

Want to use Chassidus

Posted by trying23 - 27 Mar 2025 21:29

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I'm making this thread for people like myself who learned chassidus and want to use it to help, you can tell me why it doesn't but as you'll see in my post I won't listen...

As a lubavitcher I always connected what I learned in Chassidus with my struggle and it seemed that nothing fully helped, so some might say that it doesn't work and others might say that for me (who may be a addict) it won't work.

I don't like either approach, rather I think I may need help applying it Better or other techniques, I would very much like to do this and was wondering if anyone has input to share.

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Re: Want to use Chassidus

Posted by trying23 - 09 Jun 2025 04:15

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[trying23 wrote on 21 May 2025 19:35:](#)

I'm thinking to start a conference call to discuss Tanya and share about our struggle, please pm me if you would like to join

Reminder if you want to join for this Tuesday night pm me

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Re: Want to use Chassidus

Posted by trying23 - 13 Jun 2025 04:05

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Today's Hayom Yom is extremely powerful and applicable so I'll post it here.

The early sages, who were like angels (may their merit protect us) have already determined that the healing of the soul is like the healing of the body: The crucial first step is to identify the location of the illness, whether it is caused by the crassness, grossness and corruption of his physical body or by a failing in his soul-powers, the person being inclined to undesirable traits like arrogance or falsehood and the like. Or, the source of the malady may be habit - inadequate

rearing or unwholesome environment having brought on bad habits. Without ascertaining the specific site of the illness and the cause of infection, it is impossible to embark on a cure. One can only prescribe an orderly proper conduct in all matters, what to do and what to avoid. To "do good" in terms of observing mitzvot, designating times for Torah-study and acquiring good character traits - and also to "turn away from evil." Most urgent of all, however, is that the patient make himself aware of two things: a) to know that he is ill, and desire most fervently to be cured of his malady; b) to know that he can be cured, with hope and absolute trust that, with G?d's help, he will indeed be cured of his sickness.

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