

Trying to elevate my shmiras einayim  
Posted by Dave M - 26 Dec 2018 17:27

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Hello,

I am trying to elevate my level of shemiras anayim. B'H, I do not go on inappropriate website, as that is a red-line for me. I have installed one of the jewish filters on my home computer. However, at work, I find myself periodically looking at things I should not be looking at.

Sometimes this leads to MZ"L. About a year ago I joined this wonderful organization, GYE. Through reading the articles on GYE and getting the chizuk emails, I've made a lot of progress in this area to the point that I can go multiple weeks without "acting out". However, usually after a few weeks I will have a fall. What prompted me to post today was that recently I had a pretty bad "fall" which devastated me. It showed that I am unable to beat this challenge myself. I am hoping by interacting with the fellow members, I can pick myself back up and "stay up".

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Re: Trying to elevate my shmiras einayim  
Posted by Dave M - 25 Aug 2020 15:00

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Couple of days ago, I realized that I only made my TaPHSIC until Rosh Chodesh Elul. Good thing, a clause is included that if the expiration date passes without any changes, then it automatically renews for another month.

On another subject. Last week I was on a family vacation. My young son and I went on a boating trip. Going down the river, I noticed that we were approaching a group of ladies that were dressed in a very triggering way. As we passed by, I davaned to Hashem that in the zchus of guarding my eyes now, Hashem should give siyatta dishmaya to my son to go in the right derech. I know we are not to suppose to make deals with Hashem, but I hoped it worked...

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Re: Trying to elevate my shmiras einayim  
Posted by tryingtobbetter - 26 Aug 2020 03:39

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wow.

i'm new to this thread but i totally relate and awed by your honesty, i just wish there was a way to reshape the wiring , as I and many others know whats right we still have the underlying desire to look, hear and think about improper things, there is only so much that safeguards can help. as soon as those are gone or down were lost,

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Re: Trying to elevate my shmiras einayim  
Posted by Im Tevakshena Kakasef - 28 Aug 2020 12:45

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I don't think thats a deal with G-d. Sounds more like a tefillah to me. Besides, loads of sefarim say its a massive ais rotzon (opportune time) when one averts his eyes to daven for something. Its great what you did. You should do it every time, if you can. I wish I would.

Much Hatzlocha.

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Re: Trying to elevate my shmiras einayim  
Posted by Dave M - 09 Sep 2020 15:07

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[Dave M wrote on 25 Sep 2019 20:50:](#)

I would like to share with the chevra a vort I recently saw in sefer Darchei Musser on this week's parsha Nesavim that pertains to Rosh Hashanah as well.

The first pasuk in the upcoming parsha says ?????? ?????????? ?????????? ?????????? - *You are standing today, all of you.* (Devarim 29:9)

Rashi (29:12) brings a midrash that asked - Why is this parsha next to the the previous parsha that discusses the ninety-eight curses? The Midrash answers - Because when Bnei Yisroel heard these ninety-eight curses they turned pale, and said, "Who can possibly endure these?" Thereupon, Moses began to appease them. ?????? ?????????? ?????????? ?????????? "You have angered Hashem many times, yet Hashem has never destroyed you. Indeed, you are still standing before Him"

Darchei Musser suggests that's why the pasuk says ??????????. Because Bnei Yisroel were all

together as one, that's why they were still standing. Because Hashem promise to never destroy the Jewish nation.

Darchei Musser quotes the following from the Alter of Kelm (R' Simcha Zissel). As individuals, we should be afraid as we approach Yom HaDin. Since individuals do not have this promise, they cannot rely on miracles. Therefore, the Alter gives the following advice. One should attach himself to the ??????? (community). Whether it's being involved in community needs or being part of a chaburah of growing yidden. By doing this, a person has the status of ???????. As ??????, we can rely on miracles as we approach Yom HaDin.

That's why the pasuk emphasizes ?????? ?????????? ??????? ??????????. Since each individual was part of the klal, that's how they merited to still be standing before Hashem.

I was thinking how this applies to us. As individuals we feel like dirt. We have rolled around in the "mud". We are embarrassed to look our wives and children in their eyes after the things we've seen or done. We feel like hypocrites as we stand before Hashem asking him to overlook our short fallings. Yet here we are part of the GYE community. We keep on falling and getting back up. We continue to post on the forum about our struggles and to be mechazik others in their challenges as well. We are ALL part of the ??????. We are all working towards a unitary goal of achieving and maintaining an everlasting kedusha. This should be a zchus for us as we approach Yom HaDin.

