



Guardyoureyes.org

Maintaining Moral Purity in Today's World

B"H

Dear friend and fellow Jew,

About two years ago I came across a website called www.guardureyes.com (which today has expanded to include a more professional blog style site at www.guardyoureyes.org)

It changed my life.

As you are certainly aware, addiction to Internet pornography and unhealthy moral behaviors is a very [serious problem](#) in the Orthodox world today. It affects all spectrums of Orthodoxy, from Modern Orthodox to Chassidish. It is unknown how many Orthodox Jews (men especially) feel that they are leading double lives, and are crying out for help, with nowhere to turn. Imagine the pain of a father attending his child's Siddur party or Chumash Siyum. It should be a moment of great Nachas. Instead, the father is ridden with guilt because of where he was on the Internet the previous night. And the night before.

No where in the world is there a place where a religious Jew can get help like he can at www.guardyoureyes.org.

Please see [this page](#) for hundreds of testimonials of people whose lives were changed by the network. (See a few examples on the last page of this letter).

The website has 10 categories of articles that update daily, such as Tips on "Breaking Free", Torah thoughts, Personal Stories of Recovery, Articles, Therapy Ideas and much more.

But that's only the beginning.

Each day, elaborate [Chizuk e-mails](#) are sent out to approx. 1000 members. One can choose from either the "Breaking Free" e-mail list, or the more general "Shmiras Ainayim" list. Each day, Torah thoughts, Chizuk, articles, anecdotes and quotes are sent out to inspire and keep the members strong.

The website boasts a [vibrant forum](#) with over 10 different boards, where hundreds of Yidden exchange chizuk and share hope and personal experience.

The network also has a system of anonymous [hotlines](#) and [phone conferences](#), for religious Jews to call up and join groups of other yidden working together to break free of these addictive behaviors. The calls are moderated by experienced sponsors. Everything that they offer is FREE OF CHARGE.

They also came out recently with two ground-breaking e-Books, to help people break free of lust addiction. (1) [The GuardYourEyes Handbook](#) and (2) [The Attitude Handbook](#).

The site is growing and growing, and new features are being added all the time. There's a profile page where members sign up for a [90 day journey](#) to sobriety, and they can track their progress on the 90-day Wall of Honor chart. GuardYourEyes also has a system to help members find accountability partners and sponsors. An elaborate section on [internet filters](#), a "[Kosher Isle](#)" to help people find entertaining and more productive things to do with their time, and so much more.

Our sages called **Shmiras Habris** "Yesod" meaning "Foundation". The foundation of a building is "underground" and no one sees it, yet it holds up the entire building! **Shmiras Habris** is the hidden part of a Jew, it's the real you. If the foundation of a Jew is weak, his whole spiritual structure is fragile and in grave danger of collapse. At guardureyes.com we are finally joining together, for ourselves and for all future generations, to strengthen the foundations of our people!

I have personally made some generous donations to this network in the past, and recently the webmaster asked if he could give me a personal phone call. It turns out that the entire network is run by him alone single-handedly, and it is a full time job. He must remain anonymous for various reasons, and partly as a result of that, he has little support and is struggling to make ends meet. The few donations that he *does* get (to the special paypal account he set up), go mainly towards advertising and web-development. He asked me if I could perhaps make a commitment before Rosh Hashana for a certain fixed amount each month for the coming year. I told him that I would do that, but since my funds are limited and so much more is needed to be raised, I offered to write to some friends of mine as well, and see if they can also make such a commitment.

My dear friend, can there be a greater merit for the Yomim Nora'im than to donate to this worthy cause? There is simply **nothing like it** in the religious world today. No where else does there exist such an extensive network of help for people struggling in these areas, and there is truly a desperate need for this work today.

The [Jewish press](#) and the [Jerusalem Post](#) ran articles about the amazing work that this guy is doing, but he needs our help to continue and grow.

If you can please help us support this network, your merit will be unimaginably great. Please be in touch with the webmaster at eyes.guard@gmail.com to explore various donation options. He has a tax deductible system in place, or you can choose from the PayPal options on the right side of the home-page at www.guardyoureyes.org. There you can select, for example, to donate \$100 for 12 months, or any other combination you feel you can afford. Funds can definitely come from *Maaser* monies according to Halacha. Spiritual poverty amongst Yidden is even **more important** than physical poverty.

After 120, they may ask each of us what we did to make today's morally corrupt world a better place. Well now we can all say, "I donated to GuardYourEyes!"

In the merit of donating for such a worthy cause, Hashem will surely bless you with physical and emotional stability, health, wealth, Nachas and everything good!

See some testimonials on the next page

Some of the Hundreds of Testimonials:

Shepsil writes:

B"H, you guys had the bravery to confront the issues head-on, called things what they are, and creating GYE and all the supporting networks. I applaud you. You are saving my life, along with all the others...

Yakov writes:

Thanks to you, my life is better. I can speak to my kids about yiddishkeit 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'... Between you all the people on the forum who are rooting for me, I can pull through this struggle. I can't express in words how much I owe you.

"Battleworn" writes:

I clicked on that link to the forum -bless that day- and pretty soon I was crying. To see my holy, precious, beloved brothers and fellow warriors joining together to fight back effectively and give each other support and chizuk, is by far the best therapy and the best chizuk I could ever hope for.

Yakov_Shwarz writes:

I have been focusing a lot on the 12 steps and I have been feeling immense natural serenity. I have been super calm to all that I meet. I feel a pleasure to be with people and to help people. My wife cannot get over what a calm and upbeat mood I have been in. You guys are great! I feel like crying for joy just thinking about how wonderful you guys are. Thanks

"Bardichev" writes:

I found your website... It is the most wonderful thing that has happened to me in along time. I cried my eyes out reading all the machshavos tovos and sincere hirhurei teshuva. I cried for along time when I realized that most of what I thought I was going through was crazy and only happening to me, was in fact happening to so many others as well. I cried for the honest people who are trying to save their neshamos, their lives, their marriages, their NORMALCY. I cried to Hashem to please let me also become a baal teshuva and not just go back and forth and be caught in a vicious cycle. Shabbos "Hachodesh" was anew hischadshus for me. I felt like air was being filled into a deflated balloon. I cried so hard by Kabbolas Shabbos...

Menachem writes:

It must be said, that were this site not to exist I will definitely not have managed to withstand recent tests. I found the strength from the inspiration from this website. In a way, the zechusim gained by those responsible for making this site are of a nature never gained before in the history of mankind. It's a rare kind of 'matan beseser' because they do not know who they are saving from sin. I'm sure this brand new rare mitzvah is viewed with the utmost regard in the place where all our deeds are recorded....

Ploni writes: *Your website is like a rope being thrown to a drowning person...*

Michael writes: *You've saved me from the depths...*