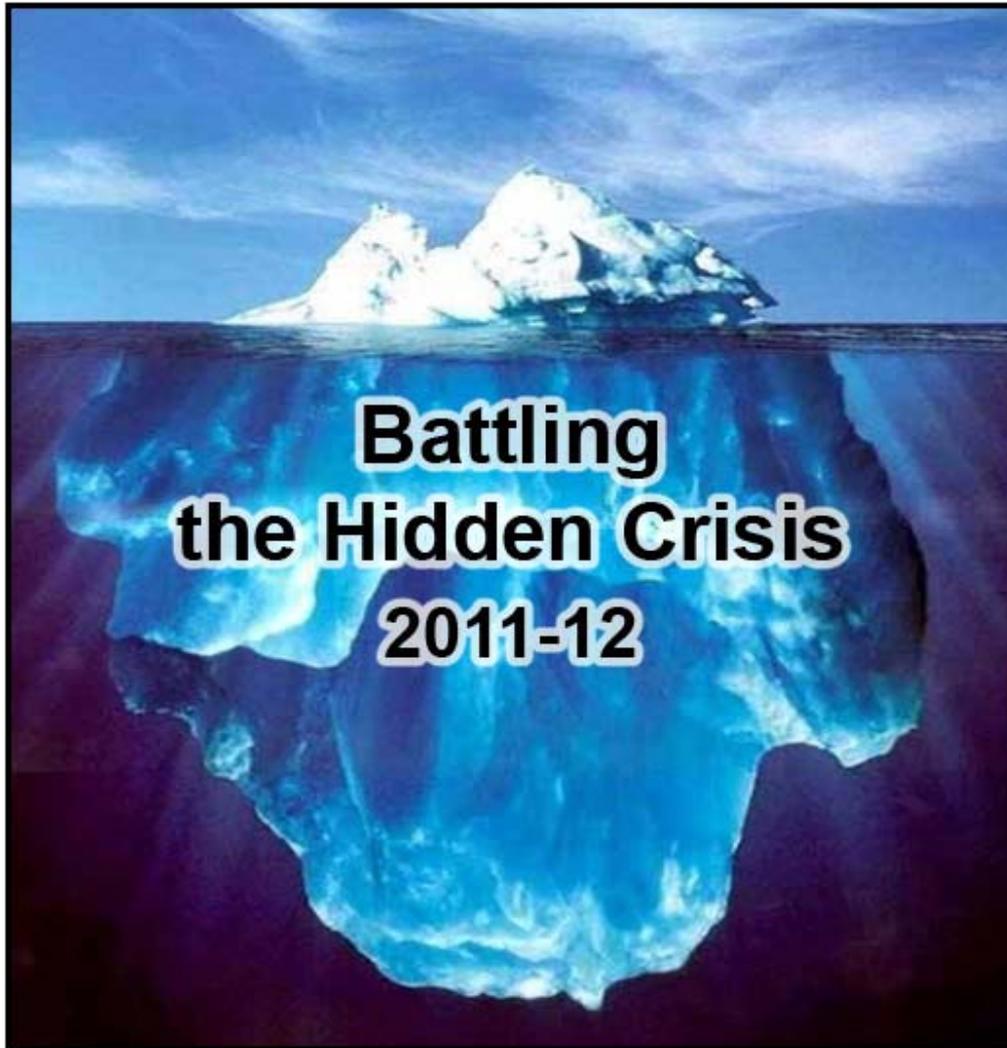




Guardyour^eyes.org

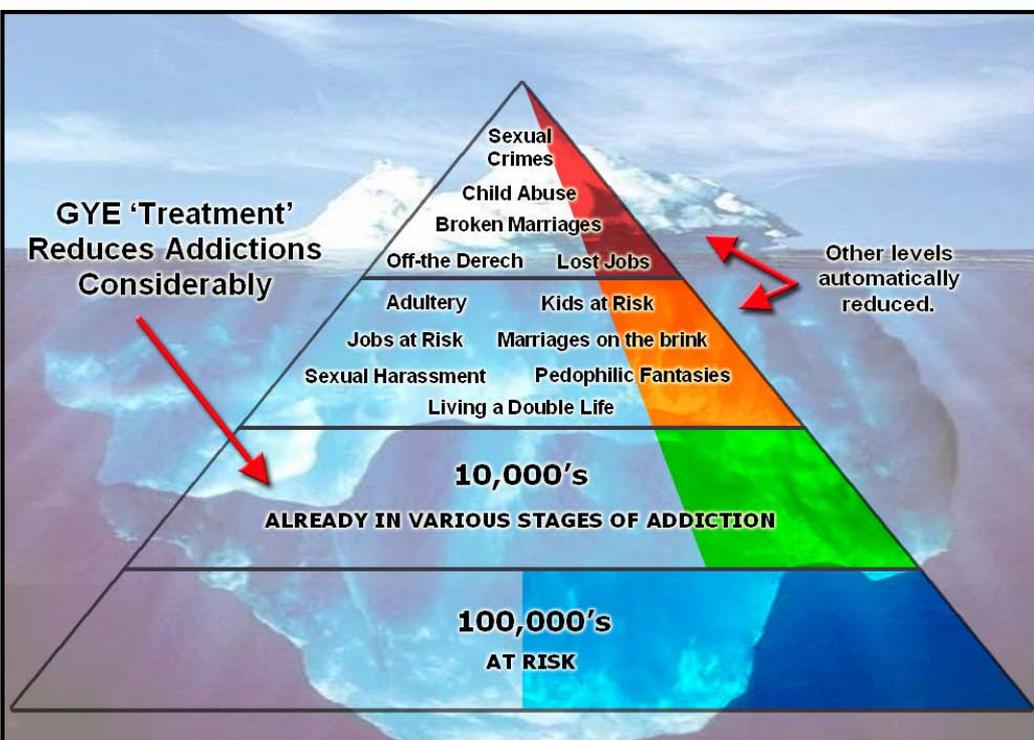
