

Music

Posted by eliezerhakohain - 20 Nov 2022 12:31

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I know this may only work if you are already well on the road of recovery, but a friend suggested that whenever you're in a place of possible triggers, listen to the song ??? ??? from Motty Steinmetz.

The Lyrics are :-

??? ??? ???

??? ??? ??? ??, ??? ???

?????? ???? ???????

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Which mean "My son, give me your heart and with your eyes guard My ways" - says ????? "If you give me your heart and your eyes I know you are Mine"

This is from the ???????.

When I listen to this very moving song, I imagine Hashem crying out to me - My dear son, please give ME your heart and eyes, (i.e. dont look at places and don't fantasize about things you shouldn't) and then you will be Mine!

Who can refuse such a cry from Hashem!

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