

shemiras einayim -non internet

Posted by bardichev - 22 Jun 2010 22:42

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hello all

i used to start topics left and right

lately i am trying to keep it simple

but here goes

i want to make a little "vinkle" (corner) of the holy forum

this is going to be dedicated to discussing the trials and difficulties

of shemiras einayim

please feel free to comment and to give ideas and suggestions

this corner is not about internet or po\*n

it is also not about addiction per se

I dont know if this will be the most popular thread in the forum

but i am sure it has its benefits

keep on truckin

bards

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Re: shemiras einayim -non internet  
Posted by bardichev - 24 Jun 2010 19:03

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David thanks for the compliment

Sometimes I think I'm a gilgul of the golem of prag

Chizzik is gevaldiggg

We need to say

YES I CAN!!

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Re: shemiras einayim -non internet  
Posted by david712 - 24 Jun 2010 19:49

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Rebbe hust ah niggun??

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Re: shemiras einayim -non internet  
Posted by Holy Yid - 24 Jun 2010 20:38

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I want to share something that works for me on the street. I recently saw a thought from Rav Yisroel Elya Weintraub ZTL. Right after we do a mitzva it is an ?? ???? for tefilla. For this reason we say a ?? ???? after someone is called to the Torah. He has just finished the mitzva of reading the Torah so he can daven and Hashem will listen. This is also why we say ????? after "benchin". we have just fulfilled the mitzva of ???? ????? and we can now daven to Hashem for help in our lives.

If we see a woman who excites us we should remember that if we don't look then we will have preformed a mitzva and it will be an ais ratzon to do daven. If we don't look then we should ask Hashem for something we need. I have tried this and found it to be very powerful.

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Re: shemiras einayim -non internet  
Posted by david712 - 24 Jun 2010 20:47

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Ah a heilige yid!

Very nice.

Shakoach.

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Re: shemiras einayim -non internet

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Posted by shmiras - 25 Jun 2010 04:18

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Toadd -

*Perhaps the Y"H tries to make us delve deeply into some problems to keep us tied to them.*

*Look at the fall in the Garden of Eden (possibly the root of all of this). Look at the snakes tactics. He used cunning, he made Eve look deeper into what Adam told her about the tree. The snake is sexual desire.*

*I personally found tznius women more attractive than those that show all and suspect this too is a trick of the Y"H, piggy backing on a good trait of ours to seek out a tznius wife?*

Two great points - couldnt agree more with the first part about delving too deeply into problems to keep us focused on them, but i like to know the underlying reason to reinforce my ratzon to *not* think about it when the opportunity arises, because i subconsciously have built in at that point why i dont want it for myself. but further on in your point, something that i wanted to point out and i think about for members of this site, is that while 'once an addict, always an addict' is true, i dont know if its the best idea to always focus on it. right when i started working on shmiras habris, for many months, every second i had free i spent trying to read up how important it is to work on this and reinforce as much as i could and as strongly as i could. i spent a long time doing that and it was key in getting me out of addiction. i then decided that thinking about the importance was necessary for that time, but also kept images surfacing as thinking about *not* thinking about something, is still thinking about that thing. so i moved on to not reading any information at all. i know there are many who say its not something to worry about at all, but completely not thinking about these issues helped a lot with keri at night. this also worked for a long time, and i think this approach worked well, pulling away for as long as i could by driving into my mind the issues and importance, and then dropping it completely. but the yetzer hara has crept back in so now i am adding to this theory a reinforcement state of driving the importance of the issues into my mind again so i can go back to ignoring it totally stage. am i rambling? so yes, i agree with you, working on shmiras habris by thinking about it keeps us holding on which i think the point is to let go entirely and not focus at all ultimately.

as far as your second point. i think thats a huge insight, as ultimately, everything we do in this world is an expression of a deeper desire, emotionally and of the spiritual realm as well. love, and connection, is but an expression of our underlying desire to connect with the ain sof. if we have this kavana in everything we do, then we are turning our lives into a living connection with

might not post tomorrow - have a great, enjoyable, uplifting, growth oriented, beautifully inspiring shabbos to all on the forum!