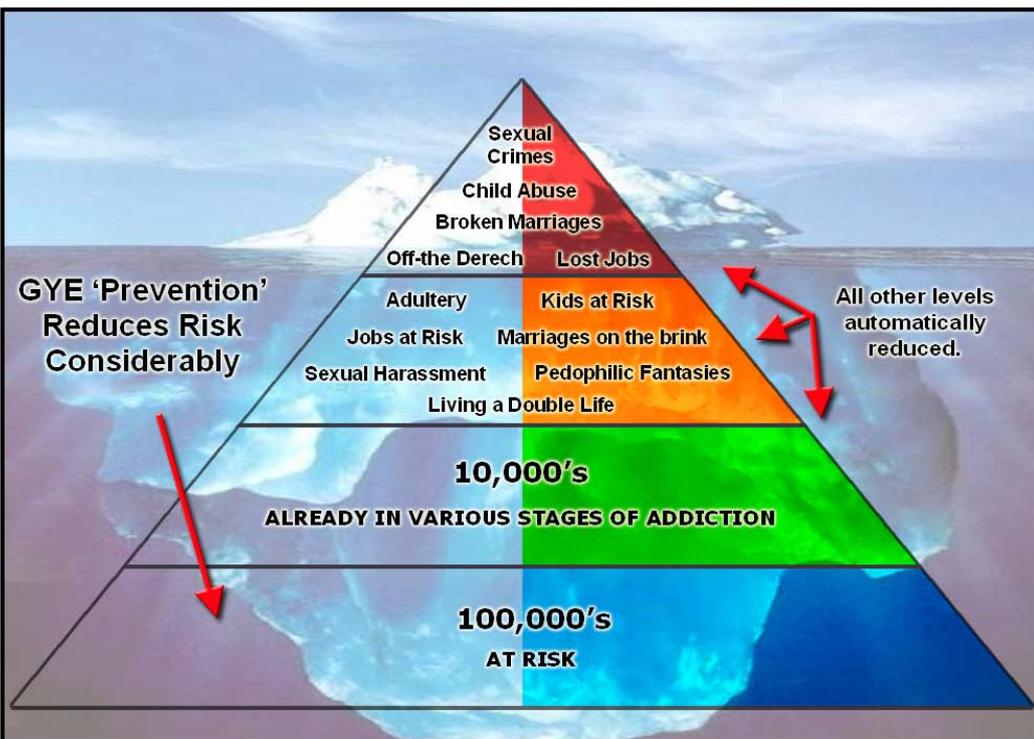
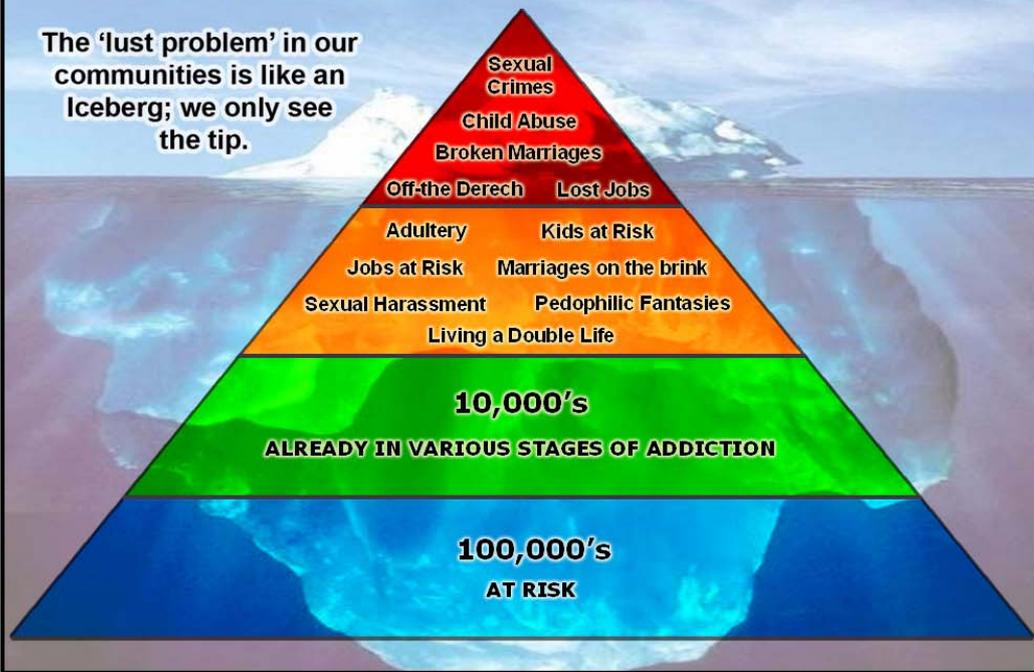
Maintaining Moral Purity in Today's World



