

R' Shaya Ostrov's Program "Breaking Free"

Posted by trying1989 - 03 Feb 2025 07:28

Hey, wanted to know if anyone else joined this program and can offer some advice.

I'm having a hard time filling out the New Life Narrative. I don't feel that I'm honest with myself or I just don't know what to write. If anyone has any insights or tips, LMK.

Did anyone else fall asleep while trying to meditate??? I really tried the next thing I knew I missed most of it!!!

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Re: R' Shaya Ostrov's Program "Breaking Free"

Posted by trying1989 - 03 Feb 2025 07:31

I went to buy the book as he recommends. I went to one place and I couldn't find it by myself, so I asked the guy in a low tone and he repeats it out loud!!! I was dying!!!

They didn't have so I went to another place. I was looking around and finally found it. I made sure to look around and smoothly pick it up. In the check out line I was holding it against my body so no one could see!! Of course I had to end up by the one Jewish guy by the checkout counter that I didn't want to go to!

I really should have asked him to wrap it and for a card!!

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