

What helped me

Posted by Moshe - 13 Sep 2009 06:32

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hey everyone...I used to have a big problem with having bad thoughts as I was going to sleep which let to slip ups many times. Recently I found something that really helps a lot - it's a bit of Bresslov mantra mediation. Just close your eyes and keep on repeating to yourself the words "Ribono Shel Olam." This really helped me - I hope it can help you too!

-Moshe

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Re: What helped me

Posted by MaalinBKodesh - 16 Sep 2009 04:33

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Is this ok to say after the bracha Hamapil?

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Re: What helped me

Posted by Tomim2B - 16 Sep 2009 10:19

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Say nothing after *Hamapil*. After *Hamapil* you can use a method of *dveikus* taught by the *Baal Shem Tov* to keep your mind focused and free of all inapporprate thoughts.

The *talmidei habsh"t* said that in attaining *dveikus* you should not just recite in your mind, but you should also visualize it's letters and words. When in a desperate time, and lying in bed (which is a time when the mind usually roams free), I choose a *posuk*, and carefully focus on each letter - letter by letter, then word by word, visualizing it in my mind. For an addict, it's important not only to occupy your mind, but to also occupy your mind's **visual** capacity too. Aside for going to sleep with holy thoughts in general, this trick works wonders - and I usually don't complete the *posuk* before I'm asleep. I don't count sheep.

In visualizing, I try to place a setting. In many cases I'll visualize that I'm the *sofer* writing these letters on the parchment of a *sefer Torah*. I write in a very exacting way and take note of the font, making sure all the letters are clear and perfect. With every few words, I pause, look back, and admire the level of perfection. Going to sleep with some soft music playing at low volume

can top this (by distracting your mind's auditory capacity as well).

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Re: What helped me  
Posted by aaron - 09 Nov 2009 20:30

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Wanted to install k9, but too confused or embarrassed to ask for help?

Here is the answer to your prayers.....

I've discovered the greatest way to spread k9 web protection

**easily, without embarrassment and for FREE!!!!!!**

Using a special, easily installed, free program called crossloop, I (or anyone in the forum for that matter) can help install, make a password or alter k9 web protection.

I myself am more than willing to help anyone who wants this set up. I'm frequently online so I make a great partner to help others who need it to be bypassed. I check my mail frequently and am more than willing to help anyone who wants it set up.

Basically, all you do is download the program. E-mail me about what time you want it installed and we'll meet on the website together.

*Easy, no?*

The website is called [www.crossloop.com/ipage.htm?id=predownload](http://www.crossloop.com/ipage.htm?id=predownload)

My email is [extraemail564@gmail.com](mailto:extraemail564@gmail.com)

Feel free to visit my website [helpmestop.weebly.com](http://helpmestop.weebly.com) to other tips, advice and support.

I have much experience with k9, its settings and how people usually fall with it. I am happy to give recommendations in terms of settings to all who seek them.

I love GYE and couldn't thank them enough. That is why I feel such a strong need to give back and what better way than spreading k9?!!!!!!!!!!!!

Give it a try why wouldn't you? ??? ??? ???

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Re: What helped me  
Posted by Kolliel Guy - 14 Dec 2009 11:12

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I'm trying to get the connection between this k9 ad and hamapil.... am I missing something?

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