Donations are tax deductible. Checks can be made out to: "GYE Corp." and mailed to:
GYE Corp. 3918 Fallstaff Rd, Baltimore, MD 21215, U.S.A. / On-line Donations: www.GuardYourEyes.org
E-mail: eyes.guard@gmail.com / Tel (USA): 646-600-8100 / Israel: 972-2-5805921

The Hidden Crisis

The 'lust problem' in our communities is like an iceberg; we only see the tip.



"There is an international scourge attacking the Jewish People which threatens to tear apart the fabric of Jewish life. It has spared no class of Jews: from teenagers to kollel members, from office workers to rabbis, and from single to married men. "Guard Your Eyes" has successfully helped to wean hundreds, if not thousands, from pornographic addiction. It's actually the only weapon we have at our disposal."

Rabbi Aharon Feldman, Mo'etzes Gedolei HaTorah of America

*"I doubt that at any time in our history has there been as grave a threat to the morality of our people and to the stability of the Jewish family as the plague of addiction to internet pornography. It has ruined more marriages than anything. It has ruined families. It's been terribly destructive. And the only weapon we have against it, the **only** one, is GuardYourEyes, which is saving lives and families."*

Rabbi Abraham J. Twersky, MD

Background:

The Guard Your Eyes organization (www.guardyoureyes.org) has been relatively unknown until recently, but with the expansion of its efforts and proven success, it is becoming known throughout the Jewish world today as the number one resource for dealing with the growing problem of the struggle with/addiction to inappropriate materials on the Internet and related behaviors in our communities.

Fueled mainly by the accessibility and anonymity of the Internet, this affliction has spared no class of Jews all across the religious spectrum. This widespread problem is destroying more peoples' marriages and Yidishkeit than almost anything else today. Many of the social ills afflicting the Jewish community today such as youth-at-risk, broken marriages and even child abuse and molestation can be traced back to this issue. Much of our communities' investments in education today are being undermined by the strong-pull of these temptations.

Treatment: In three years of operations, with a meager yearly budget and minimal advertising, Guard Your Eyes has helped roughly 1,000 Jews get back on a path of sanity, healing and self-control. This has been accomplished through the many features of our network which include a website, forums, handbooks, chizuk e-mails, hotlines and 12 step phone conferences and groups. The achievements to date would mark an unprecedented success for even the best of multi-million dollar rehab centers dealing with different types of addictions.

Prevention: Guard Your Eyes has helped prevent thousands from falling into these pitfalls by providing comprehensive filter services, daily chizuk e-mails on Shemiras Einayim, articles, tips and stories, boosting awareness of the dangers and giving practical tools on how to avoid these tests.

