

Re: At the start of a journey

Posted by teenagehelp - 23 Apr 2010 22:47

---

hey hoping4change,

i couldn't agree more that simply reading through the daily portions of tanya are a great boost. and i also love R' Steinsaltz commentary. I think you recognize and point out a huge truth in the value of torah study, especially in this struggle. its important to study torah if we feel an intrusive thought come to us, but just as important to study just for the sake of studying, so that we can keep those thoughts out as much as possible.

=====

====

hope all is well. Good shabbos