

When you can't immerse yourself in a Sugya - Reponse to #151

Posted by Pintele Yid - 15 Jun 2009 18:17

In Chizuk e-mail 151, it states "However, there is a plan B for those who cannot, at will, just become immersed in a sugya every time they need to go somewhere. And that is simply to put the mind onto some other pertinent and absorbing topic, or to just sing mentally through some well-loved song. So long as it has one wrapped up in his own world of thought and detached from the stimulations of his immediate surroundings."

I find that a song doesn't have the attraction to keep me focused and many times I don't have the "menuchas hanefesh" to keep thinking about a sugya for a prolonged period of time.

Based on what I read from the sefer B'sdai Yar authored by Rav Shalom Arush, I just talk to Hashem. If you think you don't have what to say to Hashem, try:

1. Thanking him for all the good things he did and continually does for you. For example, if you are in relatively good health, thank him that you are alive and have all your limbs etc.... The bottom line is for you to start thinking about everything in your life that is good. If you do a good job at thanking him, **you will become happy when you realize how many things good things there are about you to thank him about.** (This takes effort but worth it). Once you are in a good mood, it is easier to fight the Yetzer Horah and will also prepare you to do a cheshbon hanfesh without getting depressed.
2. Performing a cheshbon hanefesh of what happened from the last time you took a walk and ask for mechila, and seyata dishmaya for the future.
3. Praying for the continued spiritual and physical health of you and your loved ones. This could be done on an individual basis since each loved one has their specific needs.
4. Praying for shalom bayis or a shidduch if you are not married.
5. Praying for easy parnasso
6. Praying for the welfare of klal yisroel
7. Praying for Moshiach.
8. Praying that Hashem should give you Emunah that he is everywhere and that you experience a true Bilvovi Mishkan Evneh, where you are conscious of hashem's presence all the time.
9. Praying that Hashem should help you that you shouldn't get angry.
10. Praying that you stay away from Loshon Horah

11. Praying that you never make a Chilul Hashem and that you will have the ability to makadaish Shaim Shomayim.

12. **Praying that hashem help you to guard your eyes** (this is b"h not new for this forum)

For me it started slow, but B'syata Dishmaya, now it takes me over an hour of "walk time" to daven for all these things. I could easily stretch it to 1 1/2 hours if I had the time. As I once mentioned before in an earlier post, besides the fact that you are occupying your mind having a "real" conversation with Hashem, it is also hard to sin against Hashem when you are speaking to him.

One last item. Although I actually speak, my words are only audible to me. I also hardly move my mouth so I don't think people think I am talking to myself. It helps my concentration when I am actually involved in a partially active conversation rather than a total conversation of the mind. If you feel self conscious about doing it that way, you might want to put an ear phone on so people think you are talking on the cell or talk to Hashem in a song so people think you are singing. I did both of these things before I figured out how to just talk very discreetly.

Hazlacha Rabbah,

Pintela Yid

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