We attribute our success to five factors:

1) Experience: The tools of our recovery program were developed with guidance from the best experts in the field and through the personal experience of hundreds of dedicated Jews who successfully broke free of their addiction and are determined to help others.

2) A Novel Approach: Our recovery system is not only unique for the Jewish community, but unique in the world, in that we address the many different levels of addiction with a program that uses progressively more "addiction oriented" tools based on the level of the dependence. For example, there are many people who just started to slip in these areas and can get out of it with the proper perspective, filters, some basic safe-guards and some accountability. Others need far more intense solutions, such as our 12-Step phone conferences and referrals to live SA groups and therapists. All in all though, this program promises a solution for **everyone**, no matter how advanced the addiction may have progressed.

3) Anonymity: The many tools and services on our network are mostly either on-line, in print or by phone. What makes this so powerful is that it ensures complete anonymity for those who turn to us for help. This is one of the greatest secrets to our success, because anonymity, especially in these sensitive areas - and all the more so in the religious community, is one of the main inhibitions of people reaching out for help.

4) Accessibility: We harness the very power of instant accessibility of the internet which has fueled this epidemic, to reach and help thousands of Jews throughout the world that conventional therapeutic approaches would otherwise not be able to reach.

5) Providing Hope: The inherently pure Jewish souls caught in this addiction are often just yearning for a helping hand to give them that extra push they need to break free. By finding that they are not alone and that hundreds of others have succeeded through our tools, they are instilled with the determination and courage to change.

Challenge for the Future:

On the one hand our achievements have been considerable, but on the other hand, it's only a drop in the ocean when considering the many thousands of Jews who are either struggling or who are at serious risk of stumbling into these destructive behaviors.

It is essential to expand our "Treatment" options by building the framework to accommodate thousands more (English, Yiddish and Hebrew speakers throughout the world), and by advertising our services so we can reach all those who struggle in these areas, as well as hire additional professional staff.

We also plan to extend our focus on "Prevention" by (a) spreading awareness of on-line dangers through educational materials aimed at parents, Rabbanim, Mechanchim and the general public, and (b) by expanding our "Filter Division" to include 24 hour hotlines and support, to assist and encourage people throughout the world to install solid filtering and monitoring software for their computers and hand-held devices. This service doesn't exist anywhere in the world, and it is a vital and important service to have in today's day and age!

We devised the following plan for expansion due to the urgency of the need, our proven success, and the confidence in our ability to help many thousands of Jews, in both the areas of Treatment and Prevention. We estimate that within two years, with a relatively modest budget, we will be able to increase our reach ten fold, and that we can, bs"d, in subsequent years help halt this epidemic. We sincerely believe that our project is critical to the hatzala of the Kedusha of Klal Yisrael.

The Guard Your Eyes Organization:

Website Administrator: Yaakov, founder of GYE, web administrator and coordinator of network features.

GYE Professional Advisory Board: Dr./R' Abraham Twerski and Rabbi Simcha Feuerman, Nefesh

President. **Rabbinic Guidance:** Rabbi Aharon Feldman, Mo'etztes Gedolei HaTorah of America.

Trustees: R' Gedalia Weinberger, Avraham Wolfson, Gary Torgow, Tovia Schottenstein, R' Shmuel Yossef Reider, Rabbi Berel Wein, Nachman Auerbach, Moshe Vegh.

GYE Two Year Plan

The following two year plan includes creating the framework and the advertising to reach out to the tens of thousands of Jews who need help in these areas. We are confident that with this plan, the GYE network will become self sufficient through the donations of those helped by the end of year 2.

Budget Summary:

Year 1:

Website Development and Upgrades	50,000
On-line advertising	45,000
Hebrew Website + Translations	40,000
On-line advertising in Israel	36,000
Project Manager	48,000
Website Administrator & Hotline operator	48,000
Rent & Office Expenses	12,000
Travel and Fundraising Expenses	8,000
Total First Year Cost	\$287,000

Year 2:

Continue English advertising campaign	36,000
Yiddish Website + Translations	30,000
Advertising in Yiddish	24,000
Continue Israeli advertising campaign	24,000
Project Manager	48,000
Websites Administrator	48,000
Hotline Operator	12,000
Secretary	18,000
Rent & Office Expenses	12,000
Travel and Fundraising Expenses	8,000
Total 2nd Year Cost	\$260,000

Total 2 year budget to reach self sufficiency \$547,000



Guardyoureyes.org

Maintaining Moral Purity in Today's World

B"H

January 2011 / Shvat 5771

A Letter from the Trustees of the Guard Your Eyes Organization

Dear Friends,

Over the last few months we have become acquainted with the very important and critical work being done by the Guard Your Eyes organization (www.guardyoureyes.org). This organization has been relatively unknown until recently, but with the expansion of its efforts and proven success, it is becoming known throughout the Jewish world today as a critical resource for dealing with the growing problem of pornographic addiction and related behaviors in our communities.

