

"Have Faith and Look Ahead at The Future"

Posted by Tzvi S. - 01 Sep 2011 09:30

You need to know that your NOT alone. Lots of people are struggling!!

Know that Hshem Loves you so so so so so much, and this that you feel bad and all the guilt inside is because your Neshomah is high and holy and wants to be close to Hashem.

Know that When you feel bad its because that the Yetzer-Harah wants you to sin again and feel more bad...so be Happy:) put a smile on your face(see how that worked:))

this that you feel bad its because you want to change and be better.

like a baby that learns how to walk and fall, and again walk and fall, and gets up again, and at last can run fast, we can get up and be strong and look at the sunshine and happy smiling future!!

know that every small step counts!!! at the end you'll run like the baby that learned how to get up and walk.

all along life is up's and downs for all of us, its something that we need to fight always till the last breath.

and if you chas-vsholom fall- be strong and continue fighting. never give up! "Ain yeush baolam klal"!!

the holy Torah is the best medicine, and mitzvot, and to be happy, and helping others and going to the Mikvah.

the Torah is food for the Neshomah like food is for the body as it says in the Chovat-Halevavot.

put a filter on your computer and stay away from bad videos and pic's.

when you stay away from the bad things then your brain and mind opens and you'll be able to think better.

staying away from the bad stuff is a Sgulah for money and happiness and good health.

think good things about yourself, like it says 'havie don et kol ha adom le chaf zchus', on others you can, but what about thinking good of yourself?!

Take a deep berth and look at the nicer and happier future.

Remmeber that evey small step counts....

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"To improve is to change. To be perfect is to change often"

Posted by Tzvi S. - 02 Sep 2011 07:29

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete"

"Things don't change. You change your way of looking, that's all"

"A great wind is blowing and that gives you either imagination or a headache"

"We must change in order to survive"

"Keep constantly in mind in how many things you yourself have witnessed changes already. The universe is change, life is understanding"

"The world hates change yet it is the only thing that has brought progress"

"If you want truly to understand something, try to change it"

"When you jump for joy, beware that no one moves the ground from beneath your feet"

"Man needs, for his happiness, not only the enjoyment of this or that, but hope and enterprise and change"

"Things do not change; we change"

read more changeing quotes

source: creatingminds.org/quotes/change.htm

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Re: "Have Faith and Look Ahead at The Future"

Posted by JackAbbey - 02 Sep 2011 08:16

i heard, i think from reb elozer horowitz shlite

the world thinks "ein shim yieish boelom klal" means plain that you just never give up

he explained it very powerfully, imagine you have a situation where you cant see a way out, & you are getting depressed about that, now stop for a moment and think, up until now, where you managed to run your life smoothly, was it your cleverness that gave you the helpfull ideas? was it your own power that helped you? well if you think so, then of course when you come to a dead-end you give up

however, if you know deep down, that up until now, everything was only from hashems help, he gave me all ideas how to manage, he gave me courage to push everything thru, and his ability is endless, he DEFINITLY has a way out of my existing situation, so, if you have emuneh, then yieush doesnt exist, its directly against every ounce of emuneh

all he wants is us to do whatever we can, HASHEM WILL NEVER DO FOR YOU SOMETHING THAT YOU CAN DO IT YOURSELF

like a spider has to create his web, then hashem sends him in a fly

so why on earth give up

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