

Preventing "pop up" hirhurrim

Posted by looktoshamayim - 27 Jan 2010 22:03

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Baruch Hashem, I have a very strong imagination, but "it" is taking advantage of it as well. Thoughts, including hirhurrim, pop into my head at anytime. I can try pushing them away after, but the effort to keep them away is too much to keep up. Does anyone know how to keep such thoughts from popping up int eh first place? Thank you.

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