

Yahrzeit Chizuk

Posted by DavidT - 31 Mar 2020 14:00

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Today (6 Nisan) is the Yahrzeit Rabbi Arele (Aharon) Roth author of Shomer Emunim and Taharas HaKodesh.

I'll post some content from his sefarim on the topic of GYE.

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*You can download the Sefer Taharas HaKodesh in PDF here too...*

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Re: Yahrzeit Chizuk

Posted by DavidT - 21 Dec 2020 18:50

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Today is the Yahrzeit of Harav Yechezkel Shraga Halberstam, [Shinever Rov- Son of Admor Chaim Halberstam, Divrei Chaim, of Sanz]

*He was niftar on 6 Teves 5659/1898*

In his sefer divrei yechezkal he says by yosef hatzadik on the word ?????????? (he denied to be with the wife of potiphar) the reason there is a shalshes there is that when the yetzer comes to a person to tell him to sin, don't start to argue and explain to him why not to do it, he's much smarter than you and you'll lose...**just say NO!!!!!! 3 times!** then you can start having discussions and telling him the reasons...

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Today is the Ohr Hachayim Hakadosh's Yartzeit  
Posted by DavidT - 25 Jun 2021 14:26

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## **Today is the Ohr Hachayim Hakadosh's Yartzeit**

*Chaim ibn Attar or ?ayyim ben Moshe ibn Attar*

In honor of the Yartzeit, I would like to bring some pieces from his Sefer that can help us in our struggle.

### **Only With Hashem's Power**

There is a fundamental and elementary piece from the holy Ohr Hachayim in (Acharei Mos, 18:2) that gives a clear perspective on the powerful nature of these desires, and helps us understand how Hashem expects us to remain holy in spite of it being against human nature. He makes it clear that once a person falls into these sins, it is almost impossible to get out of them without special divine assistance. (This fits in very well with the 12-Step approach which calls sobriety a "miracle" and stipulates that only G-d can keep us sober, one day at a time.)

[Click here](#) to download a PDF **translation** of this important piece from the Ohr Hachaim. To see the original text in Hebrew, [click here](#) (the relevant parts are marked in yellow, and the VERY relevant parts in red).

### **Disgusting in Our Eyes**

The Medrash on this past week's Parsha says that Pinchas drove his spear straight through the genitals of *Zimri* and *Kuzbi* the Midyanite, as they were sinning together. Then, G-d gave Pinchas divine strength and he was able to lift both of their dead bodies up out of the tent, while still on the spear, for all to see that they had been killed for their sins.

The Holy *Ohr Hachaim Hakodesh* writes that through doing this, Pinchas made the sin of illicit sexual relations look disgusting in the eyes of the Yidden and thereby caused a tremendous

Kiddush Hashem.

On a similar note, the *Ohr Hachayim* writes as well in another place in the Parsha, that G-d commanded the Jews "*Tzror es Hamidyanim Ve'hikesem Osam*" - meaning, "Make the Midyanim hated in your eyes and destroy everything of theirs". So the *Ohr Hachayim* asks, why do we need to hate them and destroy everything, why not be able to benefit from the spoils of the enemy? And he answers that when it comes to immoral sexual conduct (that the Midyanites caused the Yidden to sin in), the only way for the Jews to receive G-d's forgiveness and atone properly would be if they turn their hearts to hate these sins, and destroy all that is related to it. For as long as the lust of the sins remain alive in a Jew's heart, he cannot properly atone for sins of a sexual nature. Instead, he must try to first arouse a disgust and hatred of these sins in his heart - and then he can achieve a true Teshuvah.

### **The Ohr Hachayim Foresees GYE?**

The Ohr Hachayim on Parshas Shmos (3:8) writes that before Moshiach's time the Jewish nation will be subjected to the 50th level of impurity. But he **also** writes, that by using the koach of the Torah, the Jewish people will garner the strength to enter into the very "mouth" of the 50th level of impurity and pull out that which the Satan had already swallowed ("*le'hotzi boi'lo mi'piv*").

And that is what the GuardYourEyes community is doing today! The *Ohr Hachayim Hakadosh* could not have used a more **divinely inspired** analogy! We are entering **into the mouth** of the *Yetzer Hara* himself and harnessing the **very power** of the anonymity and accessibility of the Satan's favorite tool - the internet, to pull out these sparks of Kedusha, these holy souls, that have fallen to the 50th level of impurity!

### **Don't Get Into a Discussion With The Snake**

The *Ohr Hachayim* says regarding *chava* and the snake that the reason why she fell was because she allowed the snake to engage her in conversation. Once she got into the conversation, she started entertaining the idea of saying "yes" even though she had originally entered the conversation with the intent of saying "no". She said no, he said "yes", she said "no", he said "why not?"... So she started explaining why not, but by the time the conversation had finished she had fallen through.

This is the *derech* of the Satan. When we entertain fantasies in our mind, he claims we are just "thinking about it for the sake of saying NO to it". But it's a lie. Because once he gets us fantasizing, we are already in his hands and it gets only harder to break away!

### **The Power of NOW**

**"V'ata Yisroel mu Hashem Elokecha sho'el may'imuch.... ki im l'yirah, etc.... - And now, Yisrael, what does Hashem your G-d ask of you, but to fear him, etc..."** and the Torah continues with a whole list of wonderful *madreigos*.

The Torah is emphasizing that we **CAN** reach all these wonderful *madreigos*, if we focus on one thing... **V'ata - NOW**; not what happened a second ago, nor a day ago, nor a year ago, and also not what **WILL** happen. Just the present. That is all Hashem asks of us, the **ATA** - the **NOW**.

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