

shemirat einayim. Finally going on the chart  
Posted by shemirateinayim - 31 Dec 2009 19:29

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GUARD, i was once supposedly on it. but i couldn't update it for 2 weeks. so i never saw if i was put on or not. but I think my screenname is reserved (by me). and the site keeps telling me that my email is in use.

I need some help getting myself on the chart.

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Re: shemirat einayim. Finally going on the chart  
Posted by Kollel Guy - 24 Jan 2010 23:16

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SA, You are currently leading the Kiddush H-shem board of trustees in shomayim!!

Keep it up man - you are awesome!!

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Re: shemirat einayim. Finally going on the chart  
Posted by shemirateinayim - 25 Jan 2010 03:14

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Great idea SB, and thanks KG you made me smile. My current avodah is *sur meira* and then be'ezras hashem we will get to do some Aseh Tov

RIbono Shel olam save me from my Lust Addictions, and guide me to completing day 11

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Re: shemirat einayim. Finally going on the chart  
Posted by Ineedhelp!! - 25 Jan 2010 03:30

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[shemirateinayim wrote on 25 Jan 2010 03:14:](#)

Rlbono Shel olam save me from my Lust Addictions, and guide me to completing day 11

Thats a great Tefillah SE. You are depending your sobriety solely on the only thing that can help you maintain it. If you really believe that then you will see the light someday very soon!

All the best!

-Yiddle

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Re: shemirat einayim. Finally going on the chart  
Posted by silentbattle - 25 Jan 2010 05:15

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I've heard a pshat from several people (including R' Volbe) that the way to accomplish sur meira effectively is *through* aseil tov! Otherwise, not looking at women (for example) becomes a huge struggle, head popping up and down, trying not to look, etc. Much easier if we focus somewhere else...

Hatzlacha, and keep on rocking!

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Re: shemirat einayim. Finally going on the chart  
Posted by habaletaher - 25 Jan 2010 05:19

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SB stole the words right out my mouth! The gemara says that boredom leads to two things;

boredom and znus...

One of the most effective ways to fight our lust addiction is by making sure we are busy...

Good luck!

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Re: shemirat einayim. Finally going on the chart  
Posted by silentbattle - 25 Jan 2010 05:25

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Well, that's what we ninjas do, we swoop in and steal people's words...yes, sometime right out of their mouths! :D

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Re: shemirat einayim. Finally going on the chart  
Posted by shemirateinayim - 25 Jan 2010 06:31

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well the clock has already struch 12:00 so I'm

11 days clean!!!!

I had some strong nissyonos today, but I started taliking strait to Hashem to "save me from my addicthoon, I can't do it without you" And BH that made it pass. SO let's get ready for bed, and the coming of day 12, there where destined to be 12 shevatim. Leah knew it through ruach hakodesh, but what she didn't see was that they had the possibility of coming from one of the children of yaakov.... from yosef. That's right Yosef Hatzadik was in a sence one of the Avos and one of the Shevatim. And he wass suposed to have 12 shevatim, but -says the shlah hakadosh- by the nissayon with eishes potifar. He ran outside an impaled (na'atz) his 10 fingers into the ground, and 10 zerah came out of his 10 fingers. Those where the seed of the 10 shevatim he was supposed to virth. And he only has 2 left.

There is much depth to the number 12, But I barely even have a vague Idea what it is..... a real

shame no? Oh well why not get to 26... then I'll have plenty to say! and why not 42 and 72. Why not 90??? oh yeh that's right because I gotta take this one day at a time. "Just one more nissayon, one mor hour, one more bit of nachas for the aibishter"

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Re: shemirat einayim. Finally going on the chart  
Posted by silentbattle - 25 Jan 2010 12:02

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Very well said...except for the "one more bit" part - more like one HUGE load of nachas for hashem!

And one day at a time, I'm looking forward to hearing your holy thoughts on all those days...becoming more holy as the days go on, of course...

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Re: shemirat einayim. Finally going on the chart  
Posted by OneLife - 25 Jan 2010 15:33

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hi, shemiras.

i passed your thread and saw that you really face with a lot of difficult temptations.

i can't say that everyone of them that you pass successfully makes you stronger,

i think every nissayon is just keep you at the same positon or even weaken you.

its like a wall, that one or two hammer beats will not fall it, but more and more beats absolutely can cause it fall.

you the same. lots of nisyonos its pretty bad. you always busy with those nisyonos and not let your mind get rid of the addiction and take you up.

this is the first rule of hitting the 90:

you must go far from those nissyonos, be far from open internet, from pruzot, from every garbage which can cause you fall as much as you can!!

such way can easier take you straight to the 90 with just a little problems.

we trust you geveer, you gonna do that. 8)

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Re: shemirat einayim. Finally going on the chart  
Posted by shemirateinayim - 25 Jan 2010 16:33

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thanks one life, especialy for taking the time to read this thread. but the reality is that I have nowhere to reun and hide. I have countless TVs at my disposal, bug screens and flatscreens. All have all the regular chanel. I got a free Movie library on the shelf to my left, and 8 computers that can let me acces all the 'civil' pritzes that goyim don't see to filter. Yes I got nissyonos.

But I haven't looked at a TV yet, haven't looked at the movie shelf, haven't read a single goyish book. Haven't used the internet for anything but Gmail, GYE and when I'm realy weak I go onto theyeshivaworld.com . I can't run from the nissyonos, I am stuck with them, and will have to merely overcome them. One at a time, and Hashem is the only koach I got against them. If you asked me what level of kirvah I feel, what I would loose if I slipped/fell? Honestly, "Yedid Nefesh" . All this 'sur merah' brings you realy close to hashem.

Day 12 started, and It's already 1/4 over!

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Re: shemirat einayim. Finally going on the chart  
Posted by OneLife - 25 Jan 2010 16:47

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shemiras,

if so, you are the greatest soldier of GYE, :o :o

and we should learn from you how to escape from the Y"H.

you can try the ASE TOV approach or to be percise to THINK GOOD as it seems to ase tov.

just always think about good things, about us that loves each other very much, about us that we don't want you fall (has veshalom)

about a little sweet children, try to prepare a good issues ON YOUR MIND to think of them, its gonna help you as it helped me very much.

BEHAZLACHA RABA BROTHER!!

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Re: shemirat einayim. Finally going on the chart  
Posted by silentbattle - 25 Jan 2010 17:59

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You are incredible...keep it up!

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Re: shemirat einayim. Finally going on the chart  
Posted by shemirateinayim - 25 Jan 2010 20:10

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It's after 2:00 here, and I am still going strong. I had a bit of a nissayon with a shiksah who never changed out of her PJs, but I told myself that I was going to be shomer einaayim... for real. And Baruch Hashem I will be very proud of myself when I get to shamayim, at least that was something that left me nothing to be embarrassed of. You guys have no idea how many people hjere think of me as a nutcase, they must think that I'm totaly meshugah!! But I don't care, Once you think I'm crazy, then what do I care! Why not label me "a man of G-D" and then you won't have any questions. My parents love getting comliments from everyone who meets me, they just don't realise how unusual it is for every single person who come-in contact with me, to give a compliment!

day 12 at 14:10 hashem will pull me through today

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Re: shemirat einayim. Finally going on the chart  
Posted by silentbattle - 26 Jan 2010 01:03

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Keep on going...one minute at a time, if necessary...Is there anywhere you can go to just get away for a little while? A park nearby, or something?

By the way, I'm guessing you don't have glasses, right?

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