

GYE - Guard Your Eyes

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Navigating the ocean of my life

Posted by amevakesh - 17 Apr 2024 10:21

For the past 267 days, there have been sunny skies, calm winds, the boat's been steady, with nary a thought to the pirates that lurk beyond the horizon.

However, clouds are gathering, waves are getting choppiier, and worst of all, a cry from the barrelman in the crow nest, "Pirates ahead"!!! I've been warned.

As they get closer, thoughts are swirling through my mind. I hear their evil whisperings in my head. "You thought you were off our radar, not so fast." Will they succeed in overtaking the ship I've put so much effort in constructing?

They're faster, sneakier, and more cunning then I, and I know that once they come too close, I'm doomed. But, I have an itch that needs to be scratched, a void that has to be filled, and I'm having a difficult time doing so.

But one thing I've learned here at GYE. There's safety in numbers. So I'm sending out a call to my fellow mates, can anyone help me out in how to overcome these Bein Hazmanim pirates?

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Re: Navigating the ocean of my life

Posted by amevakesh - 28 Feb 2025 17:37

??? ???? ????! Made it to the finish line, just barely. Wasn't easy not to follow the news for more than 10 minutes a day. Was off sports completely. Strangely enough, I don't feel a sense of accomplishment. I did it, but I don't feel like I accomplished anything significant, besides for saving a few minutes on a daily basis. I'd like to explore why this is so.

There are 2 components of '????? ?'. The ??? ??? - refraining from bad, and the ??? ??? - doing good. When man was first created, the ???? says '???? ?' ?????? ?? ????? ??????? ???? ???? ?????? ???????. The ???? says that ?????? is referring to ????? ???? , and ?????? is referring to ????? ?? ??????. Only after that, does it say that '?' commanded ??? to eat from all the trees, and not to eat from

the ?? ?????. Which begs the question, how can ????? ????? be referring to ????? ??? and ????? ?? ????? respectively, if at the point of placing ??? in ?? ???, there weren't yet any commandments? Shouldn't the sequence of events occurred the other way around? First issue the commands, then put him in to ?? ??? to keep them.

Perhaps the ??? is teaching us an important lesson here. For a soul as a ???, has an inherent need to connect with the ??? who created it - ??? ?? ?????. In order to do so, there needs to a medium for them to connect, those are the ???. What the particular ??? were, is not as important. The point the ??? is making, right after the creation of man is, that since as a finite, limited human being, which is confined to a shell of a body, desires to connect, with the endless expanse of ??? ??, it must be given a place to do so. Placing man in ?? ??? is the culmination of his creation, that's where it comes to its completion, and finds its ultimate expression. To create man and not put him in "?", would be a lacking, wanting and deficient creation, for rooted in the essence of man is the desire to connect. ?? ????? ?????? ??? ?? ????? ?????. The specific commandment that was given, is only the facilitator of that connection, and is of secondary importance, therefore it comes later.

There's a big ????? in this message. If ????? - working the garden is ??? ??, and ????? - merely guarding it from harm is ??? ?? ?????, then we would logically conclude that the main connection is by engaging in productive action. The passive guarding would be secondary, its only to protect the garden from harm. Yet the ??? is telling us that '?' put there for both ????? and ?????. There's connection even by abstaining from sin.

This is further illustrated in the '???? ?? in this weeks ???, which brings a beautiful ???. There was once a king who had a son. He wanted the son to demonstrate a certain level of love for him, in order to draw him even closer to him, and bestow a great reward on him. He commanded the son to stay from all women of ill repute. Then the king went over to a very pretty ??? and told her, "please do whatever you can, to try to entice my son to sin". The women had no interest in getting the prince to sin, after all he was the beloved heir to the throne, yet she was bound by her loyalty to the king to obey his command. Even though at the time of the seduction it appeared as though she was trying to get him to sin, she wanted him to overcome his desire and not sin with her. The king's intention was that his son should have the opportunity to demonstrate his love by overcoming his desire and showing that he values his father's love above all. Once this was demonstrated, the king brought his son into the innermost chambers, and bestowed a tremendous reward. The ??? is self explanatory. The ??? says "???? ?? ?????" and ??? tell us ?? ??????. What can possibly be good about the YH? The answer is that only through the YH can one truly show their love for '?' by overcoming his lust for His sake. We see that merely refraining from sin, fosters a deep connection, wherein man has the ability to demonstrate the love he has for Hashem.

