

Just a Tip that works for me

Posted by Lo Sasuru - 30 May 2011 04:44

Hello, this is my second post (after introducing myself). This tip happens to work a lot for me so i just would like to share it. (I'm not sure if this exact one has been discussed before so sorry if i repeat).

I find if I am having difficulty with my thoughts, it helps to look and hold my tzizis. To think about their meaning as mentioned in S'hma.

"V'haya lachem l'tzizis ur'isem oso... v'lo sasuru acharei l'vavchem v'acharei eineiche asher atem zonim achareihem"

Hashem in his infinite wisdom, gave us a mitzvah that specifically helps with Shmiras Einayim and with lusts of the heart.

Just holding/kissing the Tzizis helps me control my desires.

Hope this helps you.

Thanks for listening :D

-Pinny

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Re: Just a Tip that works for me

Posted by Blind Beggar - 20 Jun 2011 09:56

I just posted this : [Blind Beggar wrote on 20 Jun 2011 09:54:](#)

The Chofetz Chaim at the very end of Shmiras Haloshon, Chasimas Hasefer perek 3, says if an unclean thought comes into your head, look at your tzitzes and it will go away.

and then I saw this post!

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