

Please read! Please listen!

Posted by MisterD91 - 23 May 2016 23:01

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Hello dear community,

I wanted to share with you some ideas which I learned during my learning sessions. Please read it through and listen to it. I really want to help you all because I was/am in the same situation.

First: Prayer

Many of us, also including me, think that the Merciful does not listen to our prayers because we are reshaim (sinners) due to our addiction. But that is not true. A Pasuk in Tehillim says, that the Merciful listens to every prayer which is done with Emet (truth). But for that you have to know your situation right now and really what to change. **Everyone** who cries to him in TRUTH, He will have mercie on him.

How to pray Shmone Essre? There are many Seforim (books) to describe which Intentions to have. But the best prayer is to be precise in the pronunciation in the words. Because even the holy intentions of the holy Ari z'l are only a drop of the intentions which are really in the Shmone Essre. And concentrate on the first Bracha, because if you do not know its meaning, it is like you did not fulfill your obligation of prayer (But it is still prayer).

How to change oneself?

The only way to change oneself is by learning any kind of Mussar and to accept it and try to work on it. Rav Israel Salanter, the inventor of the Mussar movement, had a specific way to learn Mussar, which he learned of the Vilna Gaon. He would concentrate on one topic of Mussar i.e working on anger, and say a pasuk loud from tehillim or a teaching of our sages describing how bad it is and how good not to have it for a long period of time for several days. That is how you can integrate Torah to ourselves. You have nothing to lose, try it out. Take a teaching dealing with the addiction which speaks to you, sit down (not too comfortable), close your eyes and start saying it. The best is 30 - 40 Minutes a day. But if this is too much, start with 5 or 10 Minutes, do it for several weeks till you get accustomed to it and then add on another 5 Minutes, so that you do not feel that it is a burden to you. At least try it out for several days and see its effects.

How to see the beauty of the world?

If we would recognize the beauty of the world, it would be easier for us. The best way to see it, is to stare at any object for a specific amount of time, take a flower, take a leaf, take a tree, sit down and just stare at it. May it occupy your mind. You should be able to see something. Reality. Again 30-40 minutes are the best. If this is too much, do less and add accordingly to your level.

Chizuk:

Do not forget. The Merciful one put us into this situation before we even knew the consequences of what might happen. Why? I think because he wants to see us fight for his name and for HIM. I experienced yesterday a lust attack. And I am sure even if an Angel of the Merciful one would have come and would have told me what the punishment is, I would have done it, and for the Schar of not doing it, I would have not cared. The only thing is which I did care is to show the Merciful how much I do love him and I am ready to suffer. You all love the Merciful, and you all can have a great connection with HIM. How do I know? Because if you would not have had the potential, the Amalek would leave you alone. But know The Merciful one wants you to fight for his sake and the sake of the other Jews. Because every time you win it helps another Jew to win.

Learn Torah and say Tehillim:

There are great programs, like daily Mishna, Mishna Berurah, Kitzur and so on. Choose what you like and learn it and even if you do not know afterwards what it says. Keep the plan and learn Torah. And the Schus of Tehillim is unimageable. Choose one (for me works the 25 perek) learn the translation and try to say it everyday with intention.

Please listen to what I wrote, and also please start doing it. You can then write the results in this thread. The whole point here, is to see what kind of practices can help us, coming near to the Merciful. Try it out and see the results. May he rescue us from our prison and give us a great love to HIM and his holy Torah.

Open a the size a whole of a needle and the Merciful will open the whole world for you.

Hatzlacha raba.

Sources: Alei Shor I, Nefesh haChaim, Mesilat Yesharim, Jewish Meditation, The Acquirement of Torah

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Re: Please read! Please listen!

Posted by markz - 23 May 2016 23:19

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Brother here on gye - with that lecture, what are you intending to help me with?

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Re: Please read! Please listen!

Posted by markz - 23 May 2016 23:31

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[MisterD91 wrote on 06 Mar 2016 22:44:](#)

Hello markz,

It is not only about becoming clean. It is about becoming holier and change yourself. And this can only be accomplished by small steps. I will write besrat Hashem some more advicea in differen posts. And I wish you much Hazlacha. If you (or somebody wants to write me personally I will be happy to help. Because i want to help people. Kol tow.

It's a little cumbersome when you start new threads

Could you keep your lecture posts on 1 thread?

Also please clarify

What you are trying to help?

and

How your post has helped you personally

I like your

KOL TOW

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Re: Please read! Please listen!

Posted by MisterD91 - 27 May 2016 13:56

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I am sometimes very impulsive. So when I read gud vorts, I like to share them (also because of some selfish reasons). And because I was very much into this p... and m.... I suffered from it alot and i did not know how to change myself. The truth is i started doing the advices only recently so it might help it might not. Only one last advice i would like to tell. Take whatever method you need to become clean. And do not forget HKB"H loves us. Have a gud shabbes.

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