

GYE - Guard Your Eyes

Generated: 11 April, 2025, 07:13

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 redfaced - 03 Jul 2024 17:15

[BenHashemBH wrote on 03 Jul 2024 17:09:](#)

[redfaced wrote on 02 Jul 2024 23:48:](#)

If you make it to lakewood ill be happy to learn with you

Do all of the GYE in-person meetings happen in Lakewood?

Does ANYBODY live anywhere else?

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Posted by BenHashemBH - 03 Jul 2024 17:25

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Anybody doesn't; Nobody apparently does . . .

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Re: Navigating the ocean of my life
Posted by redfaced - 03 Jul 2024 18:04

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Who do you think you are to be a nobody?!

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Re: Navigating the ocean of my life
Posted by proudyungerman - 03 Jul 2024 20:09

[BenHashemBH wrote on 03 Jul 2024 17:25:](#)

[redfaced wrote on 03 Jul 2024 17:15:](#)

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BURMA, BURMA, BURMA, BURMA, BURMA, BURMA!!!!

Hello everyone!!!

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Re: Navigating the ocean of my life
Posted by amevakesh - 11 Jul 2024 02:26

A thought about unwanted thoughts.

In the noble quest of trying to free oneself from the clutches of lust, one encounters many obstacles that the YH throws at him. Perhaps the hardest one to overcome, is the idea of ?????? - strange forbidden thoughts, in our language - fantasies. It's one thing to tell a person to control his hands, his eyes, but what goes on in one's brain is almost impossible to control. Yet, perhaps with a bit of perspective, this too can be worked on effectively, and in the long run, overcome.

There are conflicting ideas I've heard over the years from my ?????? and ???????? over the years, and it took me a while to resolve an apparent contradiction, but when I did, it helped me somewhat, so I'd like to share my conclusion with the Oilam. Although I trust my ?????? that there are sources for what they told me, I unfortunately don't know what they are. So if you only

like hearing things that are sourced, this post might not be for you.

On one hand, I remember hearing from one of my ????? a story from one of the Gerrer Rebbes. One of his ????? complained to him that he was having ????? and was at a loss in how to deal with them. The Rebbe sharply responded, the ????? isn't ?????, YOU ARE. Meaning to say, don't make yourself look like an innocent person who is doing everything right, who is plagued by something that's beyond your control. No, you are the culprit, and your own fault for having these thoughts, you are the one who is ??. Similarly, I once heard a Shmuess from a very prominent ????? who's name I won't mention, just in case I'm misquoting him (it's been many years). He said that if one finds himself in the middle of ??? and he's being plagued by unwanted thoughts, it's not a good ?????, and it's a reflection of where he's holding in his '????? ?. Pretty demoralizing stuff, but with perspective, I think we can put a positive spin on it.

On the other hand, I once heard it being said in the name of ?' ?????'????, that when one experiences ?????, it's a ????? - an opportunity for growth, not to be missed. I once learnt a ????? in the ??? ?????, in the beginning of ??? where he says that if one experiences ?????, especially during Davening, it's a ????? that he's being given the opportunity to return these ????? to it's source. He gives a ???. If someone was speaking to a king and was interrupted by one of the king's servants, obviously it was the king told that servant to interrupt him, or else the servant wouldn't dare interrupt on his own. When an improper thought fleets through a person's head during Davening, that thought was sent to him from ?' in order for him to rectify it. He seems to imply, that it's almost a complement from ?', that He feels that the one Davening is worthy of rectifying these bad thoughts. What does this mean, and how can this fit with what we said before?

Perhaps the idea is as follows. Let's explain with a ??? of eating. When one eats food, it enters his mouth whole, then it get mixed with his saliva in order for it to be able to be digested by the stomach. After further being mixed with different enzymes and juices, it enters the digestive system where it's further broken down. At this point the food has basically turned in to liquid, and it's ready for the kidneys to do their job. What they do is of utmost importance, they extrapolate that which body needs for it's survival and delivers it to the appropriate location in the body, and the rest of the food which is not needed is discarded as waste. Obviously, I'm simplifying a much more complex system, but that's the basic idea. There are different types of food that have a different effect on the digestive system. Healthy foods, are the one's that make the digestive system work harder and process more. More of the food is utilized as energy and fuel for the body, and the part that's not needed is discarded. Then there are the unhealthy foods. the one's filled with saturated fat. They slide easily right in to are system, the digestive system doesn't need to process it much, and most of it gets lodged somewhere around the waist, where it serves no purpose other than requiring us to loosen our belts. As the pound accumulate, they become harder to lose, and if he wants to do so, it will require a great effort on his part. Say a person is 40 pounds overweight (speaking from experience now) and he wants to shed them all, the first 10 will be relatively easy, the second 10 harder, the third 10 even

harder, and the final 10 will require an almost herculean effort to be rid them.

The eyes are the window to the soul. Think of looking at improper images as real junk food. It sticks to our soul and as long as one is busy viewing, or in any form of lust mode, he's just piling on the pounds, it's gonna be a lot harder to diet. However, when he does make the decision to diet, and is ready to do the hard work it takes, he'll find that the fantasies don't stop so easily. Even after he's given up looking at things he shouldn't be watching, he finds that the fantasizing doesn't stop. Not only that, but often the unwanted thoughts will hit him hard exactly at the wrong times (i.e. during ????", learning etc.). He wonders, what am I doing wrong? The answer is nothing. Forgive the analogy, but it's the equivalent of letting the waste out the body. Every time a person goes to the bathroom he is in effect losing weight. The excess weight that accumulated over time now can bit by bit leave the body.

