get up n' go!
Posted by tehillimzugger - 17 Aug 2011 16:28

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when i start feeling down.

but **DOWNV** :-[:'(

i tell myself

"Get up and Leave!"

go out in the street for five minutes.

five minutes only, thats all.

make sure ???? ??????? ???? ?????"? stop in to the nearest shul and

[b]zug ah kappitel tehillim![/b] or two or three. better yet, say the same one a few times

most importantly, as Matisyahu puts it, ain't no one not gonna break my stride, ain't no one gonna hold me down, oh no i got to keep on moving. Stay alive!

or in yiddish

?'???? ?????? ???????? ???? ???????, ?'???? ?????? ??? ????????, ??? ????, ??? ???? ?????? ??? ???? ???? ... ??????? ?????

JEWS KEEP ON ROCKING

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Re: get up n' go!
Posted by bardichev - 17 Aug 2011 16:35

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roking and trucking

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Re: get up n' go!
Posted by tehillimzugger - 17 Aug 2011 17:16

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rat doesn't sound good

but go find your needle [just posted] ;D

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Re: get up n' go!
Posted by heuni memass - 18 Aug 2011 15:39

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I used your advice after I read this yesterday - Not that I was down but I could use some G-d.
On my way home from work pulled in to shul Said 5 kapitlach and had a work with Hashem and
continued home.... I am sure youl get some zchus for it..

Keep on saying thillim my friend.

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