This lecture really helped me !! Posted by Emes4us - 06 Mar 2012 17:13

I wanted to share with you a video lecture titled "Tikun Habrit" :

It is in Torahanytime.com and it helped me an awful lot.

I think if you listen to it, you may get a better understanding of the sin of wasting seed, and how we should try to be as determined as possible to fight it.

Here is the link:

www.torahanytime.com/scripts/media.php?file=media/Rabbi/Daniel_Cohen/2009-12-31/Tikkun_ HaBrit:_Shovavim/Rabbi__Daniel_Cohen__Tikkun_HaBrit:_Shovavim__2009-12-31.wmv