

THE CHOFETZ CHAIM'S ADVICE ON HOW TO

# Acquire Hashem's Protection



**”שומר  
פיו ולשונו  
שומר  
מצרות נפשו..”**

MISHLEI 21

# Start Your Own Shmiras Haloshon Awareness Group for your family, shul or neighborhood

IN THESE DANGEROUS TIMES, FOLLOW THE TIMELESS ADVICE OF THE CHOFETZ CHAIM ZT”L: "ONE WHO GUARDS HIMSELF FROM SPEAKING LOSHON HORA GAINS HASHEM'S PROMISE THAT HE WILL SAVE HIM FROM HARM."

## Stand Together Strong

By forming a Shmiras Haloshon Awareness Group, you have the power to create a great shield of protection to spread out across the world, sheltering Klal Yisrael from the dangers that threaten us. The unmatched power of a group effort in Shmiras Haloshon truly can change your life – and our world!

Small winnable increments of time is the secret of success of Shmiras Haloshon Awareness.. By taking just one hour a day in which you are committed (bli neder) to to be especially careful with Shmiras Haloshon, you set a goal you can achieve.

Day by day, you build the habits and confidence to win the war and acquire all the brochos the Chofetz Chaim promises to one who is careful with their Divine gift of speech.



  
**Divide and  
Conquer**

A one hour focus on avoiding loshon hora will build awareness to help you succeed throughout the day.

  
**Group  
Momentum**

For mitzvohs, the whole is far greater than the sum of its parts. When you work as a group everyone shares in each other's inspiration, achievements and s'yatte d'shmaya.

# It's Easy to Start Your Own Group

## STEP 1

Each member commits, bli neder, to a one hour period during the waking hours of the day to be especially careful with shmiras haloshon.

## STEP 2

Invite members (family, office, shul, school, neighborhood) to join your group.

## STEP 3

Begin your hour by reciting:  
Say the short tefillah  
accepting the Shmiras Haloshon Awareness.  
Say the Chofetz Chaim's tefillah  
for success in Shmiras Haloshon

## REMINDERS YOU WILL RECEIVE

Sign up for one of our daily learning emails.  
Visit [www.powerofspeech.org](http://www.powerofspeech.org) to sign up  
and see the options that are available

- Sign up for an email reminder  
that you will receive right before the hour begins



## Shmiras Haloshon Group FAQ'S

*Why is my commitment for just one hour?  
Isn't shmiras haloshon an obligation all day?*

People resist working on shmiras haloshon for one main reason—they believe they can't control their speech all day. By focusing specifically on one-hour block of time each day you'll discover that you really can do it. Once you prove you could do it, you will see it can be done.

*What good does a one hour commitment do?  
Won't I just end up holding my negative  
comments until my time is up?*

People who join Shmiras Haloshon groups find that shmiras haloshon feels good! They are happier and more positive as they watch their words. Therefore, they are not eager to dive back into muddy waters of loshon hora when the time is up. One hour a day inevitably extends to many more hours.