Fueled mainly by the accessibility and anonymity of the Internet, this affliction has spared no class of Jews: from teenagers to kollel members, from office workers to Rabbis, and from single to married men. Many of the social ills afflicting the Jewish community today such as youth-at-risk, broken marriages and even child abuse and molestation can be traced back to this issue. Much of the Jewish community's investment and efforts in education today are being undermined by the strong-pull of these temptations.

The Guard Your Eyes organization has undertaken to stem this tide by utilizing methods which have proved successful in treating other addictions. They have successfully helped wean over a thousand Jews from these destructive behaviors and have helped return them to normal life. Guard Your Eyes also performs a vital function in preventing the spread of this scourge by raising public awareness of its dangers and by offering effective preventive measures to the general Jewish public.

The materials and tools that this program utilizes have been praised by Gedolim and experts alike for their methodology and approach, and they conform to the highest standards of Torah values.

We believe this project is critical to the hatzlacha of the Kedusha of Klal Yisrael and is the only weapon we have at our disposal in dealing with this widespread problem. It is an international project, which can help thousands of Jews across the world and all across the religious spectrum.

We strongly urge you to join us in helping support the wonderful work being done by Guard Your Eyes.

Gary Torgov

Gedaliah Weinberger

Tovia Schottenstein

Rabbi Berel Wein

Shmuel Yossef Reider

Avraham Wolfson

Nachman Auerbach

Moshe Vegh

הרב אהרן פעלדמאן
RABBI AHARON FELDMAN
409 YESHIVA LANE, BALTIMORE, MD 21208
TEL.: 410-653-9433 Fax: 410-653-4694
STUDY: 410-484-7200 EXT. 114

ROSH HAYESHIVA
NER ISRAEL RABBINICAL COLLEGE

ראש הישיבה
ישיבת נר ישראל
בס"ד
September 16, 2010
ח תשרי תשע"א

TO WHOM IT MAY CONCERN:

There is an international scourge attacking the Jewish People: this is the widespread addiction to viewing inappropriate material and other related behaviors. Fueled mainly by the accessibility and anonymity of the Internet, this scourge threatens to tear apart the fabric of Jewish life and undermine one of its major foundations, that of *tzeniut* and *kedusha* (moral restraint).

This addiction has spared no class of Jews: from teenagers to kollel members, from office workers to Rabbis, and from single to married men. Thousands of lives and marriages have already been ruined because of this relentless temptation.

The Guard Your Eyes organization has undertaken to stem this tide of destruction. By utilizing methods which have proved successful in treating other addictions, and by providing constant encouragement, support and strategies to victims, Guard Your Eyes has successfully helped wean hundreds, if not thousands, from these destructive addictions and has helped return them to normal life. All this has been done on a meager budget and with a great deal of self-sacrifice.

I have seen the materials and handbooks which this program distributes and have only praise for its methodology and approach to the problems of the addicts. Everything which I have seen conforms to the highest standards of Torah values. I highly recommend anyone who suffers from this problem to avail himself of this effective program.

In addition to aiding to overcome these addictions, Guard Your Eyes also performs a vital function in preventing the spread of this scourge by raising public awareness of its dangers and by offering various preventive measures.

Guard Your Eyes is the only weapon we have today at our disposal in dealing with this widespread problem. Their work is critical for the protection of the sanctity of the Jewish People and is worthy of the encouragement and financial support of every Jew.

May HKBH grant the Guard Your Eyes organization the wisdom, the strength and the means to continue and expand its holy work, and may it help return the Jewish People to becoming a nation regarding whom it is written, והתקדשתם והייתם קדושים ("Sanctify yourselves and you shall then be holy").

