

wanna start Taphsic method

Posted by botty - 20 Feb 2017 15:59

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i guys. i wanna start the taphsic method, but not sure what to make as a fence.

i usually fall once a 50-60 days, only mozi zera without bad movies.

what should i set as a fence, and for how long to do the shvua?

any1 tried it and can give me some advice from his experience ?

TY!

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Re: wanna start Taphsic method

Posted by Singularity - 21 Feb 2017 08:10

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Clean the house, give Tzedokah, read the taphsic method and see the examples given.

For me, cleaning the house and forbidding me to eat sushi for a period of time seems to be going well. But it's also not the only tool I use.

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