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Re: shemiras einayim -non internet  
Posted by bardichev - 25 Jun 2010 06:35

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That's why bards says

Breaker 1 9

Crackkkkle

Yup she may be a problem

Crackkle.

Copy

But she aint YOUR problem!!

Crackkle

Roger

10-4

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Re: shemiras einayim -non internet  
Posted by shmiras - 25 Jun 2010 06:45

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why are you people up at this time of night?

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Re: shemiras einayim -non internet  
Posted by bardichev - 25 Jun 2010 06:47

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Truckers drive thru the night

We gottta bring a lot of woodford up to deh kundtreee

10-4  
weirdos

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Re: shemiras einayim -non internet  
Posted by shmiras - 25 Jun 2010 06:49

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so its you we have to thank for the various kiddush club goings on.

i suppose texting and driving is better than drinking and driving?

hmmm.....

unless you like to do a bit of both.

remind me to stay out of your way.

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Re: shemiras einayim -non internet  
Posted by shmiras - 25 Jun 2010 06:56

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got you a present for shabbos - enjoy

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Re: shemiras einayim -non internet  
Posted by the.guard - 29 Jun 2010 10:34

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[shmiras wrote on 24 Jun 2010 06:47:](#)

Can anyone help me with any ideas, as to why seeing women, especially dressed women in the street, damages the neshama so much? I understand what it can lead to, but the act of seeing a womens face?

Chazal say whoever gazes at the little pinky of a women is like looking at her private parts. And conversely, a doctor is allowed according to Halacha to see private parts when necessary. What's going on here? The answer is, it all has to do with what your INTENT is. If you look at a women's face to enjoy the lusting, or even her little pinky or toe, that is lusting! Call it what it is. It is no different than looking at the worst places. However, if someone's intent is completely professional, like medical students or a doctor, than he's allowed al pi halacha to see the most private areas too... (Of course, if he sees he can't control his thoughts, he should get another )

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Re: shemiras einayim -non internet  
Posted by shmiras - 29 Jun 2010 17:19

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I hear that. I remember reading somewhere that thinking about aveira is in some ways just as bad as the aveira itself, because it actually transports the neshama there. Just as hirhurei mitzva for wanting to to a mitzva are as if you did it, aveira does the same, just hashem gives us a break. The neshama is not completely limited by the body, and our thoughts are extremely powerful, so by imagining we are somewhere, or doing something, our neshama is actually transported there on some level.

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Re: shemiras einayim -non internet  
Posted by hopefull - 29 Jun 2010 22:58

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hey guys

b"h im 117 days clean

whats really hard for me is street shmiras e'nayim

its so depressing for me when i see women in the street

im single and going crazy trying to get married



every time i see an attractive women in the street i get so jealous of her husband that he has that and i dont, it really kills me to see such women, its painful

the funny part is that if the women isnt so attractive then it doesn't bother me

is this my lust talking, if i really had that women would i be happy or would i want another women, "variety"?

its so depressing and confusing

why do i think that if i had a beautiful woman then i would be happy?

didnt try the 12 steps yet, but, do they help for this

im going nuts

hopefull

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Re: shemiras einayim -non internet  
Posted by shmiras - 30 Jun 2010 02:10

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Hopefull-

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But guys have wandering eyes. from what i read on the forums, having a gorgeous wife is not enough to keep us in check. lust is lust, tayva is ever present, we need to refocus and move

away from our lusts. Great that your 117 days in spite of this, I also have real problem with walking around, especially because working on lust also makes me overly sensitive to it. I havent gone through the 12 steps per se although i have practiced certain parts of it. I have  
your day will  
come.

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friends with various addictions who live their life by it though. keep being 'hopefull'