

Inspiration Through Song

Posted by Ki Anu Amecha - 16 Sep 2013 12:45

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I have used this for myself and thought it might be of good use to others; now a day after Yom Kippur, I feel cleansed, pure baruch Hashem. However I find that as I settle back into everyday life, the urges come back, and it gets difficult, it is then that I think back to yom kippur just a day ago and one of the most inspiring parts of the davening, made increasingly real by a niggun taught by the Lubavitcher Rebbe to the words of "Ki Anu Amecha (which is the obvious reason for my username)" and that gives me strength to overcome the urges, as I think about the meaning of the words, by bringing back the Yom Kippur spirit in full force.

[Niggun Here](#)

A Chag Sameach to all!

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