With deep respect,


Aharon Feldman

כיבוד וזיווג לקהל, פקדים תהיו
הם פקדים הסוברים קדושת
שוא, אלו האנשים אוחזים
הסטרו איתנו קצת, ובידם
אלפים נשמות מארבע מאות תחתיה
זמנה אסויי קרבם קם מהבאש

עם הרב ח'י אגש
אברהם הלוי שארר

ראוי אל משה. ש טמון מיע
זה יחזק אל אגם בויט א חייל
אנה זח הפנה כי גנו דקט
חול אגם שמו

שרגא האגר (אדמו"ר מקאסוב)

אני מסכים לכל פני
אזרחים חיים ליון
אברהם חיים ליון

Abraham J. Twerski, M.D.
Founder and Medical Director Emeritus

January 24, '10

Although it is my policy not to give endorsements, I must make an exception in the case of the Guard Your Eyes website.

I doubt that at any time in our history has there been as grave a threat to the morality of our people and to the stability of the Jewish family as the plague of addiction to internet pornography. I vaguely recall reading that before the Ultimate Redemption, Hashem will remove all restraints from the Satan, and I think that the plague of addiction to pornography is the fulfillment of this prediction.

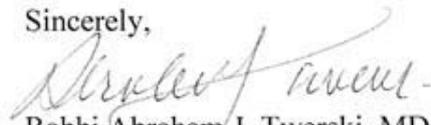
If it were possible to restrict access to the internet, this would be ideal. Unfortunately, this cannot be achieved, and we must deal with reality.

There is no immunity to this problem. It has affected young and old, men and women, and even learned and otherwise Torah-observant people, who have been trapped in the addiction.

I try to contribute to this website, because it is virtually the only effective method available. I am aware of a number of cases who were rescued from this destructive addiction by this website, which provides support and guidance.

The "Guard Your Eyes" website is saving lives and families. Much more can be done to extend this invaluable program, but support is necessary to allow its continuing function and expansion. Supporting this life-saving cause is a great mitzvah.

Sincerely,



Rabbi Abraham J. Twerski, MD
Founder, Medical Director Emeritus

A Few Testimonials

"I am a Rov, Posek, Magid Shiur and Mechaber Sfarim. I have many talmidim. I have been unsuccessfully battling this problem for at least 40 years. I read thoroughly the GYE handbook and would like to make the author my Rebbe. "K'mayim karim al nefesh ayefoh", this masterpiece has re-instilled a hope within me that maybe I can really be what my talmidim think I am. I pour out my heart to the Aibishter that one day I'll be able to help you rather than enlisting your help. I wish there were words to convey the magnitude of my bracha to you, for your hatzlacha is the hatzlocha of Klal Yisrael."

An anonymous Rabbi

"You have no idea as to what category of people have fallen victim to internet pornography. We would not think that these type of people would be capable of it. Hopefully nobody who's a Yirei Shamayim is going to go look for that kind of trash and that kind of filth. However, it is perfectly possible that while monkeying around with the internet, you hit a button and there's a pop-up of a pornography scene. You weren't looking for it, but it happened. You have exactly 3/10ths of a second to turn it off. And if you avoid it for 4/10ths of a second, you may become addicted. That's how severe it is. It's one of the most powerful addictions. Day after day after day - I get letters and calls from people who say, "what can I do to save myself?" because they have fallen into the pornography addiction and it has taken them all the way down. It has ruined more marriages than anything, ruined families. It's been terribly destructive."

Rabbi Abraham J. Twersky, MD

*"Not a week goes by that I don't have to deal with a Shalom Bayis Problem or a problem in Chinuch Habanim or Banos, or a very fine Bochor who will call me up – or at least what is **left** of a very fine bochor – calls me up crying, begging for help. There is nobody that can claim that either they're not affected, or a family member, or a neighbor, or the chaver sitting next to them in shul, or the chavrusah sitting across from them in yeshiva. If you discounted it until now, you're gonna have to take my word for it when I say that there is no single problem facing the yechidim in Klal Yisrael and communities at large, there is no bigger problem than this. There's a Chov Kadosh to do something now before there's no semblance of Kedusha left in Klal Yisrael. And I don't say that lightly. Keep in mind, the people who come to me are so frum and so upset about what's going on, that they're willing to talk to their Rav. That means that there are thousands of people who would never even speak to their Rav. I hate to sound pessimistic – but if you have unrestricted internet in the house – internet that is not **both** filtered **and** reported, I would say there's a higher than then 90% chance that people have already been Nichshal in your house. And if it hasn't happened yet, there's more than 90% chance it will happen. And if it's not happening at home, it's happening in the office."*

Rabbi Yosef Veiner, Agudas Yisrael Flatbush

A prestigious Mechanech wrote for help:

"Dear GYE, Sorry for anonymity but it would be a Chillul Hashem to show my real face. I am a prestigious mechanech and respected marriage counselor. I helped a lot of Bachurim and couples in their own sexual problems. But as chazal say "ain chovish matir atzmoh", I can't be in command of myself at all, I need access to the net for my profession, and being a computer guru, I have outsmarted the filters & locks. If you would know who the writer is you would weep for weeks. I can't tolerate it any longer. It seems to me that the only way is by including outside help. However SA meetings are out of question due to my caliber, and letting my wife in does also not come in consideration. Do you think I can be helped without blowing my secret?"

