

Lift me up

Posted by moish u.k. - 07 Feb 2013 20:34

(Ever felt that way before?)

Feeling very depressed today.

So have more to lose than to gain.

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I can do with a good leibediga Rekida to lift me up.

Re: Lift me up

Posted by ZemirosShabbos - 07 Feb 2013 20:49

this morning as i as eating my oatmeal i read in the Aim magazine that dancing makes you happy.

Problem is everyone round here will think i'm crazy
so i think you should definitely indulge in a good rekida

in the link in my sig there are some good niggunin to help you with the rekida

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Any thoughts?

Re: Lift me up

Posted by moish u.k. - 07 Feb 2013 21:07

Thats a great link, ZS.

Oh to be a Na nach and have the courage to get up and dance.

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Re: Lift me up

Posted by reallygettingthere - 07 Feb 2013 22:11

[moish u.k. wrote:](#)

(Ever felt that way before?)

So have more to lose than to gain.

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Problem is everyone round here will think i'm crazy.

Any thoughts?

this one has been working for me www.chabad.info/images/notimage/28413_en_1.mp3

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Re: Lift me up
Posted by ZemirosShabbos - 07 Feb 2013 22:17

you can also start preparing for Purim

guardyoureyes.com/forum/23-Just-Having-Fun/96532-IT-WAS-IN-THE-DAYS-OF-ACHASHVEYROSH

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Re: Lift me up
Posted by moish u.k. - 08 Feb 2013 16:02

RGT thanks. But the blocks on my computer wont let me access the site.

Perhaps someone can invent or design a way to have a "virtual" rekida on this forum.

Feeilng slightly better today. The detox can be a painful business...

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Re: Lift me up
Posted by chaim11 - 08 Feb 2013 23:54

Moishe, if you are in the mood of a rekide that's shows you are in a pretty good mood. You can't be that depressed. Keep up dancing.

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Re: Lift me up
Posted by Gevura Shebyesod - 12 Feb 2013 20:51

[moish u.k. wrote:](#)

Thats a great link, ZS.

Oh to be a Na nach and have the courage to get up and dance.

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Re: Lift me up
Posted by Gevura Shebyesod - 12 Feb 2013 20:53

test

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