

Tips from Meam Loez

Posted by Kosher Yid - 29 Dec 2011 10:05

On parshas Vayeshev, I read a wonderful inspiring commentary on the story of Onan and inyan of mz"l by Meam Loez. I just can't keep it for me alone, It has to be shared :

First he insists on the importance for whom acts out. But then he gives many tips to 1) Go away from no-good behaviours (sur me-rah), 2/ do good things (assei tov) and 3/ finally to do teshuvah. Here you are :

1/ There are 12 things considered as serious as mz"l and that we should do our best to avoid :

? Look at women (or all other human trigger).

? Speaking lochon ha-ra and other lies

? Say a broche levatale

? To speak at lenght torah with goyim

? Make a neder without fullfilling it

? Sleep alone in a room

? Look at animals when reproducing

? Look at avodah zarah

? Complain on one's lot

? Listen to lochon ha-ra

? Keep bad kelim close to bed

2/ There are 3 things to do to avoid:

? Read Chema with kavanh before going to sleep

? Look at "Hashem chivisi lengdi tomid"

? Sleep all night lomg on left side>

3/ And now, last but not least, 10 things to do teshuvah :

? Try to spread tears in davene, or at least daven with lev nishbar

? Protect others from sinning

? Be humble, don't get angry on others, especially wife and/or children

? Try to be a sandak

? Say "Boruch shmei" when we get the sefer torah on shabbes & yom tov

? Give tzedakah, especially when saying "vayevurekh Dovid..."

? Accomplish the word "tzedek", with "tzadik" = 90 amein; "daleth" = 4 kedushos; "kuf" = 100 brachos. Every day

? Respect oneg shabbes with a lot of neiros and good meals

? Learn, even little, befor going to sleep.

A little bit long, but I am sure it will help LOT OF US ALL !!! Hatzloche !

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Re: Tips from Meam Loez

Posted by refoel - 25 Jul 2012 15:29

Thanks for that KosherYid!

You sure suit your name!

A lot of the tips you gave can be found on this amazing website: www.briskodesh.org/

I would recommend people read through it and try to take upon themselves to do a few new things to become much higher in Kedusha and closer to Hashem by doing these Tikunnim as part of our Teshuva.

May our Teshuva be sincere and may Hashem accept them with love and bring us truly as close as possible to Him, and to grow each and every day and to become one big Am Kodosh!

And in the Zechus of all our Teshuva and truly wanting to be close to Hashem we should see the re-building of our third and final beis Hamikdosh and the coming of Moshiach, speedily and in our days,

Amen!

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Re: Tips from Meam Loez

Posted by DesertLion - 27 Jul 2012 11:28

Hey KosherYid,

Thanks for the tips but what are Broche Levatle and Avodah Zarah? Sorry I don't know any Hebrew or Yiddish at all really. Also, why is it so bad to talk about Torah with Goyim? I can't see how that could possibly incite lust or bad thoughts.

Thanks,

DL

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Re: Tips from Meam Loez

Posted by JustKeepGoing - 27 Jul 2012 16:29

Torah isnt supposed to be taught to goyim, only the parts that are applicable to them (this is to the best of my knowledge anyone has any more info please- to do tell)

I saw a list similar to this one brought down in a kuntres(pamphlet) on shmirat habrit (protecting the brit AKA wasting) and the author said that these are things that are spiritually connected to make a person more likely to spill seed or have a nighttime seminal emmision. Ex. sins that are done with the mouth , Saying gods name in vain, talking badly about others, are connected to the sins related to lust. I forget the specifics of the connection. There are other sins that are connected for different reasons.

When a person does one sin it leads to another, and therefore one who is serious about watching his brit should be careful in these specific areas.

Broche levatala is a blessing said in vain. Meaning not in the correct situation is was prescribed for, Since these blessings contain G-ds name it results that the person said G-ds name in vain

Avoda zara- means Idol worship, attributing power to anything other than g-d.

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Re: Tips from Meam Loez

Posted by DesertLion - 29 Jul 2012 12:02

Thanks for the explanation JKG!

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