The aforementioned ????" bring a '????' ?? which brings a beautiful ??? that sheds light on this mysterious subject. There was once a king who had a son. He wanted the son to demonstrate a certain level of love for him, so 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 what 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. 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.

Ideally when one is confronted with a ??????, he passes it on the first try. He demonstrates the love for '?' and reaches higher levels of ????? and ????? because of the hurdles he cleared. What if he failed? Then the YH lodges itself through his eyes, into the very fabric of his soul, the same way junk food becomes a part of his pot belly. But when he want to lose the weight or divest himself from the YH in him, he will be given a second chance. If the whole ?????? of the YH was to get to overcome, it stands to reason that, the residue of the YH that he took in needs to be expunged from his being by "pushing out" the thoughts when they plague him. By doing so the YH has accomplished what it originally set out to do, to allow him to overcome for the sake of '?'.

To sum it up, bad thoughts are a result of what we've taken in with our eyes. At the same time, they are an opportunity not to be missed, to try to accomplish what we failed the first time around. This should help explain why when one is trying so hard in all other areas, the area of ?????? is the hardest to conquer. It also can help explain why the unwanted thoughts pop in to

our heads precisely at the time when we're trying to have proper ??????. When we're trying hard to access new and higher levels in '????? ?', that's when we're given the opportunity to demonstrate whether or not we're actually ready for the next level. Rest assured, that as time goes on, and one is vigilant with what they look at, and they conquer one thought at a time, even if not perfectly, but as long as the trajectory is heading in the right direction, they will subside as pounds of lust shed off his soul. Hope this wasn't too philosophical, but the idea helped me, so if it works for you as well great, if not, move on and KEEP ON TRUCKING!!!

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Re: Navigating the ocean of my life
Posted by Heeling - 11 Jul 2024 14:02

Beautiful! Thank so much for always sharing such insightful messages.

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Re: Navigating the ocean of my life
Posted by amevakesh - 18 Jul 2024 03:24

Had a rough and very frustrating day. My sense of entitlement is through the roof. The only good thing I'm feeling is that falling today isn't even an option, whereas last year this time, on a day like today..... ?????? ??? ????? ? ??? Onward!

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Re: Navigating the ocean of my life
Posted by Muttel - 18 Jul 2024 08:40

Our beloved amevakesh is coming up to a big day....

For all those traveling to great heights for a bear hug, ashreichem! I think for me, this Monday, a virtual leChaim and seudas R' Akiva Eiger will have to suffice. Amevakesh, the care you show, the love you provide, the wisdom you share, and most of all, the experience of years, is invaluable. Seeing you get to such a great milestone is heartwarming and encouraging at once....

Keep on inspiring!

With much love and admiration,

Muttel

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Re: Navigating the ocean of my life
Posted by redfaced - 18 Jul 2024 12:22

[Muttel wrote on 18 Jul 2024 08:40:](#)

Our beloved amevakesh is coming up to a big day....

For all those traveling to great heights zfor a bear hug, ashreichem!

I hope to scale those peaks Bezh this week!! The view from near him, is fantabulous!!

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Re: Navigating the ocean of my life
Posted by Heeling - 22 Jul 2024 15:06

The stage is all set up.

The musicians are in their places.

I can hear the sizzle coming from the kitchen.

Aha...the aroma!

Banners, streamers, and balloons are all hanging from the ceiling.

The waiters bottoming their tuxedos.

The theme is a gold stamp of **365**.

The doorman is walking to his position.

The band is starting their intro.

The crowd is cheering.

All eyes are on...our beloved friend!

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Re: Navigating the ocean of my life
Posted by yiftach - 22 Jul 2024 16:57

In Israel we're seven hours ahead!!!!

MAZAL TOV!!!! CHEERS!!!!

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Re: Navigating the ocean of my life
Posted by chaimoigen - 22 Jul 2024 19:14

With his compass in hand, lashed to the wheel
the Captain is drenched to the bone,
Yet, weary, determined, he looks to the sky
For the stars who will guide him towards home.

Though the swells and fierce gales seek him to drown
and to upend the ship that he sails,
the unbending force of his **will** is unflagging
And through thick and through thin - he prevails!

Oh, Mevakeish you are, very truly a one -
You persevere where others would falter,
Full of courage and eager to keep climbing higher
You offer your Soul at the alter.

And now you have **seen** that no matter how tough
you have what it takes to keep going -
The sweetness of Torah, your Avoda inspires
You'll keep us - and **YOURSELF ever-growing!!**

With love, affection and much admiration,
and more Bracha than I can articulate now,

I am

Chaim Oigen

And I'm looking at a man who knows what **living** is, and that's a sight for sore eye!

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Re: Navigating the ocean of my life
Posted by iwannalivereal - 22 Jul 2024 20:27

A year! WOW!!!

A year of true bikush, and aliyah in "the sugyos"

Halevai Vayter!

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Re: Navigating the ocean of my life
Posted by amevakesh - 23 Jul 2024 02:09

Mazel Tov to Menuchashanefesh9 on a year of ?????? ??????. Some people need a network of support to do it, and some people are strong enough to do it alone. Trailing a couple of days behind this great warrior was a great source of ?????? for me. I felt like he was holding my hand, and I was following his lead. It gave me a feeling of companionship, and now let us celebrate together. L'Chaim!

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