That being said, (???? ?????, ???? ???? ??? ???, ??? ????? ?????) even though, both the ??? ??? and the ??? ??? are mediums of connectivity, they aren't quite the same. One is expressing love through refraining, and the other is actively making something special of oneself and connecting by accomplishment. The all time greats in our religion, were people of stature who did great things, not necessarily who refrained from sin. The ????? ????? ????? ?? ??? were great men to be sure, but the greatest of our leaders (the ?????, ?????, ???, ?????, and ???) are not on that list. They're great because of what they actively accomplished, despite the fact that they may have sinned (on their level). The ultimate ????? is to do good. All of the ????? ?? ????? are there as a protection - ?????, to ensure that we don't get distracted from doing that which we were created for - ?????. To be sure, overcoming our YH, brings Hashem tremendous joy, when He sees how hard we're fighting for His sake, to be pure and even holy, but all that is in order to protect ourselves, and enable us to attain greatness in Torah and Mitzvos.

Back to where I'm at. What this ???? did for me, was indeed a certain demonstration of will power that I was able to pull off. But that wasn't the intention of what I was trying to accomplish. I was trying to recruit the ??? of curiosity that pushes me to check out the news and sports, and channel it in to spiritual matters. In that respect, it was an utter failure. All it did was highlight to me how empty and devoid of serious content I am. Not a good feeling at all.

The next thing I'd like to try is much more ambitious for me. By nature, I'm very lazy. I think, that if I would commit to writing a ????? ???? on a ?????, it would get me involved and do wonders for me. I hesitate, because this is something that doesn't come easy to me. But it might be necessary to shake me out of the doldrums that I find myself in. I'm also afraid that it won't come out good. To this I tell myself what Rabbi Frand said at the ????? ???, "Don't let perfection be the enemy of the good". More importantly, the goal is not perfection, the goal is the involvement that it will generate in me. The journey itself is the destination, for there is no destination to an infinite journey. Therefore, I'm challenging myself to put something together ideally by Purim, if not by then, then by ??? ?????. If there is anyone that would like to join me in this endeavor, it would give me great Chizuk.

Have a wonderful Shabbos!

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Amevakesh

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Re: Navigating the ocean of my life
Posted by amevakesh - 03 Mar 2025 14:43

Since ??? ???, when my ???? expired, I feel like a kid that was restricted from his pacifier who's finally getting it back. That intoxicating feeling of freedom to do what I restricted myself from doing until now. Like the first day of ??? ??????, which is usually my worst ?????? ?????? wise. Usually it takes a day or two until I find the balance of feeling the freedom in healthy way. I hope to rebound from the little indulgences that I allowed my self to enjoy yesterday, and I have to drive it in to my thick skull, that just because something isn't considered a fall by GYE standards, it's still not okay. It's not okay to go on a site for recreation, even if I have no intention of clicking on something questionable, if I know there will be questionable images that I can see out the corner of my eyes. When will I ever have the feeling of living with purpose, where I don't have the need to look for all these ??????? When?

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Re: Navigating the ocean of my life
Posted by vehkam - 03 Mar 2025 15:45

[amevakesh wrote on 03 Mar 2025 14:43:](#)

Since ??? ???, when my ???? expired, I feel like a kid that was restricted from his pacifier who's finally getting it back. That intoxicating feeling of freedom to do what I restricted myself from doing until now. Like the first day of ??? ??????, which is usually my worst ?????? ?????? wise. Usually it takes a day or two until I find the balance of feeling the freedom in healthy way. I hope to rebound from the little indulgences that I allowed my self to enjoy yesterday, and I have to drive it in my thick skull, that just because something isn't considered a fall by GYE standards, it's still not okay. It's not okay to go on a site for recreation, even if I have no intention of clicking on something questionable, if I know there will be questionable images that I can see out the corner of my eyes. When will I ever have the feeling of living with purpose, where I don't have the need to look for all these ??????? When?

Perhaps instead of making temporary kabbolas that expire. Try making permanent kabbolas that are sustainable with the goal of increasing the level of the kabbala after a given amount of success.

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Re: Navigating the ocean of my life
Posted by altehmirrerr - 03 Mar 2025 17:59

In the mir we always say that the most important thing is to be a **????!** keep it up, and continue climbing!!!!!!!!!!!!!!

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Re: Navigating the ocean of my life
Posted by redfaced - 05 Mar 2025 15:55

[altehmirrerr wrote on 03 Mar 2025 17:59:](#)

In the mir we always say that the most important thing is to be a **????!** keep it up, and continue climbing!!!!!!!!!!!!!!

No silly, not @Amevakesh

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Re: Navigating the ocean of my life
Posted by amevakesh - 07 Mar 2025 17:30

[vehkam wrote on 03 Mar 2025 15:45:](#)

Perhaps instead of making temporary kabbolas that expire. Try making permanent kabbolas that are sustainable with the goal of increasing the level of the kabbala after a given amount of success.

My first reaction to this post was, "easier said then done". Permanent ?????, even very small ones are difficult. The YH always tries to get me to relapse to where I was before. The best I can do is a temporary one, and hope that it sticks. But then I gave the matter more thought, and I think I am gonna try something out for a week and see how it goes. If it's not too hard then I will ??? try to make it permanent. So for the next week, I'm being "???? ???", not to go online at all (including emails) unless it's absolutely necessary, until after Shachris. May Hashem give me the strength to make it permanent.

