Guard your tongue = guard your brit
Posted by Bilaam Harasha to Yosef Hatzaddik - 17 Dec 2021 21:14

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The Abir Yaakov is the grandfather of the Baba Sali and great grandfather of Rav David Abuchatzeira. Here's what he writes in regards to our struggle:

"The rectification of the brit (lies in) pursuing peace (in) Yisrael...because the defilement...causes precious sparks of holiness to be scattered...To the degree that these parks are scattered, so too are the holy Jewish people scattered...As we work to gather the Jewish people back together in peace, love, and unity, so too does Hashem gather together the holy sparks that we scattered...and returns them to their holy source in Heaven. For this reason it is so important not to feed the disunity and strife that rages among us. Especially damaging in this regard are the sins of lashon hara. **The brit of speech parallels the brit milah. We guard the brit of speech by refraining from lashon hara, thereby correcting the sins of brit milah...As a person struggles to improve himself in one area, he improves in the other as well.**" (Teachings of the Abir Yaakov Vol 2 Chapter 1 Page 19)

I myself am studying the laws of shmirat halashon and I recommend it to all of you as well. The truth is so much we say thinking it's permissible is not actually permissible and actually lashon hara or rechilus. This came to my attention only after studying the hilchot lashon hara and it's something that concerned me greatly. Rabbi Avi Wissenfield on TorahAnytime, Rosh Yeshiva of Beit Dovid, has classes on hilchot lashon hara from Sefer Chofetz Chaim that are usually less than 10 minutes and I recommend watching them. Obviously this is a daily commitment sort of schedule but it's pretty manageable for me.

(If somebody wrote about this before me, I didn't see and I'm sorry)

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Re: Guard your tongue = guard your brit
Posted by TheNextStep - 20 Jun 2022 15:55

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So you're saying since there's a connection, studying lashon hara can help?

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Re: Guard your tongue = guard your brit
Posted by ????? ????? - 20 Jun 2022 17:07

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Yea, that’s what I took away from it.

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Re: Guard your tongue = guard your brit
Posted by Kavey - 22 Jun 2022 00:11

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Very interesting. I actually find it hard to work on both at the same time and find I need to prioritize. But maybe not.

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Re: Guard your tongue = guard your brit
Posted by Happy Guy - 22 Jun 2022 20:37

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I don't really think so. ?????, we have a self-control "muscle" that keeps the ??? ??? in check. Exercising it in ????? ????? will strengthen it for ????? ?????? and ????? ?????.

Add to that the exciting ???? that accompanies the satisfaction of withstanding a ????? and you are come out ahead ??? ???????

I think.

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Re: Guard your tongue = guard your brit
Posted by Hashem Help Me - 23 Jun 2022 10:51

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The Talmidei Baal Shem Tov bring this concept many times in their sforim - that the bris ha'lashon is parallel with the bris kodesh, and that zehirus in speech assists one in shemiras ha'bris. It is a metzius in the way we were created. So although working on two things at once

is often not advisable, this seems to be an exception.

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