

Tikkun Habrit

Posted by anonymous_14 - 26 Aug 2015 06:45

Quote by Rabbi Nachman

?Our Sages called ?????? the ????? the foundation. The foundation of a building is "underground" and no one sees it, yet it holds up the entire building.

?Shmirat Habrit is the hidden part of a Jew and it is the real you. If the foundation of a Jew is weak, his whole spiritual structure is fragile and is in grave danger of collapse. And if the foundation is strong one can build sky scrapers of holiness on top of it.

Everything in a man depends on the brit. It is as it says above the ???? is the foundation of the entire man. If the brit is not strong then man is like a weak, flimsy structure that can fall apart at the rustle of a leaf

This is understandable since all of society and human life revolves around the sexual attraction between man and woman. If a man's brit is flimsy his entire body, personality, mental outlook... is shaky.

As pointed out above the brit is hidden like the foundation of a building and it serves to uphold the entire structure. When you look at immodest images you are injuring yourself and causing yourself trouble with the brit . I would say more grievous troubles than most people think. You are troubling your very foundation.

Tikin Habrit, on the other hand, gives one strength and nullifies sadness and laziness

Controlling one's evil inclination prevents one's children from going astray bring a blessings of wealth, and saves one from many challenges

Through Shmirat Habrit one is saved from the forces of evil, which manifest themselves in the temptation for money, idol worship, sadness, depression, darkness and death. One bonds to Hashem and merits Hashem's light.

A Shomer Habrit is always happy

From Holy Nation

The world is full of these types of images. It is next to impossible to not be affected by what one sees during the course of a day.

But why add to it? It is possible that if you begin to take care, your luck will change for the better and you will have much less of a problem.

If you make an attempt to guard your eyes you may get divine assistance but if you do nothing you may sink more and more.

The Talmud states, "If a man comes to defile himself, the doors are opened to him, but if he comes to purify himself, he is helped." TALMUD YOMA 38B

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