

One of the best decisions

Posted by pomegranate - 09 Feb 2025 21:58

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Hi, I'm not that good at expressing myself but I think it's worth sharing that although I try to minimize any places of challenge, ensuring that I never have access to inappropriate sights is impossible, therefore instead of having my laptop totally blocked, I asked tag to open strictly GYE only. This has helped make a fresh and sustainable start. Highly recommended. Hatzlocho to everyone out there.

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Re: One of the best decisions

Posted by lamaazavtuni - 18 Feb 2025 22:50

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Could we get a confirmation on that Tanya (if it's the Tanya) and if it's taken a tikkun .

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Re: One of the best decisions

Posted by pomegranate - 19 Feb 2025 00:29

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Hello Reb Azivas Shlit"a,

You've really helped me feel more optimistic than I've felt in a while, I'm really touched by your's and everyone else's responses but even more; I've been inspired to look out of my own Daled Amos and think about what you and others are going through and to Daven for you as well.

Brocho Vehatzlocho in all Inyonim. I never expected this forum to be so uplifting!

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Re: One of the best decisions

Posted by BenHashemBH - 19 Feb 2025 04:23

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Tanya near the end of perek zayin (6th of Teveis in the daily schedule).

In English:

Yet the vitality which is in the drops of semen that issued wastefully, even though it has been degraded and incorporated in the three unclean kelipot, nevertheless it can ascend from there by means of true repentance [a lower level than the repentance from love that is needed to transform other sins into merits - see earlier in the perek] and intense kavana during the recital of the Shema at bedtime, as is known from the Arizal and is implied in the Talmudic saying, "He who recites the Shema at bedtime is as if he held a double-edged sword . . .," wherewith to slay the bodies of the extraneous forces that have become garments for the vitality which is in the drops of semen, so that this vitality may ascend, as is known to the students of Kabbalah.

In summation, the ohr of kedusha in the zera levatala gets kidnapped to the sitrah acharon, but it can be rescued and brought back with teshuva and krias Shema al hamita.

My personal thoughts on this were that Hashem's purpose for zera is that a man should be able to procreate with his wife, and the most proper place for this intimacy is in the bed at night. So the tikkun involves wholeheartedly declaring Shema - Hashem's sovereignty, by the bed at night.

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Re: One of the best decisions

Posted by pomegranate - 22 Feb 2025 23:35

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Dear Reb Lamaazavtuni Shlit"a,

I just finished listening to that shiur from R' Deutch. It was amazing! spot on! Just what I  
His mekoros are so clear and his delivery  
was very humble and sympathetic, the right mix for me to accept the message.

(as a side point, I remember being in summer camp together with Reb Uri a few decades ago, when he was a bochur in Brisk).

**May you have only continued Hatzlocho, especially in the zechus of sharing this.**

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Re: One of the best decisions

Posted by pomegranate - 22 Feb 2025 23:38

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[lamaazavtuni wrote on 17 Feb 2025 04:27:](#)

Hey there melayim bimitsvos kereemon!!!

there's a speech you would probably enjoy from r uri duetch from this past agudah convention to parents of down syndrome children its on Torah anytime and I think agudas website also .

If your fighting the fight then that's your nisayon, idon't think you could/should blame yourself.....

There's many choshiv ppl that I know who have otd children...

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needed, I can't thank you enough! Spread the word!