

I'll try to share some of my journey
Posted by trying23 - 03 Feb 2025 19:59

Today's Hayom Yom

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???? ????? ?? ??? ??????? ???????. One must recite words of Torah copiously, saying Tehillim or
verbally reviewing Mishna whenever and wherever possible, in order to bolster the existence of
Creation, to be saved from chibut hakever and kaf hakela, and to merit all the highest
revelations.

I'm not thinking about the kaf hakela after 120 but this can probably also help our day to day kaf
hakela when we go from being in the world of torah and being a good person to the complete
opposite extreme where we follow our eyes and thoughts.

Maybe later I'll post more about myself...

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Re: I'll try to share some of my journey
Posted by amevakesh - Yesterday 13:06

To me, this is indicative of real progress, when the urges come, and we somehow figure out
how to manage them. Understanding how our YH works, is also helpful, as a tool before we're
in his clutches. Once we're in grip it's often too late. Keep on trucking and moving forward! One
day at a time, one urge at a time.

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Re: I'll try to share some of my journey
Posted by trying23 - Yesterday 22:51

I'm making a quick in and out trip which means lots of room to slip.

Here's the plan

1. I made sure to take a companion and although he's not thinking to look out for me but I don't want to get "caught"
2. I'm posting here that although I'll be in a airport 4 times within 24 hours I'll try to be extra vigilant to not let my eyes and thoughts wander
3. thinking to learn something on the way there and think about the purpose of my trip

let you know how it all went tomorrow night

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Re: I'll try to share some of my journey
Posted by trying23 - Today 06:02

Day 13

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