

Shemiras Eiynayim

As light as an eagle:[\[1\]](#)

Control ones sight. One is to be as light as an eagle. This refers to ones sight, that one should close his eyes to avoid viewing evil. Just like the eagle changes his glance very swiftly when he flies across the heavens, so too one should swiftly close ones eyes when seeing evil.[\[2\]](#) Seeing evil is the beginning of sin, as the images which the eyes see is transformed into a desire of the heart which persuades one to sin.

Woman:[\[3\]](#) It is a Biblical prohibition to look at any part of a woman for the purpose of pleasure.

Sparks of Chassidus

The dangers of forbidden sights

The Rebbe Rashab states the following message regarding the importance of Shemiras Eiynayim [guarding one's eyes from seeing forbidden sights]:[\[4\]](#)

Forbidden sights and glances is the cause of all matters of evil, as the Sages state that the eyes and heart are the two instigators of sin, as one who looks in the end will come to sin. It is known that **the main feeling of pleasure is found in the sense of sight**; hence explaining why a blind person does not have pleasure in any matter [and is considered like dead]. It is for this reason that sight arouses pleasure in oneself. This is visibly witnessed even amongst those that are very distanced from evil, that they are able to be aroused towards evil through sight. It captures them into a bucket of filth and leads them to the depths of immorality. Therefore every person who cares for his soul and desires to prevent it from falling into the pits of impurity is to control his sense of sight. Even if this matter is very difficult for him to control, he should arouse within himself a mighty and powerful will to overcome it, having the knowledge of its importance. If one does not control his sight all of his service is considered like naught as he will be unable to affect any true inner feeling of service of G-d, and on the contrary he will descend in a downwards spiral from his level of service. Therefore one must express within himself the strongest will power to overcome it.

Ignore the scoffers: Even if doing so will make a mockery of himself in front of others he should pay them no attention. Is it not that with regards to material matters which relate to ones very life that one ignores the public opinion and acts in accordance to the way he is required to save himself? Certainly then one should do so with regards to spiritual matters which relate to the eternal life of

the soul.

The battle is only in the initial moments: The difficulty in controlling ones sight is in truth only on the onset of one's efforts to take control of his past nature, however with time he will become accustomed to it and its difficulty will cease.

Even a cold glance remains permanent within the soul: Even if one does not feel any conscious feeling or emotion upon glancing at forbidden sights, he should be aware that in truth the sight that he views penetrates to the essence of pleasure that is found in his soul and will eventually, Heaven forefend, erupt itself into his conscious mind. In fact it is for this reason that he is glancing at the forbidden image despite him having no conscious pleasure from doing so, as the essence of his animal soul is so involved within the sight that it is unable at the current moment to reveal the pleasure to the conscious mind.[\[5\]](#)

In summary: "It is an obligation on every individual to overpower himself and control his sight and through doing so he will save his soul from evil and his service of Hashem will be appeasing and effect salvation within his soul"!

The eyes are considered blind for the moment of the forbidden glance:[\[6\]](#)

"In answer to your question regarding the matter of Shemiras Einyayim, it is understood that there is no place to write this in letters besides for the fact that there is no need to do so being that the matter is explained in the teachings of Chassidus. In general the importance of it can be understood from the saying of the Sages that a blind man is considered like he is dead and hence staring at a forbidden matter which is contrary to the purpose of existence of the eyes is considered a temporary blindness, Heaven save us, and even worse so. It is not necessary to lengthen on this obvious matter."