

Going to the Mikveh

Posted by newlife - 01 Nov 2011 04:16

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Hey everyone,

Since I joined this website 2 weeks ago I've started to go to the mikveh almost daily. I find that it really helps me with shemiras eynayim and Shemiras Habris. I think maybe the reason is, and i just thought about this right now, because it breaks up the Nisayon into a daily thing. From one tevilla till the next. I feel like I only have to worry about today and that tomorrow is a new me a new Tevilla. Obviously there is some sort of special Tahara about going to the mikveh also that helps but i don't know so much about it (i'm a kalte litvak). I am wondering what the oilam thinks about this and if you guys can be encouraging to me on this. So far i'm finding it very special. Also, I go before Shachris so it gets me to minyan in the morning which makes my day over all a lot better.

Newlife

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Re: Going to the Mikveh

Posted by heuni memass - 01 Nov 2011 15:08

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Breaking it up to one day at a time is a great way of working it. Sometimes i need to look at it as this nisayon at a time or one minute at a time. And if the mikva is helping you do that, that is great. As far as davening when i go to mikva before davening it definitely helps me be more in to it.

Either way - if its working for you then keep on doing it.

KOT my friend.

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