

amazing triggers

Posted by ovadia - 04 Jan 2010 12:54

You are probably wondering how a "trigger" can be amazing! Well....

A few days ago on my way to work my bus was diverted through a very beautiful part of Eretz Yisroel. The weather was beautiful too and I sat back and relaxed. I made a conscious effort to think about the Zechus that I have to live in Eretz Yisroel and see such a beautiful scene. Thank you HaShem !! And I was filled with a lovely warm (sensuous??) feeling.

Later the realization hit me.

Just like I have been posting the negative triggers which are the cause of acting out, in order to be aware of them, I can post the positive triggers which will make me and hopefully others aware of genuinely fulfilling experiences.

I would be very happy if anyone else who feels this way can post their own triggers. I hope that by focusing on them perhaps we can train ourselves to trigger ourselves positively.

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Re: amazing triggers

Posted by ovadia - 05 Jan 2010 09:53

Thank you SA. I normally have an emotional reaction which does not allow me to take "advantage" of Kabolas Shabbos. (Something to do with the time i was in Yeshiva when I had too many spiritual conflicts, between feeling "heilig" and living it). I will try and allow myself to "let go " this Shabbos, and to take "advantage" of it.

I really envy you, that you say Tikun Chatzos and that you can connect with it so deeply.

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Re: amazing triggers

Posted by Kollel Guy - 05 Jan 2010 11:31

I usually don't get emotional, but when I see a father holding his little 3 yr old covered in a talis, on the way to the upsherin, I almost always burst into tears. The reason for the talis, is to protect him from the mazikim who will attempt to harm him on the way.

This innocent little kid, who at this point realizes nothing above the level of the candy he will be

getting soon, is about to be traveling through a life full of such danger, that even the toughest person would shudder at the thought.

And with what protection from all those who are already seeking to literally kill him?

It's a cry of tefillah, that whoever this child should grow up to be, H-shem should watch over him throughout his life.

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Re: amazing triggers

Posted by bardichev - 05 Jan 2010 21:52

talli shmallis

sorry kg

i don't buy this brand of flakiness

yes kids are pure

so are you!!

alokai nishama shenisatta be "tehoraha" hee!!

whem "you are in your tallis

when you are alone with hashem

be it in the mikvah

be it in middle of shemonah esrai

or even when you are

in the vise grip of sheol tachtiss

you are the same little yingle

and the Tatty thats watching the tzon kodoshim is watching kollel guy and bards too!!

enough talk

we need action!!!!!!!!!!!!!!

keep on trucking!!!!!!!!!!!!!!

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Re: amazing triggers

Posted by Kollel Guy - 05 Jan 2010 21:54

In svara your 100% correct. But I don't cry when I think about that.

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