GYE - Guard Your Eyes

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ES RATZON

Posted by KelevShav - 06 Aug 2010 03:22

Not sure if this "what works for me" idea has already been posted, but I recently saw a sign in a shul that right after overcoming an urge to look at junk is a tremendous "es ratzon" for tefilos to be answered.

This knowledge was a great incentive for me to be misgaber - personally I would always say "p'rok yas anach mipum aryevasah v'apek yam ameich migo galusa" afterwards...

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