

How to bring a idea down from my head to my heart?

Posted by Ota Avakesh - 05 May 2013 14:58

I was wondering if there are any practical ways to bring a idea down from my head into my heart? People like me in recovery are trying hard to be sober, we know it all that how addiction can distroy us, our family, respecpct, financial and many more..... But we find ourselves acting out again and again. I remind myself the words of chazal "mi shechomato meruba mi maasav" and that is what I'm struggling with now: how can turn the chochma into maasav of recovery and

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Re: How to bring a idea down from my head to my heart?

Posted by AlexEliezer - 05 May 2013 19:16

Put on foot in front of the other and start walking the walk.

You're right, ideas won't get you into recovery, actions will.
stay sober?! I need help and suggestions

When I was first starting to get sober, I found that *active*, aggressive shmiras eynayim in all settings was not only necessary to cut off my drug, but it also was a positive action, a constant reminder that I need to DO for my recovery. I also found frequent, brief tefilah asking Hashem to take my lust, to be another helpful positive step.

But these are both really about *sur merah*. Asei tov would include doing things in your real life to make it better and sweeter to you. Getting together with friends, exercising, learning, reconnecting with family. Righting wrongs.

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