

Notes For Reference

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One can fulfill the entire Torah in just one instance of Shmirat HaAiyen. When one has a sudden desire, he can calm himself by contemplating how brief and disappointing is the pleasure. One leaves this world with not even half of his desires fulfilled. This is your exodus from your own mitzvot.

The agony of being separated from Him to the extent of no longer enjoying mitzvot was unbearable. Becoming repulsive to others was shameful. The hopelessness of never being free of the yetzer hara was loathsome. I must not think of what I did and where I am now, but who I can be and where I can be. Why should I be afraid of man who is not always watching, but not G-d who is always watching me? He gave me everything I need and I will go against Him? What am I desiring? Something that is not indicative of my true self. Something that the yetzer hara just puts in my head at random.

HaShem did not put me in a garbage heap. He spared me from wallowing in dung. He gave me a warm house and more food than I need. He provided me with running water and fresh clothes. If I do not stop watching pornography, He can cast me out into the cold. I will have to sustain myself with filth. I will not have a bed.

The least I can do for Him is watch my eyes while He takes care of me.

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