We answered him and he got involved in our network and forum. 4 months later he writes:

"R' Guard, you can not visualize the effect that GYE has had on my life. Since I joined the forum my life has simply changed for the better like a turtle slowly (actually rapidly) emerging from his shell. Starting to live a lively life, a life of control and reason. To understand myself, and the others around me. I opened my eyes, grasped my deterring situation, and made a swift U-turn. WOW!! One hundred twenty five days since I joined the forum. 125 days ago I was reborn. Right, I consider myself an infant of 4 months old. I watch my soul growing daily, as a kid would regularly appraise his height. My Davening has not been with such devotion for a very long time. The learning has become superior, since the tranquility of my conscious. My kith and kin have never been closer to

me, than the last few months. And the list goes on and on. Thanks to you, my life is so much better. I can speak to my kids about Judaism without feeling like a hypocrite. I can sing zemiros at the Shabbos table without feeling guilt. I can shake the Rabbi's hand without saying to myself – "if he only knew". I can't express in words how much I owe you. "

An anonymous Mehanech

"I am a Rebbe in a small Yeshivah where I deal with regular frum middle-school age boys who have not had much success in the regular school systems for various reasons. It was recently brought to my attention that many of these boys, ages 11-14 are addicted to pornography and hotzoas zera livatala. They view this as if it were normal and not even something to work on. Many of them do not even know that this is assur, and they couldn't believe me when I said looking and thinking about these things is not allowed from the Torah. One boy did ask me how he would be able to sustain from this when he feels very bored and doesn't have enough to do to fill his free time, and pornography is an easy time consumer. Another boy said he used it as a way to fall asleep at night. An additional problem is, that most of these boys have iPod touches or other devices with Wifi, so that having blockers on their computer wouldn't really solve their problem. Others are very savvy and can break - in their own words - "any block" on a computer."

A Rebbe in a vibrant Jewish community

"I was addicted for twelve years, always looking out and wondering who can help me. A few months ago I came across your site. When I started to see all this great information, I became glued for hours. I must say, that since then I have not fallen B"H. I now feel greater than ever. You are far more than an organization; to me you are like a Hashem's hospital."

Chanoch

"I remember that when I was a child I had a very close relationship with Hashem. Then over the years, I only checked in once in a while. By my twenties I knew He was here, but I wasn't about to be another "blind believer"; I needed proof. So I told Him, "I'm not going to believe in ANYthing. If you're for real, show me." Looking back, I can see so many ways He showed me - but I missed them all. Then I became a lust freak. I ended up in jail as a result, multiple failed marriages, and alienated from my daughter. So I slowly started doing T'shuvah. But my lust addiction never gave me rest... I'd still have marathon sessions of self-destructive, lust related behaviors. Then, purely by accident (read hashgacha pratit) I found this site. I just did 120 days clean B"H. But what's most important here, is that my skepticism was finally laid to rest through this clean streak. With the help of the guys here on the site and the very real experience of Hashem's hand holding me safe, I have the real, palpable, experience, in a most personal way, of His presence and reality. Not all the time, of course, but proof that I can no more deny than the fact that I'm typing this to you. I hit bottom from bottom, and I would probably be dead by now if it hadn't been for Guard Your Eyes. Thank you again and again."

An Anonymous Therapist

"Looking back to where I was 3 yrs ago, I can't believe what I've achieved in terms of my thoughts and where I used to go late at night on the internet. I am unrecognizable now, B"H, and can almost say I've conquered this problem. The fact I've come this far is complete testimony to what you have done for me alone - let alone the thousands of other people whom you have helped."

Ahron

I have benefited professionally and personally from your network, for over 17 months. Almost as soon as I started receiving the daily e-mails, I stopped looking at porn sites and the like.

A Neuroscientist in Israel

I want to thank you; this website is a lifesaver for my husband. And with the new support for spouses, I think it will be a life-saver for me also.

