

A source of spiritually

Posted by doingtshuva - 10 Dec 2014 16:23

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**In today's "Shmiras Ainayim" Chizuk E-Mail (No. 304) was written:**

In this struggle, we need to learn to "hold on above" and live with Hashem in our hearts. This is even more important that learning to FIGHT and be STRONG. One who has Hashem with him, is no longer afraid, and they can achieve an inner serenity. (A highly suggested book to read is "The Garden of Emunah" by Rav Shalom Arush). Emunah is one of the most important aspects of success in this struggle. When we bring Hashem into our hearts, we learn to "let Go and Let G-d". Trying to "control" the Yetzer Hara can lead to fear when we ask ourselves, "Can I really do it?" Instead, we let Hashem take over our lives.

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I would like to post A source of spiritually I gain by listening to a weekly a Shiur given by R' Meilech Beiderman Shlita.

(he gives weekly, a Shiur in Yiddish and in Hebrew based on the Parsha)

I don't know him personally but his Shiurim had/has a great impact on me, for me it's a great source for Emuna Peshuta witch I lack very much. He also speaks very often on Kidusha.

His Shiur is given in a very happy way mixed with Humor.

You can be added to the mailing list by sending an Email to [eshbiderman@gmail.com](mailto:eshbiderman@gmail.com)

I wish you all great Hatzluche and would like to hear from others on different sources for spiritually.

Thanks alot

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Re: A source of spiritually

**GYE - Guard Your Eyes**

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Posted by belmont4175 - 24 Dec 2014 22:50

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For anyone interested, still could be used today listen here:

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