

kabbalah for the new year

Posted by hopfulshimon - 23 Sep 2017 18:24

---

hi

i thought of this idea during shofer blowing

get a gye friend, and accept upon yourself not to act out anymore

when you feel like you cannot hold back any longer you will need to email your gye friend first

the email should include 10 lines of an explanation

1) why you cannot hold your self back

2) what caused you to feel this need

3) how bad you will feel after

or other ideas

(not sure how it will work on Shabbat)

Good luck

Would love to hear some feed back

=====

Re: kabbalah for the new year

Posted by bgit - 24 Sep 2017 02:16

---

It sounds like it would fit nicely into a Taphsic.

=====

Re: kabbalah for the new year

Posted by Hashem Help Me - 24 Sep 2017 21:55

---

Great idea to make a plan. Make sure you have who to contact

=====

Re: kabbalah for the new year

Posted by hopfulshimon - 25 Sep 2017 16:54

---

Thank you so much

i actually never looked at that part of the site and it really seems like a great option to deal with this stuff

=====