

Chizuk email No. 319

Posted by emunah17 - 05 Apr 2012 20:25

Please read the whole email.Can anyone explain how to do it this way.

I wish you to tread this road of pure faith in G-d, without over introspection and self-searching, as in the simple illustration of a man walking: he will walk most steadily and assuredly if he will not be conscious of his walk and not seek to consciously coordinate the hundreds of muscles operative in locomotion. If he did so, he would be unable to make his first step.

I appreciate the help.shalom

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Re: Chizuk email No. 319

Posted by Holy Yid - 06 Apr 2012 04:55

maybe by making brachos while being aware that you are TALKING TO Hashem. That way you will slowly being more aware of Hashem but you will not be dwelling on it.

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