

Guarding your tongue v guarding your eyes

Posted by G38 - 30 Sep 2009 15:45

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It says in the seforim that the convent of *bris* is opposite the convent of the tongue i.e. if you guard your tongue you will automaticly guard the *bris*.

So here is another good tip for our heroes Don't speak Loshon Horoh and you will stay clean!

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Re: Guarding your tongue v guarding your eyes

Posted by be holy - 01 Oct 2009 05:52

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thanks for all the great posts- they were just what i needed.

the bris of the peah and mila are both the gematria 85- which also the geematria elokim. but it is true when i am careful in my bris my language also improves.

The women will love this tip, its their speciality

am am good with my wife,but no matter how good she is to me i am still on edge- in my sub-conscious thinking if the looked more "my style" or that personality that other girls have i would be happier. i give but my mind is blocked-to the point where i can't move ahead and was prescribed anti-depressants. the doctor said "you look so normal and put together from the outside i would never have thought to prescribe,but ...."- maybe that is it,my inside is broken, while my outside seams well preserved.

i was building a succah yesterday in a modern neighborhood and the street was filled with scantily dressed women-oh was i lusting and starring. the person asked me to put a window in the succah- i told him i will do it but it sort of defeats the purpose of a succah if the outside is still inside..

i look forward to succos because my succah blocks out the view of my young neighbors bedroom-

how do i beat these lustings?

true we all know that the physical is a dimyon.. i have met rav tzvi meir zilberberg who is a holy jew, and is above all these things- is he not one of the happiest people around? i told hashem- that is real happiness, not in the baser instinct-lust.

so here is the next question that always rings in my head-

how do i answer the y"ch that says-people expected you to marry a diff type of girl, or if i project lust in dress or desire and my wife doesn't, then how can i accept my wife who may appear so much different than me? is this making any sense? if my whole existence until date has been around getting to good looking girls, then it is so exterior, while my wife has never in that mindset-

how do i come bridge the gap between what i thought i would marry, or better yet what i wanted to marry and who i married- so to say in my eyes and maybe other people's eyes- "my wife doesn't fit the build"?

there is so much to write- **today** b"ch i will just go with the idea that we are working on this together and i have a problem lusting (which blocks my liking/loving) and i will try to give more today, and just chill with the oughts. for the good and for the bad. i'll check in tonight b"ch for more feedback and let you know how it went today-

please at every nisoyin today that we pass- or that passes us that we withstand, even if it is merely a second glance- this is an eis ratzon and the gates of heaven are open! beseech hashem and invoke heavenly compassion for all of you fellow warrior to also fight today and be healed from all their sorrows!

a chabura that gets together to work on something says rabeinu yona -is granted many good things and they create a special hot-line with hashem. let's use that hot-line as much as we can in tefillah.

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Re: Guarding your tongue v guarding your eyes  
Posted by G38 - 01 Oct 2009 15:10

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Here is a small proof about their connection.

Take a drinking straw and put it in a cup of water.

Now with your finger cover the top opening of the straw well and take the straw out of the cup.

You will see that the water stayed in the straw for as long as you keep your finger on the top opening. If you release your finger the water will come out.

So with us, as long as our opening in the head is closed there is no desire to release other stuff.

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Re: Guarding your tongue v guarding your eyes  
Posted by Sturggle - 01 Oct 2009 15:55

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cute, G, cute

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Re: Guarding your tongue v guarding your eyes  
Posted by G38 - 12 Oct 2009 10:03

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[On The Road wrote on 06 Oct 2009 17:26:](#)

A: I took prozac kind of stuff for a while and then moved to st jons wart a natural equivalent. Today i dont need ny of them and I am ok as regards depression..

Interesting to know that this helps.

I heard from an expert once that chocolate has got the same effect as Prozac but without the

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Re: Guarding your tongue v guarding your eyes

Posted by Eye.nonymous - 12 Oct 2009 12:55

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side effects. So it may be worth trying once we all finished our after-yom-tov-diets

[quote="G38" link=topic=1040.msg22624#msg22624 date=1255341813]

[On The Road wrote on 06 Oct 2009 17:26:](#)

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I heard once that chocolate is a mild antidepressant--so eat LOTS of chocolate!

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