

Illustration

Posted by MisterD91 - 06 Mar 2016 22:51

Hello guys,

I would like to suggest another way to help. It is all about illustration. If you did any kind of Aveira, you regret it normally, but that is not enough, try to sit down, calm your breath, feel your heart beat, close your eyes and repeat in your mind the scene again. But now concentrate how you will i.e. shutt off the computer. Take as much time as you need. You can repeat this exercise several fimes a day but for sure every day.

Also imagine what will happen if you do not follow the yetzer hara.... N O T H I N G

You will not die. It will bother you a lot, but thats what makes you human. Try to contemplate on that. You are the master of your movements.

Hazlacha raba.

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