some stupid cheshbon), messes up my heart and has an effect.

The only way out for me is to keep my eyes clear of potential schmutz, to admit that the schmutz is not the problem at all - it's not *tum'ah*, just *people* - and to give my personal allergy some healthy respect, and to close my eyes when i see it and feel I want to 'take a better look'. Cuz if I enjoy what is **not** mine, I lose peace of mind with what **is** mine. (kol haneheneh mimah sh'ein lo, af mah sheyesh lo, notlin heimenu! (Chaza"l somewere)

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Re: My eyes are out of control !

Posted by geshertzarmeod - 17 Jun 2012 06:27

Thank you ober... and dov

for your insights

very good food for thought

ive got to chew it over again and again

till it becomes second nature

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Re: My eyes are out of control !

Posted by geshertzarmeod - 19 Jun 2012 20:19

A very embarrassing situation, allowed me to realize that our "sneak peaks" are quite obvious. One of the ladies at work come to ask me a question. Now I know already that her tight fitting clothes are a real problem, so I've trained myself to keep my eyes focus above her neck when talking with her.

or so i thought! :-[

Well as she approached, she crossed her arms over her chest.

Did I look? I didnt think so!

But I guess that my eyes shifted a little and [b]its obvious to those who we are looking at![/b]
we arent fooling anybody but ourselves!

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Re: My eyes are out of control !

Posted by Machshovo Tova - 19 Jun 2012 20:45

[dov wrote on 17 Jun 2012 06:06:](#)

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dov wrote on 17 Jun 2012 06:06:

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Re: My eyes are out of control !
Posted by Machshovo Tova - 19 Jun 2012 20:51

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Re: My eyes are out of control !

Posted by obormottel - 19 Jun 2012 21:52

This is becoming more interesting each day.

Here is what I saw in the name of HaRav HaKodoish from Kobrin:

When the Toiro says "achar" it means miyad, right away. "Acharei" means "after some time". So when it says acharei ayneichem it means we are not liable for the first look, but if we look again (acharei) that is transgressing on loi sosuru. Of course, this is for normal people.

For a sick man like me, even the first look is destructive and must be avoided.

BTW, I always think it's a woman, be it a tree or a car or a shadow on the wall. That's what makes me insane as opposed to just "red-blooded": I find a sexual angle and a sexualized image *e v e r y w h e r e*.

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Re: My eyes are out of control !

Posted by Dov - 19 Jun 2012 23:36

Boruch Hashem, Hashem helps us move forward *out* of compulsion and *into* real life. I can appreciate real, imperfect avodas Hashem even though I am not all better yet! I sincerely offer Hashem a sicko, and He gives me back a real, growing mentch.

Now *that's* a good deal. It's a good thing Hashem is not into retail... ;D

Zogt der Kotzker: "Emess meiEretz titzmoch" - Where (and when) the sheker is buried, *that's* where (and when) the emess grows. Thank G-d we can see some of our sheker, admit it to others, to ourselves and to Hashem, and bury it. What grows is so beautiful.

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Re: My eyes are out of control !

Posted by E-Tek - 20 Jun 2012 21:49

[obormottel wrote on 19 Jun 2012 21:52:](#)

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Here is what I saw in the name of HaRav HaKodoish from Kobrin:

When the Toiro says "achar" it means miyad, right away. "Acharei" means "after some time". So when it says acharei ayneichem it means we are not liable for the first look, but if we look again (acharei) that is transgressing on loi sosuru. Of course, this is for normal people.

For a sick man like me, even the first look is destructive and must be avoided.

BTW, I always think it's a woman, be it a tree or a car or a shadow on the wall. That's what makes me insane as opposed to just "red-blooded": I find a sexual angle and a sexualized image e v e r y w h e r e.

The Rorschach test! Me too!

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Re: My eyes are out of control !

Posted by geshertzarmeod - 21 Jun 2012 07:23

Careful ET, we may just have to call out the psychologists on you.

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Re: My eyes are out of control !

Posted by geshertzarmeod - 24 Jun 2012 20:02

It's amazing how you can hear an idea thrown around here a million times and it doesnt sink in.
and you're wondering how can they do that?

and then all of a sudden... boom!

It happens for you!

A gift from shamayim!

Translation:

For the longest time, I would see a lady and turn my eyes away b4 looking again

and my blood would boil

and I would have to really fight myself not to look

and then the thoughts would start going thru my head...

"WHY IS THIS SO DIFFICULT !?!?"

WHY DO I HAVE TO SUFFER LIKE THIS ?!?!"

and then today...

out of the blue...

It clicked that by not looking I was connecting to HKBH

I know its not a chiddush

but for the longest time I was getting down on myself for having to deal with this.

and i couldnt undertand what you guys were talking about

and it suddenly became clear

Instead of knocking myself down each time for thinking about it

I can lift myself up by appreciating the fact that I didnt look again

and i, little i, connected with HKBH, BIG H BIG K BIG B BIG H,

8)

cant explain what changed or how it happened

it just did

sometimes it just takes a while for the truth to penetrate my thick skull.

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Re: My eyes are out of control !

Posted by geshertzarmeod - 28 Jun 2012 06:13

Heard something yesterday that blew my mind.

Apparently Rav Chaim Vital says that the koach of our eyes
is so strong that it takes ownership, in a sense, of whatever we see.

so by looking at women, we are essentially taking them as our own.

Well if she's married, you're in trouble.

but even if she isn't married

you end up messing up her life

because she's walking around with your eyes claiming her

and she cant get her shidduch!

now the person speaking was telling ladies / girls

to beware of how they dress

because they may be causing men to look at them

and consequently messing themselves up

because there are tons of eyes that "own" them

and they cant get their bashert.

food for thought

the "simple" look isnt so simple after all !

anyhow if anyone can find me the source for this, i would greatly appreciate it.

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Re: My eyes are out of control !

Posted by Blind Beggar - 28 Jun 2012 12:14

The mekubal Rav Yekusiel Fish shlita writes something similar. He says that a man gets shefa from shomayim for himself and for his wife and he passes his wife's shefa to her. If Reuven *thinks* about Shimon's wife, part of Mrs Shimon's shefa is diverted from Shimon and given to Reuven who passes it on to his wife. So both women lose out: Mrs Shimon is deprived of her shefa (her own fault if she dresses provocatively) and Mrs Reuven gets the wrong shefa. Both women will become emotionally disturbed by this without knowing why.

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