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Re: Navigating the ocean of my life
Posted by altehmirrerr - 07 Mar 2025 17:37

at least the clocks changing this week, you can daven early!

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Re: Navigating the ocean of my life
Posted by amevakesh - 07 Mar 2025 17:44

How do you know where I live?

Warning: Spoiler!

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Re: Navigating the ocean of my life
Posted by althemirrer - 07 Mar 2025 17:53

I'm such a klutz, just realized that their changing it a hour later....., i guess things are different here in the mir, or wait a sec. am i in burma? confused. good luck either way @amevakesh! hope this works!

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Re: Navigating the ocean of my life
Posted by simchastorah - 08 Mar 2025 17:06

[amevakesh wrote on 07 Mar 2025 17:44:](#)

How do you know where I live?
Warning: Spoiler!

You mean the sundials

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Re: Navigating the ocean of my life
Posted by amevakesh - 13 Mar 2025 17:15

Been speaking with a few people, and I heard the same thing from 2 of them, so I thought I'll share something I think is obvious, just in case some people don't.

There's a tremendous amount of validation that's shared on this site. So many posts all point to the fact, that despite the fact that one has sinned, it doesn't change the fact that one can still be good person, an '????', even a Tzaddik. It's just that he has struggles that bring him down, from time to time, sometimes all the time, perhaps he's an '????', because he started when he was young, and didn't have the right perspective yet. All this is 100% true and must be conveyed to any person that comes on looking for Chizzuk, seeking validation.

However, I've recently spoken to a couple of people that have dabbled with the more serious end of the struggles that go on over here (in person encounters), and they each told me that the reason they even entertained these actions was because there was so much validation, so they thought, if I do this and this, it doesn't change the fact that I'm a good person so I might as well indulge and enjoy.

I'm not "?? suggesting that we tone down the validation that's peddled on the site, to the contrary, we should ramp it up, validation is one of those things that you can never do enough of, however, it must be given over with a clear understanding, that although one who sins can still be considered a good person, it doesn't change 2 simple facts. The '????' is a terrible one, and the blemish it creates on a Neshomo is an awfully ugly one, which isn't easy to remove. You may still be a good guy, but good guys are capable of doing terrible things. Secondly, and more importantly, nothing destroys your life more than an addiction of any sort. The addiction to lust, in all its variations, colors, and shades, can completely mess up your '????' '???'. It goes without saying that people that are at the point of acting out in person, are putting themselves at great risk. Their risking losing their marriages, families, health, and so much more. Just yesterday, I heard that a guy in my city was the victim of extortion, after hooking up with some '????', by her manager, who took a picture of this guys license, and threatened to contact his family, unless he paid a ridiculous amount of money. But even the guys who's

struggles are “only” screen based, just go through some of the posts that depict the tremendous pain people are in. What it does to marriages, kills the possibility of genuine relationships, the yucky feeling of hypocrisy that robs one of any semblance of ?????? ??????. Worst of all, as detailed so accurately in [this](#) post, it will never satisfy. One thinks, if I only indulge in this sight, that’ll be it. Never happened, never will. It’s like salt water, you think your quenching your thirst, only to find yourself more thirsty then you were before. It’s just not worth it.

Best wishes to all, for a truly Freilichen Purim!!!

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Re: Navigating the ocean of my life
Posted by chosemyshem - 13 Mar 2025 20:37

Fantastic point, though I think I know an EMT who might disagree with you.

Although I'm all for the harsh truths, I'll throw out a counterpoint b'toras devil's advocate. I'm not responsible if someone uses something I say to justify their improper behavior when they would find something else to justify that behavior regardless. No one is actually getting convinced that it's okay to act out since they read someone's post saying they're a HEROtm. They're acting out cause they want to and cause they're sick, and are looking for justifications. They'd find a different justification if that one wasn't around. Too happy, too sad, too tempted, too big of a rasha, too big of a tzadik. Everything's a reason to act out when you're sick.

They're blaming the validation on the site because they're looking for something to blame.

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Re: Navigating the ocean of my life
Posted by altehmirrerr - 13 Mar 2025 21:02

As someone who's been there and done that, all i will say is that if you choose to live a life of validated hell then by all means.....

But if you are ready to live a life of realness, of connection and of accomplishment, then please realize, that yes i might need/deserve validation to get out of it, but it's still way harder and a lot more to deal with.

(i might add that you are only validated if your sincerely working on recovering....., not so sure but quite possible)

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Re: Navigating the ocean of my life
Posted by hashem help me - 13 Mar 2025 23:00

So Amevakesh when are you going to give public soul searingly honest mussar shmuzzen?
Incredible stuff written here....

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