A Wife



“There is an international scourge attacking the Jewish People which threatens to tear apart the fabric of Jewish life. It has spared no class of Jews: from teenagers to kollel members, from office workers to rabbis, and from single to married men. Guard Your Eyes is the only weapon we have at our disposal”

— *Rabbi Aharon Feldman*

Moetzes Gedolei HaTorah of America

WWW.GUARDYOUREYES.COM

YOU HAVE NOW READ the most important public service announcement ever likely to appear in Outlook. The above site provides tools for those dealing with attractions to the darker areas of the Internet — ranging from those who have slipped occasionally to those with full-blown Internet addictions.

I will not belabor the dangers of the Internet. In recent years, that subject has been widely discussed in the Orthodox media. Nevertheless, a very high percentage of Orthodox Jews who use the Internet continue to do so without proper filters, or with filters that are easily evaded, and the danger of cell phones with Internet connectivity continues to be virtually ignored in America.

My goal is not to discuss prevention, but to provide hope for those who are already ensnared. At a recent meeting chaired by Agudath Israel's Rabbi Chaim Dovid Zwiebel, Rabbi Dr. Abraham Twerski, one of America's foremost addiction experts, stated flatly that no addiction can be cured without a support group. And until now, the one support group impossible to assemble was for Orthodox Jews addicted to the Internet and Internet-related behaviors. Religious support groups exist for overeaters, alcoholics, and gamblers. These are weaknesses, and most of us have some weakness. But Internet addiction is different. It seemingly marks one as a total hypocrite, living one life in public and another subterranean life, hidden from everyone else, above all the person to whom one is closest — his or her spouse. No one living such a double life, especially a respected communal figure, could ever risk being exposed at a meeting of others similarly addicted.

Just listening to the testimony of such Jews is a wrenching experience. Last week I read through about fifty pages of testimonials from those helped by the Guard Your Eyes organization, and listened to the personal testimony of a young husband and father describing what it is like to be in the throes of this addiction, delivered at the aforementioned meeting. (Rabbi Aharon Feldman gave an impassioned address about the unprecedented threat to *kedushas Yisrael* from the Internet.) The testimonies completely destroyed my hasty assumption that the victims are primarily drawn from the ranks of teenagers or “adults at risk.” Not at all. Most of the letters expressed anguish over the author's former close relationship with Hashem from which he or she now feels severed. Among the writers were rabbis, marriage counselors, and respected teachers.

Dr. Twerski said that until very recently, he had absolutely nothing to recommend to those caught in an Internet addiction or related behaviors. Now he does. The Guard Your Eyes site offers the possibility of joining a support group for Internet addicts, with complete anonymity. Participants never see one another.

For those in need, the required support group is now available.

Rabbi Y. Y. Rosenfeld

30 Ashel Lane
Monsey, N.Y. 10952
Tel. 914 356-7934
845

יוסף יצחק ראזענפעלד

מריצ
בבית הוראה שבבית הלוי
מאנסי נ.י.

בי"ה

כֹּן אִדְרָה אֵי תִשְׁמַע אֶפְקָיִם

ה'נני קצה אבוקים להמוסד שמוע ענין G.Y.E.
 למסירתם לעצור אנשים שלא יבאו קרובת האינטרנט.
 וכן לאותן שכבר נבאו קרובת האינטרנט ונדר
 אבוקים קו קחלק הוד שקו האיך להוציאן מזה. ונדר
 עצמו אנשים הרבה שותומ. ויום פאוסה לעצור
 לכל היכזה עצרה. ונכל היא דעילום עם.
 וברקתי וראיתי החומר אהן, קדיון רק,
 והוא מוסד על זרך העורה אהריות קרובה קייאל,
 וראיתי בעולותיהן שהם עושים לשם שמים והואים
 הרבה סיעתם דשמים דבעולותיהן
 עכ מי לענין עצרה יתקשר אליהן ולמד יצא
 האיך איננה מיעת האינטרנט שמנה נשמות יריאל רחל
 ושיע יתן להם עוצר והמיוך דבעולותיהם האודים
 ומצוה רבה היא לכל המסייעים למוסד הנל שיכלו והמיוך
 דבעולותיהם האודים כי ההוצאות ק עוזין אלו ירה.
 ואנו מצפים שיע יחלץ אותן מרובת
 האומאה. ונצנה לעקרו בקרובה וטהרה, עילעצ קרא
 ושל יצחק ראזענפעלד