

Short and powerful tefila

Posted by Mesayin - 13 Oct 2015 19:10

Hi. everyone its Mesayin, I hope to write my story in the near future but for now I have a great tool that helped by aton.

Its a small but concentrated and powerful tefila that works instantly and according to the guy that taught it to me it works for everyone. (He gave it to me in yiddish so I'll try my best to translate it into english.)

Firstly a few of small things to point out before I begin.

It's important to know that we always have bechira (choice), even though sometimes it seems to hard we do have a choice, but Hashem helps us with our nisyoinois and without his help we would be living dead people L"A.

There are two conditions to keep in mind in order for it to work.

1. Concentration on the words is needed, it won't work if you blabel the words.
2. Sincerity is needed, it doesn't work if you are not sincere to get rid of the nisoiyin.

Here it is.

Ribono shel olam I have a nisayon of... (say the nisayon)

The gemara says ?????? ?????? ?????? ?????? ????? ?? (Which means, if Hashem doesn't help out against the yetzer harah then he (the man) won't be able to withstand him)

I ask a chesed from Hashem take away from me this nisayon.

If you want the tefila in yiddish just email me at: mesayinoisoi@gmail.com

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Re: Short and powerful tefila

Posted by gibbor120 - 03 Nov 2015 21:04

I'm not sure he meant every aveirah at every moment of his life, or if he meant, if a person works on himself, he can get to that madreiga. I'm not sure how many of us, given the "choice" to bow to avodah zarah or die, would choose to die. I'm not sure that it is even within our bechirah. Keep Shabbos or loose our job etc. There are certainly things beyond our bechirah.

Having Kavanah for every single word of every single shmoneh esrei...

Never yell at our children (when not proper, which is almost always).

I don't think someone just becoming frum has bechirah to do a lot of things right away. Not only that. If he does too much, too fast, he is in danger of losing it all.

The list of examples goes on, but I think you get my drift.

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Re: Short and powerful tefila

Posted by cordnoy - 05 Nov 2015 12:58

Gibbor is sayin' important stuff, especially due to the fact that some of our addiction is self-inflicted, and because it can be a disease as well.

B'hatzlachah

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