May this be the year that we all are successful in defeating our lust behavior once and for all

K'siva V'chasima Tova

This is something I wrote a year ago for this upcoming parsha. After seeing several GYE members post recently about their guilt heading into Rosh Hashanah. I thought perhaps we can all gain chizuk from this vort I saw and summarized here.

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Re: Trying to elevate my shmiras einayim  
Posted by Im Tevakshena Kakasef - 11 Sep 2020 10:03

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That's a beautiful vort. Thank you.

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Re: Trying to elevate my shmiras einayim

Posted by Snowflake - 11 Sep 2020 16:06

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Beautiful vort [2]...

Thanks!!

We are all one family here B"H.

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Re: Trying to elevate my shmiras einayim

Posted by Dave M - 13 Oct 2020 16:51

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Renewed TAPHSIC until Chanukah time.

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Re: Trying to elevate my shmiras einayim

Posted by Dave M - 10 Nov 2020 16:08

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I need to be honest with myself here. GYE is an amazing community. Without GYE there is no way my shmiras einayim would be where it is today. The vast majority of the posts on GYE are gold. Yet, occasionally (very rarely) I find a post to be triggering. Even though the post was written very vague and modestly, the topic can "excite" me. Just recently, I was browsing an old thread and I came across one such post. I'm ashamed to admit, but I spent the next 30 minutes searching GYE for more of these kind of posts. I know, it was a bad decision and its all on me. I've written in the past how in the war with the Y'H, one most constantly fine-tune his strategies against the Y'H. The Y'H is constantly coming up with new sick tricks to get me to fall. I love GYE and may G-d continue to provide this wonderful organization with all the tools and resources needed to help Klal Yisroel with this battle against lust.

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Re: Trying to elevate my shmiras einayim

Posted by cordnoy - 10 Nov 2020 16:20

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[Dave M wrote on 10 Nov 2020 16:08:](#)

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Stay off my threads!

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Re: Trying to elevate my shmiras einayim

Posted by Dave M - 12 Nov 2020 00:04

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Just checking in today. I am still feeling triggered from yesterday. I know I need to slam the door shut on these feelings/thoughts and not let it progressed to the point where my decision making will get blurred. Again, the posts were not inappropriate and were written following GYE standards, but one never knows where a trigger will come from.

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Re: Trying to elevate my shmiras einayim

Posted by Grant400 - 12 Nov 2020 01:46

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[Dave M wrote on 12 Nov 2020 00:04:](#)

Just checking in today. I am still feeling triggered from yesterday. I know I need to slam the door shut on these feelings/thoughts and not let it progressed to the point where my decision making will get blurred. Again, the posts were not inappropriate and were written following GYE standards, but one never knows where a trigger will come from.

It's okay, these things happen. Don't beat yourself up over it. The main thing is not to obsess over it, when you obsess it causes the thoughts stay in your head. Just accept the thought, and move on with your life. We can't control and are not responsible for thoughts that enter our

mind. It's not our duty to force them out the front door either, all you must do is don't make it feel at home don't offer it a comfortable chair and a warm drink. Eventually the thought will leave on its own volition.

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Re: Trying to elevate my shmiras einayim  
Posted by Grant400 - 04 Jan 2021 21:07

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Does anyone know where our beloved Dave went?!?

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Re: Trying to elevate my shmiras einayim  
Posted by Dave M - 19 Feb 2021 18:48

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Well it's been quite some time since I've posted on my thread. Firstly, I'm renewing my TAPHSIC till after Pesach. Secondly, B'H going strong and keeping clean. As HHM, have posted many time, the longer we stay clean, the more successful we are in "rewiring" or approach to lust. I have so much more to say but getting close to Shabbos. Thanks all!

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Re: Trying to elevate my shmiras einayim  
Posted by beautifuleyes - 21 Feb 2021 02:26

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Dear Dave,

You are an inspiration.

Rewiring takes long.

BH I will be reaching 90 days in 2 days.

Rewiring takes so long. Its so hard and painful. I am still rewiring myself. I look and at my wife and kids and I cry inside. How painful it is, to look at them and little do they know what is going on inside of me and struggles I have everyday.

In any case.

Dave you have an amazing streak. keep it up. 786

Thanks

Beautifuleyes

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